



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

A Time to be Generous

You're worried. Is this the lead-in to a fundraising appeal?

No, not this time. It's just a reminder that this time of year calls upon all our skills as generous people. Generosity is on both sides of the giver-recipient equation, don't you think? Thanksgiving wouldn't be needed if we hadn't already received something. Being generous in our thanks seems as important as being generous in our giving. Maybe more so.

There are many ways we can be generous people. We have time and love and skills to spare, and even when we think we haven't got enough of anything to share, we often find it in our hearts to give something of ourselves. The most recent McCabe Lecture at Swarthmore College was given by Dr. Claudia Kawas, '74, Professor of Neurobiology & Behavior and Neurology at the University of California Irvine. She cited studies showing that people who participate in social activities live longer *and better* lives. Unlike some other factors, like alcohol and caffeine consumption, and even exercise, there was no upper limit on how much good effect could be gained by social interaction! You can have too much caffeine, and even too much exercise, but *you can't have too much social interaction!*

It takes a certain generosity of spirit to make social interaction work. So here's a proposal: Let's be generous with each other with our time and talents, and also with our understanding. Likewise, let's be generous with ourselves, allowing for our mistakes and foibles, and affirming that we're all essentially good people.

Hynter Stables

November
December
2018



Inside Information

Aging in place	6, 7
Art of Relationships	2, 5
Board notes	6
Calendar	3
Dew Drop Inn	2, 5
Gathering Place	2
Get involved!	2 - 7
President's letter	1
Staying active	2 - 7
Upcoming events	2 - 7
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.

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

SwarthmoreSeniors.com

Art of Relationships

Swarthmore Presbyterian Church
727 Harvard Avenue, Swarthmore

Wednesday evening series of talks and discussions on The Art of Relationships, led by psychologist Dr. Julie Mayer. Topics include "The Art of Friendship," "The Art of Being a Spouse/Partner," and "The Art of Being a Leader and a Follower." See *further description on Page 5.*

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

- 11/7 Armistice Day at 100
Please join us for a commemoration of the 100th anniversary of Armistice Day. We will celebrate and honor all of our Veterans.
- 11/14 Have Card, Will Travel
We will have staff members on hand from State Rep. Leanne Kreuger-Branekey's office to explain the new Real ID required for travel and to sign up seniors for their SEPTA Key Card.
- 11/21 No programs as we honor Thanksgiving
- 11/28 Give Peace a Chance
Judith Trustone will speak about her Global Kindness Revolution
- 12/5 A New School in Haiti
Our very own Zu de Gain returns to the Gathering Place to update us on the school she is helping to build in Haiti.

SSCA Travels

Leaving from SUMC
129 Park Avenue, Swarthmore

- 11/13 Grounds for Sculpture, Hamilton, NJ. Departing at 9:30 a.m.
- 12/13 American Helicopter Museum, West Chester, PA. Departing at 10:00 a.m.
- 1/15 Herr's Snack Factory Tour, Nottingham, PA. Departing at 9:30 a.m.

Advance registration is required. See details and sign up on page 6.

- 12/12 Holiday Music!
We have invited the Silvertones for a festive Holiday performance! And there will be a reappearance of the fabulous Goldentones!

- 12/19 A Flood of Books!
After opening their presents on Christmas Eve, Icelanders retire to read a new book and enjoy a small treat. This tradition is called Jolabokaflod, or "Christmas Book Flood" and it is coming to The Gathering Place. Please bring a wrapped book (new or gently used), or book on tape paired with a small treat. Label your book by genre or author to assure it finds an enthusiastic reader. You'll leave with a book and treat to enjoy during the holiday season!

- 12/26 No programs as we celebrate Christmas.
- 1/2/19 No programs as we celebrate the New Year.

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.

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5	6	7 11:00 Board Noon GP: Armistice at 100 7:30 Art of Relations	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 9:00 Sculpture trip 10:00 to noon DDI bridge	14 Noon GP: Have Card, Will Travel 7:30 Art of Relations	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 No programs	22 Thanksgiving Day	23 10:00 to 1:00 DDI board games	24 10:00 to 5:00 CAC Fine Arts and Crafts Fair
25	26 10:00 DDI bridge 1:00 to 2:30 DDI crafts	27 10:00 to noon DDI bridge	28 Noon GP: Give Peace a Chance 7:30 Art of Relations	29 10:00 to noon DDI bridge	30 10:00 to 1:00 DDI board games	December 1 Home for the Holi- days

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10:00 DDI bridge 1:00 to 2:30 DDI crafts	4 10:00 to noon DDI bridge 2:00 SPL Flu shots	5 11:00 Board Mtg Noon GP: New School in Haiti	6 10:00 to noon DDI bridge	7 10:00 to 1:00 DDI board games	8
9	10 10:00 DDI bridge 1:00 to 2:30 DDI crafts	11 10:00 to noon DDI bridge	12 Noon GP: Holiday Music!	13 9:00 Helicopter trip 10:00 to noon DDI bridge	14 10:00 to 1:00 DDI board games	15
16	17 10:00 DDI bridge 1:00 to 2:30 DDI crafts	18 10:00 to noon DDI bridge	19 Noon GP: Flood of Books	20 10:00 to noon DDI bridge	21 10:00 to 1:00 DDI board games	22
23	24 DDI Closed	25 DDI Closed	26 No programs	27 10:00 to noon DDI bridge	28 10:00 to 1:00 DDI board games	29
30	31 DDI Open House	January 1 DDI Closed	2 No programs			

Swarthmore Public Library Programs

Mystery Mondays every Monday 3:00 to 5:00 pm

Get your Mystery Fix! Join us every Monday from 3-5pm in the Council Room to watch British and International mystery TV series. Watch your favorite detectives in action and discover new ones!

Philosophy Forum on Tuesdays at 10:00 am

The Forum reads from introductory and classic philosophy texts and meets monthly to discuss the readings. All are welcome to join the group at any time.

Film Discussion Group *American Animals* with Bart Layton on Tuesday, November 13 at 2:00 pm

The unbelievable but true story of four young men who brazenly attempt to execute one of the most audacious art heists in US history. Determined to live lives that are out of the ordinary, they formulate a daring plan for the perfect robbery, only to discover that the plan has taken on a life of its own. Rated R, 116 minutes.

Spanish Conversation on Friday, November 9 at 2:00 pm (and second Fridays)

Swarthmorean Allison Moore facilitates a generous and lively conversation for beginning and intermediate Spanish speakers each month.

French Conversation on Friday, October 16 at 2:00 pm (and third Fridays)

A friendly group of proficient French speakers meets each month to talk about art, literature, history, or current events. Come dust off your French! Facilitated by Lucy Saxon.

In Stitches: Yarn & Needle Work on Thursday, November 8 and Tuesday, November 20 at 10:00 am

Do you knit, crochet or do needle-work? 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.

The World's Greatest Geological Wonders: 36 Spectacular Sites, on Thursdays, 10:00 am to noon, through December 20, 2018. You can visit many of the most remarkable sites in this Great Courses video lecture series entitled "The World's Greatest Geological Wonders: 36 Spectacular Sites". Over the course of these showings you will be travelling with Professor Michael Wyssession of Washington University as he expertly guides you through some of the world's most breathtaking geological sites and the stories of their creation and endurance. Each week we will show three thirty-minute lectures with a break for refreshments in between. Register now and begin your journey across the this beautiful planet and get some ideas for destinations for your next vacation!

Book Groups

Thursday, November 8 at 2:00 pm OR

Monday, November 19 at 7:00 pm OR

Tuesday, November 20 at 2:00 pm

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

Medicare Updates with Marty Spiegel on Wednesday, November 7 at 7:00 pm

Through the auspices of APPRISE Senior Community Services of Delaware County, Swarthmore's own Marty Spiegel will give an overview of changes in Medicare Advantage plans and Medicare Part D drug plans for 2019. This program is targeted at seniors with a working knowledge of Medicare who may wish to make changes during the open enrollment period. For seniors less experienced with Medicare, we intend to offer a Medicare 101 Session in the coming year.

Author Talk: Janet Benton's *Lilli de Jong*, on Wednesday, November 14 at 7:00 pm

Author Janet Benton will share her new book, *Lilli de Jong*. The trials Lilli undertakes to keep her baby are heart-rending, and it's a testament to Benton's skill as a writer that the reader cannot help but bear witness. In a style reminiscent of Geraldine Brooks, she seamlessly weaves accurate historical detail as well as disturbing societal norms into the protagonist's struggles . . . An absorbing debut from a writer to watch. —Kirkus Reviews

Volunteer at Home for the Holidays

Home for the Holidays will probably be an even bigger event this year, and Swarthmore Town Center is already asking for volunteers to make it the most successful one yet. You can help, and your time can be tailored to your abilities and your comfort level. Indoor jobs, short jobs, background jobs, out-in-front jobs: all kinds of opportunities are available. Contact Pat Francher at francher_pat@yahoo.com

The Art of Relationships

This series, co-sponsored by Swarthmore Senior Citizens Association and the Swarthmore Presbyterian Church, is designed to appeal to all adults, especially those whose lives are changing because their children are grown, they are nearing retirement or are recently retired, and any who find themselves in a period of change. At these times in life the value of our relationships seem to become more apparent, while also evolving into something new. We hope you will join us at 7:30 PM on Wednesdays in the Chapel at Swarthmore Presbyterian Church, 727 Harvard Avenue.

The **Art of Friendship**, on November 7

Different from a spouse or partner, more personal than an acquaintance, friendships are those relationships that form community around us and help keep us grounded. How does a friendship shape who we are? In what ways do our friendships change as we grow older? Is it even possible to make new friends as adults?

The **Art of Being a Spouse/Partner**, on November 14

Raising a family (if that is what you did) requires certain divisions of labor and patterns of life to be successful. Families without children also fall into routines and patterns that serve them well. But changes in life often interrupt those patterns and may call into question the relationship itself. What to do? How can we strengthen our marital/partnership relations in a time when we may need to depend on them as never before?

The **Art of Leadership and Followership** on November 28

From childhood the pressure is on: Become a leader! But how does one do that, especially at a later stage of life? And what about being a good follower, without whom there would be no leaders?

Would you like to play Canasta?

Beldon Langord is one of our newer members and has suggested a canasta group. The Dew Drop Inn has space for us on Friday mornings and also on most afternoons. Anyone interested--those who have played and those who would like to learn--please let one of us know in person at a Wednesday Gathering Place or email afoster57@verizon.net. We could intersperse canasta with other card games. Let Beldon or me know your interests and preferred times. Ann Foster, Membership Chair.

Other Things to Do

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

Swarthmore Town Center presents Home for the Holidays on December 1. It's an all-day affair. www.swarthmoretowncenter.com

Community Arts Center features local artists and craftspeople from November 30 to December 8 at their annual Holiday Sale. The CAC also has Friday Night Live events with music. It's BYOB and BAYF (Bring All Your Friends). 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

Still Looking for Something to Do?

The Swarthmore Borough website has a directory of every non-profit organization in the immediate vicinity of town. Looking for a place to meet people, volunteer, or learn something new? This directory is a good starting point for your search! Go to: <http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

News

TimeBank is a Community Resource

The response to our new time bank has been overwhelming! The **Nether-Swarthmore TimeBank** encompasses the general area covered by our school district. The TimeBank now has over 125 members, and interest keeps building.

If you find yourself in need of a ride to the doctor, or to the airport, think about using the TimeBank! Do you have some mulch that needs to be spread out before the winter sets in? Hey, there are people on the TimeBank ready and willing to help out.



Report from the Association Board

The Board of Directors continues to shepherd the many activities and programs of the Association. It seems to be busier than ever, as many various activities are offered not only to seniors, but the entire community.

Bill Davis and the Aging in Place Committee continue the Association's implementation of the recommendations of the Aging-in-Place Task Force. The TimeBank's big kick-off potluck was a huge success, as was the silent movie night that was planned as a community-wide event to bring the College and the town together. In addition, the SSCA Travels day trips have already started and are very popular. Planning for the 2019 Senior Wellness Fair is well under way!

The Association's request for an increase in Borough funding has been included in the budget. TimeBank improvements will be a major part of our efforts in 2019. We will continue to get the word out about SSCA and all our activities through our newsletter, website, and weekly e-newsletter.

The new Seminars and Events effort aims to help seniors find out what we all need to know as we grow older, such as healthcare options and housing options, and also provide opportunities for people to get out of the house.

Collaborations with other community groups help us bring great programs to seniors and the rest of Swarthmore, and help point out the needs among seniors to these other groups. The Library, Swarthmore Town Center, Inc., the Methodist and Presbyterian churches, the Farmer's Market, Swarthmore College, and the TimeBank continue to partner with us to provide programs and other opportunities to seniors.

Let's go on a trip!

This is a new program, which we are calling SSCA Travels. A series of day trips to nearby places of interest will be an opportunity to experience those places with friends, and make new friends as we travel. The Swarthmore Presbyterian Church has quite generously offered their bus (and drivers!) for these trips, which are currently planned on a monthly basis. Each trip will include transportation, entry fee, and lunch and will be free.

Tuesday, November 13: Grounds for Sculpture in Hamilton, New Jersey.

Thursday, December 13: American Helicopter Museum in West Chester.

Tuesday, January 15: Herr's Snack Factory in Nottingham.

Sign up at <https://www.signupgenius.com/go/30e0545aaa723a20-ssca>

[SwarthmoreSeniors.com](https://www.signupgenius.com/go/30e0545aaa723a20-ssca)

Are you getting our e-newsletter?

If our e-newsletter is not arriving in your email inbox every Monday morning, you may be missing out on some opportunities! Go to our website (see the address above) and sign up today!

Resources

Get your flu shot! After consulting with your doctor, get your flu shot for this year from your doctor or your pharmacy.

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.

Directors and Officers of the Association

Sheila Bell, Secretary

Peter Bloom, Director, Finance Chair

Louise Coffin, Vice President, Communications Chair

Nancy Daniel, Director, Development Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Maria Mooney, Director

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Eck Gerner

Christine Polito

G. Guy Smith

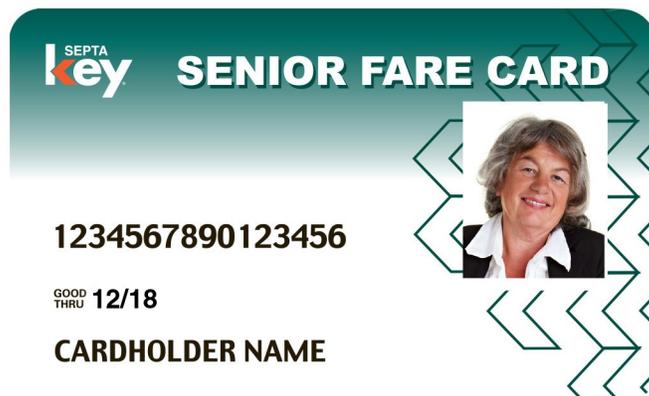
Ann Torregrossa

Committee Chairs (who are not Board members)

Barbara Bernhardt, Sunshine Chair

Ann Foster, Membership Chair

Sue Lawson, Dew Drop Inn Liaison



Get Your SEPTA Key Card

Soon you will need a Senior Key Card to ride SEPTA. You can apply on November 14 at the Gathering Place or by going to one of State Rep. Leanne Krueger-Braneky'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!

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.

Help for Women in Need

A wonderful group of women has pooled their resources to assist women who find themselves in a financial bind.

If you know of someone who might need assistance, please contact Stephanie McDonough at samcd112@comcast.net and she will make the connection happen.

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

Agng-in-Place

Bill Davis 610-529-0399
wmndavis@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

P.O. Box 306, Swarthmore, PA 19081

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.