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Senior Wellness Fair Program Enhancing Senior Well-Being

Saturday, March 24, 2018

9:30 a.m. to 3:00 p.m.

The Inn at Swarthmore

10 South Chester Road



Swarthmore Senior
Citizens Association

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Swarthmore Senior Citizens Association

Welcome to the Swarthmore Senior Wellness Fair!

In December, 2015 the Swarthmore Borough Council published the Aging-in-Place Task Force Report, outlining specific recommendations to improve the quality of life of every local resident, and especially seniors. In April, 2017 the Swarthmore Senior Citizens Association established an Aging-in-Place Committee to assist in the implementation of the Task Force's recommendations.

Today the SSCA/AIP Committee proudly welcomes you to its first annual Wellness Fair, a day-long event designed to *Enhance Senior Well-Being*, underscoring the Borough's ongoing commitment to the health of its older residents.

The program today is chock-full of valuable thought-provoking presentations, informative and caring exhibitors, and generous, supportive sponsors. Inspired by the Borough's original Report, our fair echoes and amplifies a phrase well worth remembering,

"Don't Die Until You're Dead!"

Enjoy the experience!

Bill Davis
Chair, Aging-in-Place Committee,
Swarthmore Senior Citizens Association





OFFICE OF THE MAYOR
121 Park Avenue
Swarthmore, Pennsylvania 19081
Telephone 610•543•4599
Fax 610•543•1833

www.swarthmorepa.org

March 24, 2018

Welcome to the Borough of Swarthmore and our first Senior Wellness Fair!

Almost four years ago the Borough Council and I established the Aging-in-Place Task Force to study the issues that seniors and others may have as they grow older in our community. The question is: What would it take for Swarthmore to be a place where residents could choose to live out their whole lives? One of the findings of the Task Force was that pretty much everything anyone would need to age in place in Swarthmore is already here, but that the main issues are knowing about the resources (information) and getting there (transportation). Today's Fair gets us started on the first of these, providing up-to-date information and sharing of concerns among those who are affected.

Thanks to the Swarthmore Senior Citizens Association for taking the lead and organizing this Senior Wellness Fair. And of course, we want to thank those who served on the Task Force, the Borough Council who commissioned their work and who provided funding for this Fair, and the many citizens who participated in making this Fair happen.

Thank you for being here today and taking these first steps with us toward more knowledge about our abundant resources here in Swarthmore and in the surrounding communities.

Sincerely yours,

Tim Kearney
Mayor, the Borough of Swarthmore

Cc: Swarthmore Borough Council
Jane Billings, Borough Manager



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POLICY

March 2018

Dear Swarthmore Senior Citizens Association:

A heart-felt congratulations to the Swarthmore Senior Citizens Association on your first annual Senior Wellness Fair. It is collaborations like these, with the Swarthmore Borough, that create sustainable communities for all generations.

Thank you for the hard work you have done to make this day a reality. I wish you the greatest of success. Events like this make me very proud to represent Swarthmore as part of the 161st Legislative District.

Sincerely,

Leanne Krueger-Braneky



Swarthmore Senior Citizens Association

The mission of the Swarthmore Senior Citizens Association is to promote the well-being of seniors, as well as others in the community, by providing a welcoming environment for social interaction, learning opportunities, and exploring resources through a variety of activities and programs.

The **Gathering Place** meets every Wednesday during the academic year, with lunch and a program. Presentations by local experts, reports from community leaders, open forums on issues of the day, sing-along times, book discussions, local theater group presentations, and musical concerts have all been a part of the Gathering Place. It starts at noon at the Swarthmore United Methodist Church, 129 Park Avenue.

The **Dew Drop Inn** is where we gather several days a week to play bridge, Mahjong, and board games. There is also a crafts time every Monday, when you are invited to work on your craftwork in the company of other creative people. From time to time there is a book club or arts program at the Dew Drop Inn. It is located at 7A South Chester Road, on Station Square between Dunkin Donuts and the hardware store.

Join us! Visit our table in the Lobby and complete a membership form and make a small donation. We will welcome you to participate in any or all of our activities! SwarthmoreSeniors.com



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Sat. 8:00 - 5:00



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Schedule

- | | | |
|-------|--|--------------------------------------|
| 9:00 | Registration | Lobby |
| 9:30 | Exhibits Hall open all day | Exhibits Hall |
| 9:30 | Welcome | Presentations Hall |
| | Linton Stables
President, Swarthmore Senior Citizens Association | |
| 9:45 | Introduction to Fair and to Keynote | Presentations Hall |
| | Bill Davis
Vice President, SSCA, and Aging-in-Place Committee Chair | |
| 10:00 | Keynote Address | Presentations Hall |
| | <i>Positive Aging: Biases, Blessings, Blossomings</i>
Mary Gergen and Ken Gergen | |
| 11:00 | Break | Please visit the Exhibit Hall |
| 11:30 | Panel Discussion | Presentations Hall |
| | Introduction by Sheila Bell
Secretary, SSCA | |
| | <i>Enhancing Senior Well-Being Physically, Emotionally, and Financially</i> | |
| | Moderator: Joy Charlton
Panelists
Scott Voshell
Ellen Monsees
Cecily Venkatesh | |
| 12:30 | Lunch and Discussion | Lobby, Social Hall |
| | | Visit Exhibits Hall |
| 1:15 | Panel Discussion Questions and Answers | Presentations Hall |
| | Moderated by Joy Charlton | |
| 2:00 | Presentation | Presentations Hall |
| | Introduction by Louise Coffin
Director, SSCA
<i>Aging in Your Home: Challenges and Considerations</i>
Claudia Cueto | |
| 3:00 | Closing | Visit the Exhibit Hall Exhibits Hall |

Presentations

Positive Aging: Biases, Blessings, Blossomings

Ken and Mary Gergen

Derogatory remarks, aspersions, and hurtful jokes about older people are common in today's youth-oriented culture. Positive aging, in contrast, emphasizes confronting age-related bias. It promotes and celebrates the multiple gifts of aging. And it underscores how older people can reframe their lives to discover new opportunities for blossoming.

Joint Replacement: Patient and Therapist Perspectives

Scott Voshell

Joint replacement has become the most common surgery in America, and a major preoccupation and concern for today's seniors. What, exactly, is arthritis—almost always the cause of damaged joints? And how should patients and doctors think about and decide on the various surgical and non-surgical options for treatment?

Time Heals All Wounds, and Other Myths About Grief

Ellen Monsees

Benjamin Franklin famously said death and taxes are the only certainties in life. Actually, loss—including death and taxes—is the most universal human experience. This discussion explores commonly-held myths about grief and suggests ways to release pain and regain happiness even after years of suffering.

Financial Issues of Growing Older

Cecily Venkatesh

Attending to money matters can be especially burdensome for senior citizens. This presentation describes some of these difficult financial issues—the confusions that can accompany routine fiscal management, the complexities of changing tax laws, the horror of unexpected, unscrupulous exploitation—and offers suggestions to deal successfully with them.

Aging in Your Home: Challenges and Considerations

Claudia Cueto

Sooner or later, as bodies and minds begin to slow, it's important to think, "what's next?" And what, actually, is possible? Can we really age in place? This presentation explores short- and long-term considerations associated with staying in the home, including questions of convenience and safety.

Granite Farms Estates and Lima Estates are established retirement communities in Media, just south of Philadelphia's famed Main Line. Residents here enjoy their retirement years taking in the area's breathtaking beauty - rolling hills dotted with dairy farms and dogwoods - while appreciating the conveniences of living in suburban Philadelphia, just 30 minutes away from Center City. From the two 50+ acre campuses, including walking paths and natural areas, you will find retirement living made easy and packed with an array of amenities and services including indoor swimming pools, state-of-the-art fitness centers, putting greens, and more.

Table 12

Acknowledgments

SSCA gives special thanks to the volunteers who made today's Senior Wellness Fair a success: Sheila Bell, Barbara Bernhardt, Louise Coffin, Bill Davis, Sue Dawes, Pat Francher, Mary Gonder, Elizabeth Doherty, Sue Lawson, Maria Mooney, Carol Menke, Judie Neale, Dave Ryba, Linton Stables, and Gudrun Weinberg. Special thanks to Pat Francher, who stepped in to help organize the operations of the Wellness Fair and all of the volunteers.

The Inn at Swarthmore has been very helpful in the planning and execution of the Wellness Fair, with the special attention given to us by Melissa Sage, the Catering Manager.

The Borough of Swarthmore has been supportive as we proposed the idea and then implemented the Wellness Fair. Mayor Tim Kearney, Councilmembers Ross Schmucki and Sarah Graden—as well as the full Council—and Borough Manager Jane Billings have helped us at every step.

We thank each of our speakers and panelists for sharing their time and, most importantly, their knowledge and expertise. Information is so important in growing older.

Thanks to our exhibitors for supporting this first-time effort! Without these exhibitors taking a chance on us, we would not have been able to provide a quality presentation of ideas and opportunities. Special appreciation is given to Sage Living and Plush Mills for being a first-time Sponsor of the Senior Wellness Fair.

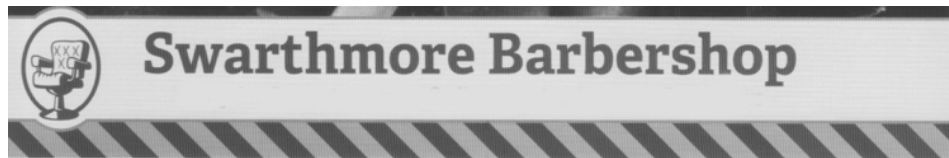
Exhibitors

Kind-Hearted Care, Inc. provides home/companion care for two hours or 24/7, whatever your needs may be. Services include hygiene, bathing and grooming, recuperative care, nutritional support, exercise and wellness support, and safety supervision. A professional home care team provides the individualized non-medical companion care to meet many of your needs in your own home. Call 610-390-9686 or 215-350-1899. More information can be found at www.kindheartedcare.com. **Table 4**

White Horse Village Lifecare Community is a not-for-profit, continuing care retirement community located on 96 acres of woods and meadows adjacent to Ridley Creek State Park in Edgmont Township, Delaware County.

Accommodations range 500 square feet to 3200 square feet, all with picturesque views, patios or porches and some covered parking, The on-site Healthcare Center provides long term nursing care, included in the fees. Canterbury skilled nursing is for those who need around-the-clock nursing care. Bridlewood assisted living is for those residents who need some level of help with their daily activities and Four Seasons care is provided for those who have memory impaired illnesses such as Alzheimer's. The Healthcare Center is Medicare Certified and is open to people who are not residents of White Horse Village. www.whitehorsevillage.org (610)558-5000. **Table 5**

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Speakers

Kenneth Gergen, Ph.D, and Mary Gergen, Ph.D, have been Swarthmore area residents for almost 50 years. Ken, former Chair of the Psychology Department at Swarthmore College, is now Senior Research Professor, while Mary is Professor Emerita, Pennsylvania State University, Brandywine. In 2001 they created an electronic newsletter, The Positive Aging Newsletter, devoted to research, publications and news to illustrate the positive potentials of aging. Today the Newsletter is translated into seven languages and reaches thousands around the world. Ken and Mary are the authors of recently published, *Paths Towards Positive Aging: Dog Days with Bone and Other Essays*, a compilation of essays and photos about aging.

Scott Voshell, PT, is an Instructor in the Physical Therapy Assistant Program at Pennsylvania Institute of Technology and a physical therapist in private practice in Media. Formerly at Riddle Memorial Hospital, he studied advanced orthopedic physical therapy at Drexel University and received a Clinical Doctorate from Widener University.

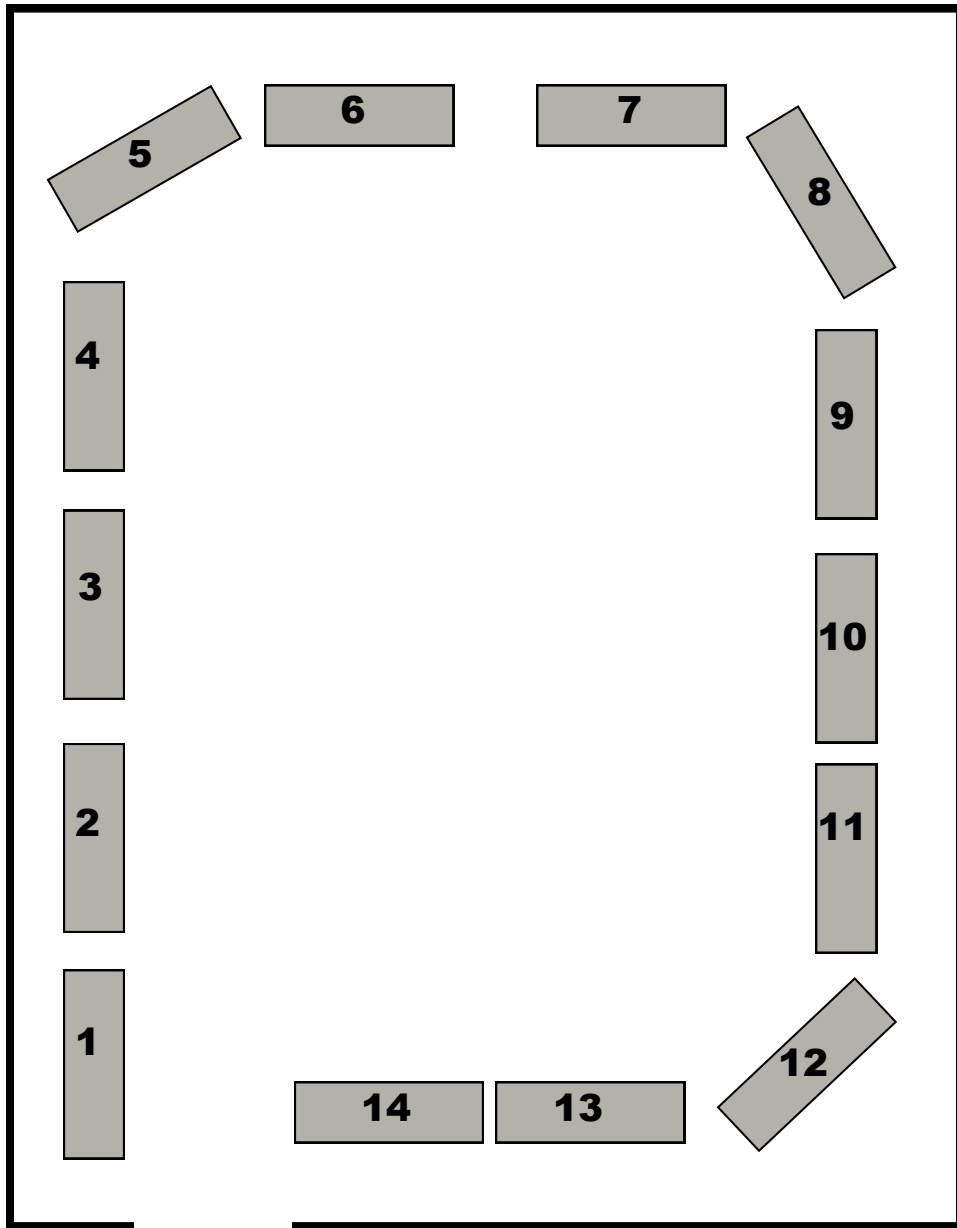
Ellen Monsees, a Certified Grief Recovery Specialist, has had personal experience with grief and recovery. Now she uses The Grief Recovery Method to help others move beyond death and other kinds of loss. She is the author of the forthcoming *Lost and Found: Finding a Joyful Life After Loss*.

Cecily Venkatesh, CIP, CRPC, an Investment Coordinator at Franklin Mint Federal Credit Union, has more than ten years of experience advising senior citizens and retirees regarding their financial accounts, needs and plans. A graduate of the University of Chicago, she serves on the Board of Senior Community Services in Folsom.

Joy Charlton, Ph.D is Professor of Sociology at Swarthmore College. Formerly, she served as the College's Executive Director of the Lang Center for Civic and Social Responsibility, and as the Associate Dean for Academic Affairs. Dr. Charlton is currently President of the Rotary Club of Swarthmore.

Claudia Cueto, AIA is a Principal architect at CuetoKEARNEYdesign in Swarthmore. Her firm has completed more than 60 residential projects in the Borough and many more in the surrounding area. She is NCARB Certified, and a member of the Board of the American Institute of Architects and the Carpenter's Company of Philadelphia.

Exhibit Hall



Exhibitors

- 1 Plush Mills Senior Residences
- 2 Elder Law Committee of the Delaware County Bar Association
- 3 Swarthmore Presbyterian Church
- 4 Kind-Hearted Care
- 5 White Horse Village Lifecare Community
- 6 Nether-Swarthmore TimeBank
- 7 Senior Community Services/Schoolhouse Center
- 8 Friends LifeCare
- 9 Delaware County Office of Services for the Aging (COSA)
- 10 Angel Companions of Delaware County
- 11 Senior Care Cooperative
- 12 Granite Farms Estates and Lima Estates/ACT Senior Living
- 13 Victoria's Home Care
Swarthmore Senior Citizens Association (in the Lobby)

Exhibitor descriptions are provided by organizations.

Plush Mills offers independent and supportive living for seniors. Our list of amenities is extensive, but doesn't fully describe life at Plush Mills; the ease of carefree living, the joy of being among friends, the comfort of knowing your needs will be met. Whatever your level of independence, we can meet your needs; from providing a little bit of help, to a full range of care services. Thoughtfully designed for modern living, our apartments provide a perfect backdrop for your individual taste and lifestyle. Everything you require to live well; upscale finishes, spacious, full-size apartments, and best of all, maintenance-free living. **Table 1**

Plush Mills is a Sponsor of the Senior Wellness Fair

Wheelchairs are available today, courtesy of the Swarthmore United Methodist Church, which maintains a "library" of assistive devices available to borrow.

Communication Access Realtime Translation (CART) services are provided by Archive Reporting and Captioning through a donation from Greg Brown and Linton Stables.