



Senior News

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

Be Well!

Spring will eventually arrive. We know this, even as it seems that the gloom of winter has gone on forever and is here to stay. And let's not be too hard on winter as a season! The beauty of fresh-fallen snow, the light coming through bare branches, and the crisp air are things that we may long for sometime around August. Meanwhile, we long for the first crocus to appear. The thing about the seasons is that they march on, oblivious to our complaints or praises.

So it is with our lives. Seasons of wellness mix with seasons of unwellness. Do you love the sound of the parting greeting, "Be well"? There's a hopefulness about it that warms the heart, even as it makes us recall the ways in which we might not be well at the moment. As Spring approaches we are taking some time to reflect on our own well-being, with our Wellness Fair and a series at the Gathering Place on both individual and town-wide health and wellness. It might behoove us to concentrate as much on "being" as we do on "wellness."



Our first ever Senior Wellness Fair arrives on March 24, with great speakers, panelists, and exhibitors. Terrific programs continue at the Gathering Place, and the Dew Drop Inn!
See the calendar inside.

Quinton Stables

March and April 2018



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Events

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.

Program Notes

- 3/7 The Future of Swarthmore: Beth Murray of the Swarthmore Centennial Fund presents her findings from the community forums held during the spring and summer.
- 3/14 Last Chance Duo, Jack Scott and Ingrid Rosenback, bring us their folk-roots fusion and bluegrass music.
- 3/21 Haiti Today: Zu DeGain will present her observations on Haiti in words and photographs.
- 3/28 Nutrition and Wellness: Stefanie Williams will present on the importance of nutrition in aging well.
- April Around the 'Ville: a month of programs about our town!
- 4/4 Borough Manager Jane Billings brings us up to date on

Dew Drop Inn

7A South Chester Road,
Swarthmore

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

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, checkers, and Scrabble on Fridays from 10:00 a.m. to 1:00 p.m.

Seniors Online

Connect with the Senior Association at SwarthmoreSeniors.com. Sign up for the e-newsletter on the website. Check out our group on Nextdoor Swarthmore (look for Swarthmore Senior Citizens under Groups). Say in touch by reading the *Swarthmorean*, our Borough's newspaper. We invite you to accept a free year on us! Contact Linton Stables at LStables52@gmail.com. Also contact Linton if you have news of interest to seniors that should be included in our communications.

Senior Wellness Fair

Enhancing Senior Well-Being

Saturday, March 24 9:30 a.m. to 3:00 p.m.


The Inn at Swarthmore

It's free to attend and lunch is included!


- what's happening around the Borough.
- 4/11 Police Chief Brian Craig speaks about security issues for seniors and other residents of the Borough, and he will introduce us to the new Emergency Information Form.
- 4/18 Anita Barrett, Town Center Coordinator, will fill us in on what's happening with the stores around town, as well as community events and improvements planned.
- 4/25 Pat Francher, Coordinator of the Farmer's Market and the Makers' Market will tell us about those institutions and what we can look forward to this Spring and Summer.
- Note: Sometimes our programs change after this newsletter is published. Please check the *Swarthmorean* and Nextdoor Swarthmore for the most up-to-date calendar of programs. Also check the Burbio.com calendar.

SwarthmoreSeniors.com

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		GP = Gathering Place DDI = Dew Drop Inn Inn at Swarthmore	28 Noon GP Randy Poe, pianist	1 10:00 to noon DDI bridge	2 10:00 to 1:00 DDI board games	3
4	5 10:00 DDI bridge 1:00 to 2:30 DDI crafts	6 10:00 to noon DDI bridge	7 11:00 Board Mtg Noon GP: Future of Swarthmore	8 10:00 to noon DDI bridge	9 10:00 to 1:00 DDI board games	10
11	12 10:00 DDI bridge 1:00 to 2:30 DDI crafts	13 10:00 to noon DDI bridge	14 Noon GP: Last Chance Duo	15 10:00 to noon DDI bridge	16 10:00 to 1:00 DDI board games	17
18	19 10:00 DDI bridge 1:00 to 2:30 DDI crafts	20 10:00 to noon DDI bridge	21 Noon GP: Haiti Today with Zu De-Gain	22 10:00 to noon DDI bridge	23 10:00 to 1:00 DDI board games	24 9:30 to 3:00 Inn Senior Wellness Fair
25	26 10:00 DDI bridge 1:00 to 2:30 DDI crafts	27 10:00 to noon DDI bridge	28 Noon GP: Nutrition and Wellness	29 10:00 to noon DDI bridge	30 10:00 to 1:00 DDI board games	31

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 DDI bridge 1:00 to 2:30 DDI crafts	3 10:00 to noon DDI bridge	4 11:00 Board Mtg Noon GP: Jane Billings on Borough	5 10:00 to noon DDI bridge	6 10:00 to 1:00 DDI board games	7
8	9 10:00 DDI bridge 1:00 to 2:30 DDI crafts	10 10:00 to noon DDI bridge	11 Noon GP: Chief Brian Craig on Safety	12 10:00 to noon DDI bridge	13 10:00 to 1:00 DDI board games	14
15	16 10:00 DDI bridge 1:00 to 2:30 DDI crafts	17 10:00 to noon DDI bridge	18 Noon GP: Anita Barrett: Town Center	19 10:00 to noon DDI bridge	20 10:00 to 1:00 DDI board games	21
22/29	23/30 10:00 DDI bridge 1:00 to 2:30 DDI crafts	24 10:00 to noon DDI bridge	25 Noon GP: Pat Francher.: Markets downtown	26 10:00 to noon DDI bridge	27 10:00 to 1:00 DDI board games	28 

Wellness Fair Speakers

An exciting group of speakers has been assembled, bringing us the latest in thinking and planning for growing older in Swarthmore. From our featured speakers to our panelists and moderators, most are local experts who know our community and have knowledge in their special fields that they will share with us. The Wellness Fair is on Saturday, March 24, from 9:30 a.m. to 3:00 p.m. at the Inn at Swarthmore.

Keynote: Explorations in Positive Aging

Though the process of aging is often thought to be a period of continuous decline, it is possible to discover and construct an alternative approach. Positive aging means creating a time later in your life full of unparalleled growth and satisfaction.

Mary Gergen and **Ken Gergen**: Ken is a proponent of Positive Aging and President of the Taos Institute. He has a Ph.D. in Psychology from Duke University and is a Senior Research Professor at Swarthmore College.

Mary Gergen is a co-creator of the Positive Aging Newsletter, an electronically distributed news source from the Taos Institute designed to reconstruct the negative stereotype of aging, providing an alternative that is more promising in potential. She is a Professor Emerita at Penn State University and earned a Ph.D. in social psychology at Temple University.

Panel Discussion: Enhancing Senior Well-Being Physically, Emotionally, and Financially

Senior life can be challenged by physical mishap or illness, various kinds of emotional trauma and loss, and by financial worries and strains. Our discussion offers thought-provoking advice for those whose lives are undergoing change.

Joy Charlton, Moderator: Professor of Sociology at Swarthmore College, with interests in public sociology, gender, work, organizations, religion, and qualitative methods. She is a former Executive Director of the Lang Center for Civic and Social Responsibility at Swarthmore College. She earned a Ph.D. in Sociology at Northwestern University.

Ellen Monsees is a Certified Grief Recovery Specialist who helps people move beyond death, divorce, and

other losses by facilitating grief support groups and one-on-one sessions. Ellen, a graduate of Swarthmore College, is also a life coach.

Cecily Venkatesh, Investment Coordinator, Franklin Mint Federal Credit Union, provides financial advice to those who are retired and those who are working toward retirement. Her degree is from the University of Chicago.

Scott H Voshell is a Physical Therapy Specialist in Media. He is part of Reconstructive Orthopedic Associates and Vice President of the Pennsylvania Chapter of the American Physical Therapy Association. Scott was educated at the University of Pittsburgh, Drexel, and Widener.

Presentation: Making Your Home Age-Friendly

Claudia S. Cueto, AIA, Principal-in-charge for CuetoKEARNEYdesign, has been a practicing architect for over 25 years with a particular expertise in client relations and working with user groups. She has provided services to a wide range of higher education clients, including Princeton and Swarthmore, as well as residential clients in the Swarthmore area. Claudia will present a number of solutions that she and other home designers have implemented to make Swarthmore homes more age-friendly. Claudia earned her M. Arch. degree from the University of Pennsylvania.

Other Things to Do

Chester Children's Chorus sings the Mozart *Requiem* with members of the community on Sunday March 18, 2018, 3:00 p.m. at Lang Concert Hall, Swarthmore College. www.swarthmore.edu/chester-childrens-chorus

The **Swarthmore Public Library** has a wide range of ongoing programs, as well as many special programs. Swarthmorepubliclibrary.org

Wallingford-Swarthmore Community Classes is now signing up for the Spring semester. All kinds of interesting classes are available. www.wscclases.org

The **Schoolhouse Center** has a full range of activities geared toward seniors. www.scsdelco.org/centers/schoolhouse.shtml

News

Association Annual Meeting

The Swarthmore Senior Citizens Association held its 32nd Annual Meeting on Saturday, February 24. The members present heard reports from the committees and also elected Board members. We heard an extensive report on the work of the Aging-in-Place Committee.

Louise Coffin was elected to the Board for a term that will end in December 2020. Re-elected to the Board were Bill Davis, Sue Dawes, and Gudrun Weinberg, all for terms that end in December 2020.

The reports concentrated on the Aging in Place Committee's report on implementing some of the recommendations of the Borough's Aging-in-Place Task Force Report of 2015. The proposed projects include researching and establishing a TimeBank in Swarthmore, sponsoring a Senior Well-Being Fair, fostering a greater collaboration between the Borough and the College regarding senior-friendly activities, establishing "Swarthmore Trails," a series of walks through the Borough and surrounding areas that are senior-appropriate, creating a Senior Association website and e-newsletter to better inform the Borough's citizens about available resources, publishing a comprehensive directory of every non-profit group and organization in the Swarthmore area, and setting up "Swarthmore Travels," providing short day-trips to events and sites of interest in the area.

It's Time to Renew Your Membership!

The programming and events sponsored by the Association are paid for by a combination of investment income and your donations. Many of you have already renewed your membership in SSCA. If you haven't you are invited to renew now, or become a member now. A brochure is available at Borough Hall, in which you will find a membership form, or you can just send us (SSCA) a check for \$20 to P.O. Box 306, Swarthmore, PA 19081. While you are writing that check, please consider an additional donation to help make the Senior Association even better! A donation of \$50, \$100, \$250, or \$1,000 would go a long way toward helping us meet our goals for improving life for seniors in our Borough!

Report from Your Board

The Board of Directors is looking ahead and what we're seeing is a lot more seniors who are both looking to serve their community and who may need services themselves from time to time. But we're also seeing a very responsive Borough, with the Council taking an active role in providing services for seniors, and residents who are taking an interest in keeping seniors in the community for as long as possible.

The Board is actively searching for a part time Administrator who will handle much of the day-to-day business of the Association, supporting the TimeBank and other Aging-in-Place projects, and our communications. See the notice below.

Directors are also looking into how we want to operate in the future, possibly consolidating activities in one location that could then be more easily "branded," much as the Dew Drop Inn is now.

We're looking for someone

Our programs have grown to the point that we require the administrative skills such of a part time paid person. Volunteers are the backbone of our organization but having someone who coordinates things and plans ahead will help us achieve the goals that we have set for ourselves. If you know someone who would be perfect for this job, please have them go to <https://swarthmoreseniors.com/contract-job-posting>.

Help First Responders Help You

The Police and EMT are asking the community to complete a form with vital information from citizens for use in case of an emergency, particularly one in which a person is alone or is incapable of providing this information for first responders. The form is available at Borough Hall. Or you can download it from the Borough's website (look under Forms & Permits, and then Emergency Information). Complete **one form per person** to the extent that you feel comfortable sharing this information. Mail in your form to the Police Department or drop it off in a sealed envelope.



Our Trip to Franklin Institute

We had a great time seeing the terracotta warriors at the Franklin Institute last Monday. The terracotta sculptures depict the armies of Qin Shi Huang, the first Emperor of China. It is a form of funerary art buried with the emperor in 210–209 BCE and whose purpose was to protect the emperor in his afterlife. Nine of us made the trip on SEPTA and had a wonderful time viewing the exhibit. More trips are being planned.



Playtime at the Community Center

Several of our members spent a fun morning at the Swarthmore Community Center with the play group, about 25 toddlers who are there with their parents or caregivers. It was Valentine's Day, so we made Valentine cards, read books, played with the toys, and generally had a good time. We plan to do it again soon!

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Math Coaches Needed

The Chester Children's Chorus, in their continuing effort to serve the whole child, is looking for volunteers to be math coaches. The needs are for geometry coaches, but also coaching for middle school through algebra I.

1. A fondness for mathematical thinking, making sense of situations and problems, inspiring curiosity, and encouraging critical thinking.
2. Enjoyment working one-on-one (or one-on-two) with students age 11-16 for an hour twice a week.
3. Availability at a regular time between 4:30-8:30 p.m. Monday through Thursday or Saturdays 11 a.m. to 5 p.m.
4. Willingness to participate in introductory training and communicate regularly with our math specialist
5. Willingness to record notes about student progress in a timely fashion.

Interested? Contact Kirsten Halker-Kratz, Executive director, khalker1@swarthmore.edu

Comment on the Open Space Plan

The Environmental Advisory Council of the Borough, has asked that seniors review and comment on the Multi-Municipal Parks, Recreation, Trails and Open Space Plan which has been drafted for Nether Providence Township and the Boroughs of Swarthmore, Rutledge and Rose Valley. It can be found at <http://netherprovidence.org/wordpress/wp-content/uploads/2018/01/3rdDraftComplete-Compress.pdf> Because our open space resources are used by people from all over the region, these entities have cooperated on an extensive plan to preserve and promote them to the communities. Your comments are requested on an online survey at <https://www.surveymonkey.com/r/WSSDPROS>

TimeBank Update

The TimeBank is one of the recommendations of the Aging-in-Place Task Force that the Association is launching. In fact, at this point there are about 35 members, with an active group of teachers for the orientations that new members are required to receive.

Resources

Helping Each Other

Caring

Visit shut-ins; Phone tree; Ride to Vote (and other ride-giving programs); Connections to meals programs; "Vial of Life" program for Police and EMT; Birthday recognition.

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

Community

Gathering Place programs and hospitality; Dew Drop Inn games and crafts; Evening Gathering; Summer Gathering; Senior Wellness Fair; ARTful Mornings; Neighborhood Walks.

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

Advocacy

Follow up on Aging-in-Place Task Force; Attending Borough Council and Committee meetings; Tracking and advocating State initiatives; Tracking and advocating Federal initiatives.

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.

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 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 Gudrun Weinberg gudrunw@comcast.net

Senior Hotline: 484-580-1234

At a recent Gathering Place program we found out about a terrific resource that all of us should keep handy. Brian Duke of Main Line Health told us about the Senior Care Line available to anyone, not just Main Line Health members. The Senior Care Line 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.

A New Community Resource

Our Aging-in-Place Committee has created a directory of all the community organizations in [Swarthmore](#). These groups offer services or places to volunteer, or just a way to get involved for all age groups and people of all interests. The directory resides on the Borough of [Swarthmore](#) website under Community Connections. Let your friends and neighbors know about this valuable resource!

Directors and Officers of the Association

Sheila Bell, Secretary

Peter Bloom, Director, Finance Chair

Louise Coffin, Director

Bill Davis, Vice President, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Gudmund Iversen, Treasurer and Membership Chair

Maria Mooney, Director

Judie Neale, Director, Newsletter Chair

Linton Stables, President

Gudrun Weinberg, Director, Sunshine Chair

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Eck Gerner

Christine Polito

G. Guy Smith

Ann Torregrossa



Senior Wellness Fair

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's first Senior Wellness Fair will be an opportunity for seniors, future seniors, and those who care for seniors to see and hear about the resources available to them, and to get to know others in our community with similar issues and concerns.

The Senior Wellness Fair is designed specifically for you, whether you are contemplating retirement in a few years, or you are caring for your parents, or you currently find yourself thinking about how it will be to live in Swarthmore as you grow older. Bring along your family members and neighbors.

There is no charge to attend the Wellness Fair. Lunch and refreshments are also free. There is no pre-registration required. The speaker venue and lunch, however, are limited to 100 participants.

<https://swarthmoreseniors.com/>

...for a full list of speakers and programs.



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081

March and April 2018 Newsletter

Our mission 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.