



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

Senior News

January

February

2018



What next?

Perhaps you have already made your New Year's resolutions and you have a plan for accomplishing them. In these times of uncertainty it can be a good thing to take some control of our lives and make changes where they seem possible, perhaps leaving the rest for someone else, or for some future time.

The nice thing about our community is that you never have to feel like you're doing it alone. Whether you are trying to organize your closets or organize a march on Washington, there are people in town who are willing to pitch in and help out!

In this past year the Association has been laying the groundwork for making some fairly major changes in Swarthmore, changes that could improve lives for everyone in the Borough. In January alone we will be launching the new Community Resources Directory and taking the

next steps in organizing a TimeBank. (Read more about those inside this issue.) In March we'll have our very first Senior Well-Being Fair, which you

The Dew Drop Inn is the place to be for bridge and other card games, for crafts, and for board games and social activities. See the calendar insert.

won't want to miss. Later in the Spring we'll be working with the Police Department to get the word out about their new Emergency Information Form, asking residents to complete the forms to help our first responders.

May we suggest one more New Year's resolution? Be a part of our growing network of active, caring citizens!

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Jinton Stables

News

TimeBank Update

The response to our Farmer's Market survey was overwhelmingly in favor of starting a time bank in our town, with many people from a wide age range saying they thought they had something to offer and some needs that could be met by such an arrangement. After doing more research on starting a TimeBank, the Aging-in-Place Committee is carrying this concept to the next level with informational meetings to be held on Monday, January 22. Two identical sessions will be held at 3:30 and 7:00 p.m., both featuring Margo Ketchum and Joel Bartlett, the dynamic coordinators of the extremely successful Phoenixville TimeBank. Come to a meeting to have all your questions answered and to get in on the ground floor of this exciting new project. To find out more about the Swarthmore TimeBank go to <https://swarthmoreseniors.com/aging-in-place>

Volunteer at the Senior Wellness Fair

Our first Senior Wellness Fair will be successful if it runs smoothly and people are made to feel welcome. You can help out by volunteering for one of the many tasks that will need attention on the days leading up to the Fair and at the event itself on March 24.

Here are some of the volunteer opportunities: Promotion, getting the word out about this event; Digital Media, keeping the community informed and involved; Community Liaison, working with local congregations and other groups to secure their participation; On-Site Manager, coordinating with the Inn on the day of the event; Greeter, welcoming people as they arrive and helping with directions; Registration, getting everyone signed in and with a nametag; Speaker host, assisting our speakers with their needs; Exhibitor host, assisting our exhibitors with their needs; Physical Assistant, helping those who have mobility, visual, or hearing impairments so that they enjoy the event; Microphone Runner, helping people use the wireless microphones during Q&A sessions; Event Runner, assisting on-site operations by relaying messages and materials.

If you would like to volunteer for the Wellness Fair contact Bill Davis at wmdavis@gmail.com

Senior Wellness Fair

Swarthmore's very first Senior Wellness Fair will be held on Saturday, March 24, from 9:30 a.m. to 3:00 p.m. at the Inn at Swarthmore. You won't want to miss this event, whether you are a senior yourself or an aspiring senior or a caregiver! The theme is "Enhancing Senior Well-Being in the Body, Mind, and World." The fair will feature thought-provoking presentations regarding everyone's future, and showcase vendors and non-profit organizations who are dedicated to concrete solutions for the wants and needs of seniors.

Keynote speakers for the day will be Mary and Ken Gergen, world-renowned experts on aging and, in particular, in re-defining what it means to grow older in our society. There will be a panel discussion "Implications of Change" moderated by Dr. Joy Charlton, Professor of Sociology at Swarthmore College, with panelists on financial changes, physical health changes, and changes in emotional health as we age. Architect Claudia Cueto will present ideas and solutions for Swarthmore homes, making them easier to continue living in, with examples of homes throughout the area.

Attendance at the Fair will be free and will include snacks and lunch. For more information about the Wellness Fair go to <https://swarthmoreseniors.com/aging-in-place>

Help First Responders Help You

The Police and EMT will soon be asking the community to complete a form collecting 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 will be able to download it from SwarthmoreSeniors.com when it becomes available. 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.

Happy Birthday Putty!

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

- 1/3 No program.
- 1/10 New Year's Resolutions
- 1/17 Celebrating the life of Martin Luther King, Jr..
- 1/24 Lucy Saxon of the Swarthmore Public Library will present the Storycorps project.
- 1/31 Program to be arranged.
- 2/7 Program to be arranged. Lunch will be provided.
- 2/14 Program to be arranged.
- 2/21 Program to be arranged.
- 2/28 Program to be arranged.

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.

Another Note: There are several dates showing "Program to be arranged" or TBA. Please help us with your program ideas and helping arrange speakers and presenters!

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

Seniors Online

Connect with the Senior Association! Our website is SwarthmoreSeniors.com, and that is where to sign up for the e-newsletter. Nextdoor Swarthmore: look for Swarthmore Senior Citizens under Groups. Facebook: coming soon!. *Swarthmorean*, our Borough's newspaper. If you are new to Swarthmore or have not gotten the paper recently, 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.

Official Notice: Annual Meeting

The Annual Meeting of the Swarthmore Senior Citizens Association will be held at Swarthmore United Methodist Church, 129 Park Avenue, Swarthmore, on Saturday, February 24, with business beginning at 10:00 a.m.

Other Things to Do

The walks through the Borough continue on an informal basis, starting each Wednesday at 10:00 a.m. at the lobby of Borough Hall.

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

Community Arts Center is featuring several new shows this winter. communityartscenter.org

The **Swarthmore Community Center** offers Aikido (martial arts) classes on Monday and Wednesday evenings, dog training classes on Thursday nights, and playtime (bring the grandkids!) Wednesdays from 9:30 to 11:00 am. swarthmorecommunitycenter.wordpress.com

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

SSCA Directors and Officers

Sheila Bell,, Secretary
Peter Bloom, Director, Finance Chair
Bill Davis, Vice President
Sue Dawes, Director
Gudmund Iversen, Treasurer
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

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GP = Gathering Place DDI = Dew Drop Inn	1	2	3 No program	4 10:00 to noon DDI bridge	5 10:00 to 1:00 DDI board games	6
7	8 10:00 DDI bridge 1:00 to 2:30 DDI crafts	9 10:00 to noon DDI bridge	10 11:00 Board mtg Noon GP: New Year's Resolutions	11 10:00 to noon DDI bridge	12 10:00 to 1:00 DDI board games	13
14	15 10:00 DDI bridge 1:00 to 2:30 DDI crafts	16 10:00 to noon DDI bridge	17 Noon GP: Swarthmore Library Storycorps	18 10:00 to noon DDI bridge	19 10:00 to 1:00 DDI board games	20
21	22 10:00 DDI bridge 1:00 to 2:30 crafts 3:30 and 7:00 Time-Bank info meetings	23 10:00 to noon DDI bridge	24 Noon GP: Swarthmore Library Storycorps	25 10:00 to noon DDI bridge	26 10:00 to 1:00 DDI board games	27
28	29 10:00 DDI bridge 1:00 to 2:30 DDI crafts	30 10:00 to noon DDI bridge	31 Noon GP: TBA	1 10:00 to noon DDI bridge	2 10:00 to 1:00 DDI board games	3

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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: TBA	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: TBA	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	21 10:00 to noon DDI bridge	21 Noon GP: TBA	22 10:00 to noon DDI bridge	23 10:00 to 1:00 DDI board games	24 9:30 to 1:00 SSCA Annual Meeting
25	26 10:00 DDI bridge 1:00 to 2:30 DDI crafts	27 10:00 to noon DDI bridge	28 Noon GP: TBA	10:00 to noon DDI bridge	10:00 to 1:00 DDI board games	
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News

Report from the Association Board

The Board of Directors is preparing for the Annual Meeting, to be held on Saturday, February 24, starting at 9:30 with coffee, and concluding with lunch. At the meeting there will be reports on current and planned activities, and some discussion about the future of SSCA.

The Board is still looking for people to help with the Program Committee, both to be on it, and to chair it. The talent and knowledge in our community ought to make finding speakers and presenters an easy task, but the current Board has much else on its plate and needs some additional help in this area. Let a Board member know if you are interested in serving in such a capacity.

The Board has adopted a balanced budget for fiscal year 2018 of \$45,350. This is far larger than previous budgets because it includes several projects related to implementing the Aging-in-Place Task Force recommendations for which some Borough funding has been secured. Borough funding, however, does not totally balance the budget, and some fundraising will be required for the year to end up without a deficit. The Board is confident that this can be accomplished.

Remember: 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!

SwarthmoreSeniors.com

Resources

New Directory of Organizations

Have you ever wondered if there was anyone else in town who enjoys the very same things as you, or who would be interested in sharing ideas? Or maybe someplace to volunteer your time? Now you can look it up!

The Aging-in-Place Committee has prepared an exhaustive list of every non-profit organization (and a couple that are not exactly non-profit but that provide a community benefit), all organized by types of services provided. Right now this resource is online at <http://www.swarthmorepa.org/> and there under Community Connections you'll find Community Organizations Directory.

Much of the work on this was done by Louise Coffin, who researched each group and checked out their contact information for accuracy. Sometimes in the translation to the online format information can become scrambled, so if you find an error, please click on the email address at the top of the directory to report it.

Senior Hotline: 484-580-1234

Main Line Health operates a Senior Care Line available to anyone, not just Main Line Health members. It 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.

Need more information?

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 gdurunw@comcast.net



January and February

Welcoming folks of all ages and communities to Swarthmore's intergenerational centers at the Dew Drop Inn and the Gathering Place.

SwarthmoreSeniors.com



Swarthmore Senior Citizens Association

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