



Swarthmore Senior Citizens Association

# Annual Report for 2019

March 4, 2020



# Swarthmore Senior Citizens Association

## Annual Meeting

March 4, 2020

Welcome

Memorial Moment

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### Business Meeting Agenda

Call to order.

Approve the minutes of the previous meeting. See page 4.

Receive Annual Report. See pages 5 through 22.

Elect Directors. See page 22.

Public Comment (Members and Non-members)

Adjourn.

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# Swarthmore Senior Citizens Association

## Minutes

Annual Meeting, March 30, 2019

Inn at Swarthmore, Swarthmore, PA

The annual meeting, held immediately followed the Wellness Fair in the Sycamore Room with a wine and cheese reception. It was attended by 40-50 members and other fair attendees.

President Linton Stables called the meeting to order at 4:12 p.m.

There was a moment of silence to remember Gloria Hamilton and Shirley Allen, members who had died in 2018.

The minutes from the 2018 annual meeting were approved.

The treasurer's report was approved.

Committee reports were found in the printed booklet and were approved.

Linton thanked all those who had worked on committees, not all of whom are members. He recognized the Angel Bakers, calling attention to Carolyn Hayden and Amelia Komarinski who were present. He recognized the work of board members and advisors, and gave a special thank you to Bob Turner who was recently stepped down from his duties of assisting The Gathering Place meetings.

Election of officers:

Re-elected: Sheila Bell, Linton Stables, Judie Neale

Elected new members: Nancy Daniel, Ann Foster

The slate was accepted by acclamation.

Public comment:

Nancy Daniel "What a wonderful president we have !"

Vijay asked about accessibility for the Septa RR station. Linton said it will move up on our list of priorities.

Linton thanked the captioners for the Fair and the annual meeting.

The meeting was adjourned at 4:25 p.m.

Respectfully submitted,

Sheila Bell, Secretary

## Finance

Chair: Linton Stables

Following this introduction you will find independent accountant George Kaffes's Compilation Report which is derived from documentation of our accounts provided to him by our administrator and our treasurer.

Overview:

The Swarthmore Senior Citizens Association has an invested fund created after a bequest from the late Irma Zimmer of approximately \$300,000. The amount at the close of 2019 was \$328,602.57 invested evenly in a Vanguard mutual fund that produces growth and a Vanguard mutual fund that preserves capital.

Income for the year 2019 was derived from interest and dividends from those investments, from tax deductible contributions from our membership, a generous grant from the Swarthmore Borough, and support from the community and others in the form of sponsorships and advertising at our annual senior wellness fair.

We continue to maintain our Vanguard accounts. While we are holding our own overall, the volunteer contributions from our membership remains a very important part of our support during the year. For our investment accounts only:

December 31, 2018	\$297,454.46
2019 Income	\$13,875.44
2019 Unrealized gain	\$42,272.67
Withdrawals in 2019	-\$25,000.00
December 31, 2019	\$328,602.57

Summary:

Our financial status is stable. Our net worth has increased significantly in the last year reflecting the overall market. We see no reason to revise our investment strategy at this time. We are confident of our financial situation going forward, though we are budgeting for a stalled or declining market. We are aware of our dependence on a single grant for much of what we try to accomplish, and we are working to develop additional sources of income. We welcome questions and comments at any time.

**SWARTHMORE SENIOR CITIZENS ASSOCIATION  
2019 BUDGET VS ACTUAL**

	<b>Budgeted Expenses</b>	<b>Actual Expenses</b>
<b>Dew Drop Inn</b>		
RENT	\$ 4,500.00	\$ 5,070.00
UTILITIES, ELECTRICITY	\$ 1,200.00	\$ 940.61
UTILITIES, COMMUNICATIONS	\$ 600.00	\$ 577.16
UTILITIES, WATER	\$ 420.00	\$ 300.00
CLEANING	\$ 420.00	\$ 385.00
PEST CONTROL	\$ 400.00	\$ 206.70
INSURANCE, PREMISES	\$ 500.00	\$ 539.87
MISCELLANEOUS	\$ 100.00	\$ 23.21
<b>TOTAL Dew Drop Inn Expenses</b>	<b>\$ 8,140.00</b>	<b>\$ 8,042.55</b>
<b>Gathering Place</b>		
RENT	\$ 2,400.00	\$ 3,105.00
CATERING	\$ 4,730.00	\$ 4,227.97
PROGRAMS	\$ 1,250.00	\$ 1,200.00
MISCELLANEOUS	\$ 100.00	\$ 950.45
<b>TOTAL Gathering Place Expenses</b>	<b>\$ 8,480.00</b>	<b>\$ 9,483.42</b>
<b>General Organization</b>		
PRINTING		
	NEWSLETTER	\$ 806.59
	PROMOTIONAL MATERIALS	\$ 111.61
	FUNDRAISING	\$ 333.98
	COMMUNITY DIRECTORY	\$ 233.18
	SIGNAGE AND GRAPHICS	\$ 238.50
POSTAGE		\$ 561.00
	NEWSLETTER	\$ 550.00
	PROMOTION	\$ 140.00
	FUNDRAISING	\$ 70.00
INSURANCE, DIRECTORS & OFFICERS COMMUNICATIONS	\$ 850.00	\$ 842.00
	WEB HOSTING & EMAIL SUBSCRIPTION	\$ 267.89
	ADVERTISING	\$ 2,280.59
TAX PREPARATION	\$ 1,200.00	\$ 750.00
POST OFFICE BOX	\$ 90.00	\$ 106.00
SUNSHINE COMMITTEE	\$ 300.00	\$ 533.17
CONTRACT FOR ADMINISTRATION	\$ 12,500.00	\$ 12,750.00
CONTRACT FOR DEVELOPMENT	\$ 3,325.00	\$ 2,215.00
BOARD OF DIRECTORS EXPENSES	\$ 300.00	\$ 269.65
ANNUAL MEETING EXPENSES	\$ 300.00	\$ 1,066.00
SENIOR WELLNESS FAIR	\$ 5,100.00	\$ 7,517.47
NETHER-SWARTHMORE TIMEBANK		\$ 1,429.30
SENIOR COMMUNITY SEMINARS AND EVENTS		\$ 456.66
SSCA TRAVELS	\$ 250.00	\$ 4,503.43
MISCELLANEOUS	\$ 490.00	\$ 330.00
<b>TOTAL General Expenses</b>	<b>\$ 34,230.00</b>	<b>\$ 37,602.02</b>
<b>TOTAL ESTIMATED 2019 EXPENSES</b>	<b>\$ 50,850.00</b>	<b>\$ 55,127.99</b>
	<b>Budgeted Revenue</b>	<b>Actual Revenue</b>
<b>Contributions</b>	\$ 4,500.00	\$ 6,995.00
<b>Investment Income</b>	\$ 17,900.00	\$ 25,000.00
<b>Program Income</b>	\$ 3,450.00	\$ 4,638.00
<b>Borough Contribution</b>	\$ 25,000.00	\$ 25,000.00
<b>TOTAL ESTIMATED 2019 REVENUE</b>	<b>\$ 50,850.00</b>	<b>\$ 61,633.00</b>

**GEORGE P. KAFFES**  
**ACCOUNTANT**  
**4201 EDMONT AVENUE**  
**BROOKHAVEN, PENNSYLVANIA 19015-2315**  
**TEL: 610-874-0705**  
**FAX: 610-874-8717**

**ACCOUNTANT'S COMPILATION REPORT- CASH BASIS**

**To the Board of the**  
**Swarthmore Senior Citizen Association**  
**P.O. Box 306**  
**Swarthmore, PA 19081**

**I have compiled the accompanying statement of revenues and expenses-cash basis of The Swarthmore Senior Citizen Association for the period ended December 31, 2019, and related statement of revenues and expenses-cash basis for the year then ended. I have not audited or reviewed the accompanying financial statements and, accordingly, do not express an opinion or provide any assurance about whether the financial statements are in accordance with the cash basis of accounting.**

**Members of the finance committee are responsible for the preparation and fair presentation of the financial statements in accordance with the cash basis of accounting and for designing, implementing, and maintaining internal control relevant to the preparation and fair presentation of the financial statements.**

**My responsibility is to conduct the compilation in accordance with Statements on Standards for Accounting and Review Services issued by the American Institute of Certified Public Accountants. The objective of a compilation is to assist the finance committee in presenting financial information in the form of financial statements without undertaking to obtain or provide any assurance that there are no material modifications that should be made to the financial statements.**

**George P. Kaffes**  
**February 26, 2020**

**GEORGE P. KAFFES**  
**ACCOUNTANT**

SWARTHMORE SENIOR CITIZEN ASSOCIATION  
 CONSOLIDATED STATEMENT OF REVENUES AND EXPENSES  
FOR PERIOD ENDED DECEMBER 31, 2019

CASH:		
BMT - CHECKING @ .05%		\$7,121.37
BMT - IZBF STATEMENT SAVINGS @ .05%		2,702.73
VANGUARD - FEDERAL MONEY MARKET @2.29%		24,851.25
VANGUARD - LIFE STRATEGY MGF 5,398.278 SH		133,877.29
VANGUARD - STAR FUND 5,842.552 SH		138,725.92
		\$307,278.56
TOTAL CASH - JANUARY 1, 2019		

REVENUE:			
BMT - CHECKING	\$79,633.11		
BMT - IZBF STATEMENT SAVINGS	45,006.75		
VANGUARD - FEDERAL MONEY MARKET	414.55		
VANGUARD - LIFE STRATEGY MGF	33,504.60		
VANGUARD - STAR FUND	30,228.96		
		188,787.97	
TOTAL REVENUE			\$496,066.53

EXPENSES:			
BMT - CHECKING	\$75,149.96		
BMT - IZBF STATEMENT SAVINGS	43,000.00		
VANGUARD - FEDERAL MONEY MARKET	25,000.00		
VANGUARD - LIFE STRATEGY MGF	4,000.00		
VANGUARD - STAR FUND	4,000.00		
		151,149.96	
TOTAL EXPENSES			151,149.96

CASH:			
BMT - CHECKING @ .05%	\$11,604.52		
BMT - IZBF STATEMENT SAVINGS @ .05%	4,709.48		
VANGUARD - FEDERAL MONEY MARKET@ 1.55%	265.80		
VANGUARD - LIFE STRATEGY MGF 5661.188 SH	163,381.89		
VANGUARD - STAR FUND 6033.463 SH	164,954.88		
		\$344,916.57	
TOTAL CASH - DECEMBER 31, 2019			\$344,916.57

**GEORGE P. KAFFES**  
**ACCOUNTANT**

SWARTHMORE SENIOR CITIZEN ASSOCIATION  
STATEMENT OF REVENUES  
FOR PERIOD ENDED DECEMBER 31, 2019

REVENUE - BMT CHECKING:		
CONTRIBUTIONS	\$3,285.00	
BOROUGH GRANT	25,000.00	
DEVELOPMENT INCOME	2,360.00	
GATHERING PLACE	793.00	
MEMBERSHIP PAYMENTS	622.10	
WELLNESS FAIR	3,845.00	
WILLITS-ZIMMER HONORARIUM FUND	725.00	
INTEREST	3.01	
TRANSFER FROM BMT IZBF STATEMENT SAVIN	43,000.00	
TOTAL REVENUE - BMT CHECKING		\$79,633.11
		=====
REVENUE - BMT STATEMENT SAVINGS IRMA ZIMMER BEQUEST FUND:		
TRANSFER FROM VANGUARD FUNDS	\$25,000.00	
TRANSFER FROM BMT CHECKING	20,000.00	
INTEREST FROM STATEMENT SAVINGS	6.75	
TOTAL REVENUE - BMT IZBF STATEMENT SAVINGS		\$45,006.75
		=====
REVENUE - VANGUARD FEDERAL MONEY MARKET:		
DIVIDENDS	\$414.55	
TOTAL REVENUE - VANGUARD FEDERAL M.M.		\$414.55
		=====
REVENUE - VANGUARD LIFE STRATEGY MGF:		
DIVIDENDS	\$3,850.41	
SHORT-TERM GAINS	108.06	
LONG-TERM CAPITAL GAINS	0.00	
TRANSFER FROM VANGUARD FEDERAL M.M.	8,000.00	
UNREALIZED GAIN	21,546.13	
TOTAL REVENUE LIFE STRATEGY 5,661.188 SH		\$33,504.60
		=====
REVENUE - VANGUARD STAR FUND:		
DIVIDENDS	\$3,294.82	
SHORT-TERM GAINS	365.03	
LONG-TERM CAPITAL GAINS	5,848.57	
UNREALIZED GAIN	20,720.54	
TOTAL REVENUE - STAR FUND 6,033.463 SH		\$30,228.96
		=====

**GEORGE P. KAFFES**  
**ACCOUNTANT**

SWARTHMORE SENIOR CITIZEN ASSOCIATION  
STATEMENT OF EXPENSES  
FOR PERIOD ENDED DECEMBER 31, 2019

EXPENSES - BMT CHECKING:

ADMINISTRATIVE ASSISTANT	\$14,965.00	
ADVERTISING & PROMOTION	1,751.53	
AGING IN PLACE	16,377.97	
ANNUAL MEETING EXPENSES	1,227.69	
BANK CHARGES & FEES	56.96	
BOARD OF DIRECTOR EXPENSES	\$167.27	
CHARITABLE CONTRIBUTIONS	330.00	
INSURANCE	1,381.87	
MEMBERSHIP APPEAL	129.24	
NEWSLETTER	56.82	
OFFICE SUPPLIES & SOFTWARE	801.82	
OFFICE BUSINESS EXPENSES	106.00	
PROFESSIONAL FEES	750.00	
RENT & LEASE	7,780.00	
REPAIRS & MAINTENANCE	477.11	
SUNSHINE COMMITTEE	568.15	
TGP UPGRADES	726.10	
THE GATHERING PLACE CATERING	4,452.32	
THE GATHERING PLACE SPEAKERS	1,100.00	
UTILITIES	1,944.11	
TRANSFER TO BMT STATEMENT SAVINGS	20,000.00	
TOTAL EXPENSES - BMT CHECKING		\$75,149.96

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**GEORGE P. KAFFES**  
**ACCOUNTANT**

SWARTHMORE SENIOR CITIZEN ASSOCIATION  
STATEMENT OF EXPENSES  
FOR PERIOD ENDED DECEMBER 31, 2019

EXPENSES- BMT STATEMENT SAVINGS IRMA ZIMMER BEQUEST FUND:		
TRANSFER TO BMT CHECKING	\$43,000.00	
TOTAL EXPENSES - BMT STATEMENT SAVINGS IZBF		\$43,000.00 =====
EXPENSES- VANGUARD FUNDS - FEDERAL MONEY MARKET		
TRANSFER TO BMT STATEMENT SAVINGS IZBF	\$17,000.00	
TRANSFER TO VANGUARD LIFESTRATEGY	\$8,000.00	
TOTAL EXPENSES -FEDERAL MONEY MARKET		\$25,000.00 =====
EXPENSES- VANGUARD FUNDS - LIFESTRATEGY		
TRANSFER TO BMT STATEMENT SAVINGS IZBF	\$4,000.00	
UNREALIZED LOSS LIFESTRATEGY		
TOTAL EXPENSES -LIFESTRATEGY FUND		\$4,000.00 =====
EXPENSES- VANGUARD FUNDS - STAR FUND		
TRANSFER TO BMT STATEMENT SAVINGS IZBF	\$4,000.00	
UNREALIZED LOSS STAR FUND		
TOTAL EXPENSES - STAR FUND		\$4,000.00 =====

# SWARTHMORE SENIOR CITIZENS ASSOCIATION 2020 BUDGET

## OPERATING

	<b>Budgeted Expenses</b>
<b>Senior Center</b>	
RENT	\$ 9,600.00
UTILITIES, COMMUNICATIONS	\$ 100.00
INSURANCE, PREMISES	\$ 600.00
MISCELLANEOUS	\$ 500.00
<b>TOTAL Senior Center Expenses</b>	<b>\$ 10,800.00</b>
 <b>Programs</b>	
<b>LUNCH AND LEARN</b>	
CATERING	\$ 4,500.00
HONORARIA	\$ 1,200.00
SUPPLIES	\$ 350.00
MISCELLANEOUS	\$ 100.00
 <b>SENIOR WELLNESS FAIR</b>	
CATERING	\$ 3,500.00
HONORARIA	\$ 750.00
PRINTING	\$ 450.00
ADVERTISING AND PROMOTION	\$ 500.00
SUPPLIES	\$ 200.00
SIGNS AND GRAPHICS	\$ 350.00
MISCELLANEOUS	\$ 750.00
 <b>NETHER-SWARTHMORE TIMEBANK</b>	
SOFTWARE FEE	\$ 250.00
VENUE RENTAL	\$ 600.00
PROMOTION	\$ 200.00
SUPPLIES	\$ 150.00
MISCELLANEOUS	\$ 100.00
 <b>SEMINARS AND EVENTS</b>	
HONORARIA	\$ 250.00
ADVERTISING	\$ 200.00
SUPPLIES	\$ 50.00
VENUE RENTAL	\$ 100.00
MISCELLANEOUS	\$ 100.00
 <b>SSCA TRAVELS</b>	
TRANSPORTATION	\$ 250.00
ADMISSIONS	\$ 1,900.00
CATERING/RESTAURANTS	\$ 1,950.00
MISCELLANEOUS	\$ 100.00
<b>TOTAL Program Expenses</b>	<b>\$ 18,850.00</b>

# SWARTHMORE SENIOR CITIZENS ASSOCIATION

## 2020 BUDGET

**General Organization**

PRINTING	NEWSLETTER	\$ 1,250.00
	PROMOTIONAL MATERIALS	\$ 550.00
	FUNDRAISING	\$ 175.00
	COMMUNITY DIRECTORY	\$ 100.00
	SIGNAGE AND GRAPHICS	\$ 240.00
POSTAGE	NEWSLETTER	\$ 400.00
	PROMOTION	\$ 10.00
	FUNDRAISING	\$ 140.00
INSURANCE, DIRECTORS & OFFICERS		\$ 850.00
COMMUNICATIONS	WEB HOSTING & EMAIL (prepaid)	-
	ADVERTISING	\$ 500.00
TAX PREPARATION		\$ 850.00
POST OFFICE BOX		\$ 110.00
CONTRACT FOR ADMINISTRATION		\$ 12,500.00
CONTRACT FOR DEVELOPMENT		\$ 3,325.00
BOARD OF DIRECTORS EXPENSES		\$ 150.00
ANNUAL MEETING EXPENSES		\$ 400.00
MISCELLANEOUS		\$ 450.00
	<b>TOTAL General Expenses</b>	<b>\$ 22,000.00</b>
<b>TOTAL ESTIMATED 2020 EXPENSES</b>		<b>\$ 51,650.00</b>

**Revenue**

<b>Contributions</b>	\$ 6,000.00
<b>Investment Income</b>	\$ 16,000.00
<b>Program Income</b>	\$ 4,650.00
<b>Borough Contribution</b>	\$ 25,000.00
<b>TOTAL ESTIMATED 2020 REVENUE</b>	<b>\$ 51,650.00</b>

## Board of Directors

President: Linton Stables

Much of what the Association is doing will have a lasting effect in Swarthmore and the surrounding communities as we continue to work for the good of not only seniors, but our whole community. The Board continues to seek areas of collaboration with other local organizations. This year we have worked with the Swarthmore Public Library, the Chester Children's Chorus, Swarthmore Town Center, Swarthmore College, Swarthmore Presbyterian Church, Swarthmore United Methodist Church, Wallingford-Swarthmore Community Classes, and our School District to develop programs that appeal to all ages. We are working on new collaborations for fiscal year 2020.

A major shift in our community occurred in the Fall as we closed the Dew Drop Inn and moved all of our operations to the Swarthmore United Methodist Church, where we have contracted for space every weekday from 9:00 a.m. to 4:00 p.m. We hope to develop programming to fill up the time and the space.

We continue to count our blessings in Stephanie McDonough, who has transformed the way we do business and our ability to do multiple programs at once. She has been instrumental in getting the Swarthmore TimeBank off the ground, as well as handling many of the details of Lunch and Learn programming and the SSCA Travels. Stephanie also help us with our finances, and communications and relations with the other organizations in town.

We owe a huge amount of gratitude for the work and the presence of Maria Mooney, whose term on our Board expired. She has been a tireless advocate for having the Association do more to help individuals in our community during times of medical issues, loneliness, and other needs. We will miss her voice of compassion in our deliberations, but we know that she will remain an active part of our organization!

It is an exciting time to be a part of the Swarthmore Senior Citizens Association!

### Directors and Officers of the Association

Sheila Bell, Secretary	term ends 2021
Louise Coffin, Vice President, Communications Chair	term ends 2020
Bill Davis, Director, Aging-in-Place Chair	term ends 2020
Nancy Daniel, Director, Development Chair	term ends 2019
Sue Dawes, Director, Intergenerational Chair	term ends 2020
Ann Foster, Director, Membership Chair	term ends 2019
Maria Mooney, Director	term ends 2019
Judie Neale, Director, Newsletter Chair	term ends 2021
Linton Stables, President	term ends 2021
Gudrun Weinberg, Treasurer	term ends 2020
Alice "Putty" Willetts, President Emeritus	

## **Membership**

Chair: Ann Foster

The current membership stands at 143 people, which includes all those who have made a financial contribution to the organization one or more years in the last 3 years. This number represents an increase of 13 from last year. Membership renewals are still coming in. We instituted online renewals and membership contributions this year, and it has become extremely popular. The Gathering Place (now Lunch and Learn) meetings held on Wednesdays at noon September through May have had a high attendance rate, often numbering 50 or more for programs of high interest. On Wednesdays we try to get people to know other people's names through fun exercises. We have expanded our social outreach to Friday afternoon informal gatherings at the Co op.

## **Treasurer**

Treasurer: Gudrun Weinberg

The Budget to Actual Expenses and Revenue report on page 6 shows that we were probably too conservative in our projections of both expenses and income, but in the end we received more than we spent. Overall, we have good control of our expenses and the generosity of past and present members, as well as the Borough, keeps us on solid financial ground. The transition from two spaces to one location incurred some costs that we do not expect to see repeated this year. We do, however, plan to spend some money on capital improvements to our new space.

## **Personnel**

Chair: Linton Stables

The Committee makes recommendations to the full Board regarding contracted personnel. Currently the only personnel matters are two contracts with our Administrator, one for administration and the other for development work. We terminated our contract for cleaning the Dew Drop Inn. Committee members are Sheila Bell and Maria Mooney, in addition to the Chair.

The Administrator contract is to help the Board with communications (newsletters, website, e-newsletter), administration of the TimeBank, arrangements for speakers for the Lunch and Learn series, arrangements for the SSCA Travels, and administration of other Aging-in-Place projects, as well as bookkeeping and recordkeeping. She also helps with fundraising/development tasks. The Board has evaluated the work that Stephanie McDonough has done and found her to be an excellent contributor to the success of our organization.

## **Communications**

Chair: Louise Coffin

The goal of SSCA communications is to inform not only seniors but also the general public about the activities and influence of the Swarthmore Senior Citizens Association. SSCA strives to be a vital force: one that is recognized and appreciated for what it offers all borough residents. To that end, a variety of communications vehicles have been put in place.

There were five print newsletters sent out in the past year to a mailing list that includes 125 SSCA members and friends. Seventy-five are distributed to a number of interested parties such as *The Swarthmorean*, local congregations, Dew Drop Inn, The Gathering Place, and other community groups. Copies are also distributed at Borough Hall. The newsletter describes upcoming events as well as opportunities for seniors.

We continued to promote SSCA through SwarthmoreSeniors.com, our main on-line venue. We also have a group on nextdoor.com and a Facebook page. We continued the weekly e-newsletter containing short reminders of upcoming programs as well as upcoming field trips. The e-newsletter offers the convenient ability to sign up for field trips. This newsletter is sent to 436 addresses, including seniors, Borough officials, Community Directory contacts, and others who have expressed an interest in our programs. About 1000 views are registered each month. Ten percent “click through” to something else, either our web page, the sign-up page, or sometimes an outside website like AARP.

Our programs are listed in *The Swarthmorean* calendar each week. We also have a presence on burbio.com, a community calendar.

Articles about SSCA activities appear in *The Swarthmorean*, often accompanied by a photograph. We spend approximately \$1500 a year in display advertising in the local paper; much of the expense goes to promote the annual Senior Wellness Fair in March. More specifically, the Fair is advertised with a banner at the railroad station and yard signs in addition to print ads in the paper and notices on nextdoor.com from January to the end of March.

In conjunction with other neighborhood organizations, SSCA had a presence at two Farmers' Markets during the summer and marched in the Fourth of July parade. SSCA hosted an Open House during the Borough's Home for the Holidays celebration in early December. The move of the activities formerly housed at the Dew Drop Inn on South Chester Road to the Swarthmore United Methodist Church was announced in an ad in *The Swarthmorean*.

## **Development**

Chair: Nancy Daniel

Last year was largely a year of general Development assessment and promoting Board awareness. Our grant from the Borough was renewed. In 2020 we would like to create a full Committee, strategize for more dues-paying members and Board contributions, continue research for and hopefully submit proposals for sidewalk “health”, define fundable aspects

of the Wellness Fair and submit proposals (using our 3 years of experience and data), work with the Membership committee and the Board in general for a plan to grow our numbers and expand our diversity through a more intentional outreach and collaboration (which is definitely “fundable”) with a focus on decreasing senior isolation and loneliness.

## **Aging-in-Place**

In September of 2019 the SSCA Board of Directors elected to disband the SSCA Aging-in-Place Committee because its various projects and activities had become too cumbersome to manage effectively. The Board created five separate Committees, each dedicated to continuing the work of implementing the recommendations of the 2015 Swarthmore Borough Task Force on Aging-in-Place. The committees include the Wellness Fair Committee, the Nether-Swarthmore TimeBank Coordinators, the SSCA Travels Committee, the Swarthmore Walks and Trails Committee, and the Swarthmore Sidewalks Committee. Each Committee is chaired by a member of SSCA and now reports directly to the SSCA Board of Directors. Their reports follow.

## **Sidewalks**

Chair: Judith Owen

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. *The Association notes that Borough Council has eliminated this fee.*

The Sidewalk Committee included Bill Davis, Carol Kennedy, Sharon Lee, Berenice Saxon, and Linton Stables.

## **Senior Wellness Fair**

Chair: Bill Davis

On March 23, 2019, SSCA sponsored Swarthmore's second annual Senior Wellness Fair. As was the case with the first Wellness Fair, the event was extremely successful. Over 150 local residents attended the day long series of presentations designed to enhance senior well being. For the first time the initial presentation was designated the Alice “Putty” Willetts & Irma Zimmer Keynote Lecture, in honor of two of the founders of SSCA. In addition, the Alice

"Putty" Willetts and Irma Zimmer Honorarium Fund was established to attract distinguished speakers for the opening presentation of every succeeding Fair. In Fall 2019 the Wellness Fair Committee began planning the 2020 Fair, anticipating that the 3rd annual event will make a significant contribution to the health and well being of every Swarthmore senior.

## **Swarthmore Walks and Trails**

Chair: Carol Menke

The Walks and Trails Committee has documented all the walks that exist, and has included some new ones. Working with the Office of Sustainability at Swarthmore College, the Committee was able to work with College senior Tara Cannon, a Green Advocate, in creating the walks on a smartphone app, documenting the trails and walks, and then making the information available to everyone who wants to access it. In May 2020 the Committee expects to roll out the app with 20 documented trails and walks in Swarthmore. They are also planning to have printed versions available in the Library.

## **Nether-Swarthmore TimeBank**

Chair: Ann Torregrossa

The mission of the TimeBank is to strengthen our community through the exchange of skills and services. Now with 176 members and over 400 exchanges, our very young TimeBank is at a point where it needs to actively encourage its members to participate more often and more regularly. The Coordinating Committee works hard to have community events on a regular basis so that members (and potential new members) have a chance to meet each other and get more comfortable with the concept of people helping each other. Many people will ask why the Senior Association doesn't have a system to connect volunteers with people who need help. The Nether-Swarthmore TimeBank is exactly that organization! Every person has something to offer, and we already know that there are a lot of needs out there.

The Coordinators include Ann Foster, Mary Payne, Kristy Chen, and Linton Stables.

## **SSCA Travels**

Administrator: Stephanie McDonough

Tour Leaders: Bere Saxon and Linton Stables

The monthly tours gained a new level of popularity in 2019, with most trips nearly full.

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|------------|--|
| January 15 | Herr's Snack Factory in Nottingham.          |
| February 7 | Brandywine River Art Museum in Chadd's Ford. |
| March 5    | Philadelphia Flower Show in Philadelphia.    |

March 21	African American Museum in Philadelphia.
April 30	Bryn Athyn Cathedral and Pitcairn Estate, Bryn Athyn.
May 30	Phillies Baseball game in Philadelphia.
June 3	Wallingford Presbyterian Church Strawberry Festival.
July 25	Lunch and Chester Children's Chorus Concert at Swarthmore College.
August 21	The State Capitol and the State Museum in Harrisburg. See photo p.23.
September 26	The Rose Valley Museum and Thunderbird Lodge.
October 24	Strasbourg Railroad Museum
November 14	Veterans Museum and the Delaware County Veterans' Memorial.
December 12	Peddler's Village near New Hope.

## Other Aging-in-Place Projects

Directory of Swarthmore Community Organizations

AIP-Wallingford-Swarthmore Community Classes partnership

Senior Talks and Special Events

Caregiver Support Group (planned)

Swarthmore 101 (planned)

Aging in Place Consultation Service (planned)

Support for revisions to zoning and planning ordinances and to transportation plans to accommodate seniors.

## Intergenerational

Chair: Sue Dawes

The Swarthmore Senior Citizens Association is always interested in interacting with people of other ages than ours. When we have been able to schedule programs with the elementary school, the kids are very open, interested, full of energy and enthusiasm love to talk, and always impress us with how smart and nice they are. Unfortunately scheduling gets more difficult each year, and we were not able to do this last year.

One of our most popular programs is when the Silvertones, the high school select choral group, performs a holiday concert in December. Everyone loves the music and the teenagers especially enjoy the holiday goodies while the seniors love to talk to these talented and interesting young people.

Later this winter we were able to hear from a bar mitzvah scholar who shared his research on plant-based diet and its benefits to our bodies as well as to our planet. He was a great presenter and we were blessed to hear him.

## **Gathering Place (now Lunch and Learn)**

Hostess: Heather Jorgenson

Administrator: Stephanie McDonough

Convener: Louise Coffin

The Lunch and Learn series continues to be the signature event of the Association, with lunch programs every Wednesday during the academic year. Lunch is provided on the first Wednesday of each month, and pizza is offered on the third Wednesdays for \$1 per slice.

A group of generous volunteers continues to provide a welcoming atmosphere at the Lunch and Learns including Heather Jorgenson, Katy Christodouleas, Mary Gondas, Louise Coffin, and Maria Mooney. These are in addition to our "Angel Bakers" who make dessert for us each week: Carol O'Dea (Chair), Carolyn Hayden, Samantha Mancini, Maria Mooney, Mandy Shane Dicker, Amelia Komarinski, and Beth DeBruyn.

This past year's programs were:

- Jan 9 Breathe Om Yoga at Wellness brought us a session of chair yoga.
- Jan 16 Eleanor Johnson, of Community YMCA, on programs for senior citizens
- Jan 23 Reverend Zuline Wilkinson, Director of Chester Eastside, shared their mission and work
- Jan 30 Honoring African American History Month
- Feb 6 Bill Foster of A Few Steps on reducing our own carbon footprints
- Feb 13 Sara Nelson, Director of Recycling for Delaware County Solid Waste Authority
- Mar 6 Linton Stables takes on the daunting topic of downsizing
- Mar 13 Bill Davis, Chair of our Aging-in-Place Committee, updated us on what has been done
- Mar 20 Ann O'Rourke addresses issues around long term care insurance in two sessions: How to make your long term care insurance work for you, and
- Mar 27 Planning for the future without long term care insurance
- Apr 3 Take Me Out to the Ballgame! Terry Lynch, local enthusiast, gave us an update
- Apr 10 Spring Recipe Swap, with samplings of our favorite spring dishes
- Apr 17 Restaurant Menus of Old: Louise Coffin took us on a virtual tour of past menus
- Apr 24 Cheryl Colleluori, President of HEADstrong, told us about Nick's House
- May 1 Greg Brown, Swarthmore College VP for Finance and Administration
- May 8 Bob Brooke "Andrew Wyeth's World"
- May 15 SSCA Member Nancy Daniel led an interactive session of Tai Chi
- May 29 Carol Sweeney, dietician and nutritionist, Eating Healthy While Traveling!
- Jun 5 Walter Albert, of the Pennsylvania Veterans Museum, World War II on the Home Front
- Jun 12 Annual Potluck Picnic and Swim at the Swarthmore Swim Club
- Sep 11 Beth Murray on the results of the Town Center Study
- Sep 18 Rebecca Reeves of the New Choices Development Program on gender inequality

- Sep 25 Todd Strine, Greg Hoy, and Rob Borgstrom on the *Swarthmorean* newspaper
- Oct 2 Abigail Ferris Masters, on dementia
- Oct 16 Potluck! Fall and time for warm casseroles
- Oct 23 Olga Antonyuk, program director of Compeer, on adults in mental health recovery
- Oct 30 Dr. William E. Watson on the Duffy's Cut Project
- Nov 6 Judy King, Director of St. Katharine Drexel Food Pantry and Clothing Cupboard
- Nov 13 Veteran's Day Program
- Nov 20 Michelle Grunseich shared her post-stroke journey
- Dec 4 Kathleen Peterson and Michele Hall of AARP's Tax Aid Program
- Dec 11 The Great Cookie Contest
- Dec 18 Silvertones of Strath Haven High School performed holiday favorites

## Sunshine

Chair: Barbara Bernhardt

- Thank-you Donna Shumaker, Eleanor Johnson, Reverend Zuline Wilkinson, Nancy Webster, Bill Foster, Sara Nelson, Linton Stables, Bill Davis, Ann O'Rourke, Terry Lynch, Louise Coffin, Cheryl Colleluori, Greg Brown, Bob Brooke, Nancy Daniel, Carol Sweeney, Walter Albert, Beth Murray, Rebecca Reeves, Todd Strine, Greg Hoy, Rob Borgstrom, Abigail Ferris Masters, Olga Antonyuk, Dr. William E. Watson, Judy King, Judie Neale, Michelle Grunseich, Kathleen Peterson, Michele Hall, and John Shankweiler and the Silvertones for their contributions to the Lunch and Learn programs.
- Get well Bobbie Davis, Heather Jorgenson, Steve Laxton, Beldon Langford, and Reverend Kevin Babcock.
- Birthday Putty Willetts. All members are recognized each week during their birthday month at the Lunch and Learn gathering.
- Home visit Bobbie Davis and Maria Klement.
- Thank-you The Angel Bakers (seven volunteers from the community) for their contributions to the Lunch and Learn programs.
- Thank-you Volunteer drivers from the Swarthmore Presbyterian Church for their contributions to the SSCA Travels by driving the SPC bus.
- Thank-you Sexton Herman Jacobs and his assistant at Swarthmore United Methodist Church for their work supporting SSCA programs.
- Thank-you Stephanie McDonough, SSCA Administrator, for her work supporting SSCA.

## Dew Drop Inn

For many years the Dew Drop Inn provided a place to gather for games, crafts, and social activities. After much discussion the Board decided to consolidate all activities at the Methodist Church. In addition to saving some money, the consolidation of activities has had the effect of bringing several groups of seniors together who now know the full range of activities of the Association and feel a part of the whole.

## Nominating

The Board, as a committee-of-the-whole, acted as the Nominating Committee.

During 2019 no vacancies occurred on the Board. Board member Maria Mooney has chosen not to run for re-election after her term ended in December 2019.. The Nominating Committee proposes the following for election to the Board of Directors:

Nancy Daniel, re-election for a term ending in 2022.

Ann Foster, re-election for a term ending in 2022.

Shirley Mitrovich, election for a term ending in 2022.

Dan Snyder,, election for a term ending in 2022.

## Shirley Mitrovich



I am currently a resident of Wallingford hoping to soon return to Swarthmore as a member of a Cohousing community. My family lived in Swarthmore for many years, and I love the many enriching aspects of life here. I attended Moore College of Art in Philadelphia and Philadelphia College of Art for graduate work in Art Education. I spent my career working in private and public schools as an art teacher . As a retired person my special interests are raku ceramics, fiber art, mosaics, and gardening. My husband Ed and I love traveling and spending time with our daughter Alexandra, who currently lives in New York City. I look forward to working with the wonderful community of Swarthmore Seniors.

## Dan Snyder



I graduated from Haverford College, went to grad school in biology at the University of Pennsylvania, and then worked at the Academy of Natural Sciences for 34 years.

I've lived in Swarthmore since 1987, and enjoy the beautiful surroundings and strong sense of community. As an administrator at the Academy, I loved helping a non-profit organization function smoothly and pursue its mission. I'm active in the local Irish set dance community where participating in a shared interest brings people together.

I've enjoyed the Lunch and Learn sessions of the SSCA, and several of the wonderful day trips. As a Board member, I'd hope to apply whatever skills I've picked up along the way to helping SSCA continue to grow and enrich the lives of seniors (and others) living in this area.

# Mission Statement

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.

## A Note from the Founding President

I wish I could be with you all, and I love you all!

God Bless. Affectionately, *Putty*

## Advisory Council

Doug Bender                      Peter Bloom  
Eck Gerner                        Gudmund Iversen  
Christine Polito                G. Guy Smith  
Ann Torregrossa



*Swarthmore Seniors  
The Pennsylvania State Capitol  
August 21, 2019*





**Senior News**



**Senior E-News**



**SwarthmoreSeniors.com**



Senior Wellness Fair

**Benefits and Challenges**



**Lunch & Learn**



NETHER-SWARTHMORE

**TimeBank™**



**SSCA Travels**