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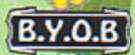
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Senior Wellness Fair Program

Pathways to Senior Well-Being

Saturday, March 30, 2019

9:00 a.m. to 4:00 p.m.

The Inn at Swarthmore

10 South Chester Road



Swarthmore Senior
Citizens Association

Contents

Schedule	11
Presentations	12-13
Speaker Biographies	13-14
Exhibitors	14-15
Acknowledgments	19

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Swarthmore Senior Citizens Association

Welcome to the Swarthmore Senior Wellness Fair!

Last March the Swarthmore Senior Citizens Association sponsored Swarthmore's first annual Senior Wellness Fair. By all accounts, the event was a rousing success, drawing rave reviews from many of the more than 150 who attended.

Today, thanks to the continuing support of Swarthmore Borough, and a bevy of generous sponsors, the Aging-in-Place Committee of SSCA is pleased to welcome you as you take part in the second annual Wellness Fair. Pathways to Senior Well-Being is designed especially for seniors, seniors-to-be, and those caring for seniors.

Each of the Fair presentations offers a wealth of valuable information and thought-provoking ideas. In addition, this year's program features the newly-established Alice "Putty" Willets and Irma Zimmer Keynote Lecture, so named to recognize and honor two of the Founders of SSCA.

Please plan to spend the entire day with us, learning about pathways to well-being, sharing with friends during lunch, and visiting the many on-site exhibitors. I'm certain you'll find it a satisfying experience.

Enjoy!

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



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May 19, 2019

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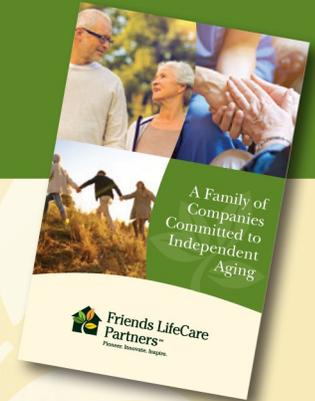
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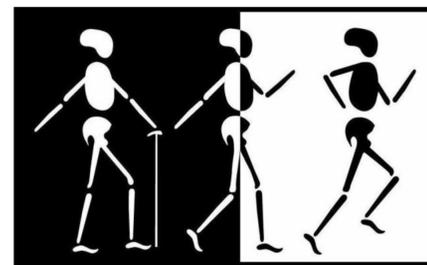

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Here's to the success of the Second Annual Wellness Fair



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March 30, 2019

The health and wellness of a person is often closely related to the health and wellness of the community in which he or she lives. Individuals tend to thrive when there are sufficient opportunities to engage with others, when they feel safe and secure in their environment, when they feel that there are others looking out for them, and when there are sufficient opportunities to grow and learn. These are all signs of a healthy community.

One of the aspects of our town that makes life here so rich is the number of volunteer organizations that work to make life better for all residents, regardless of age or income.

Since its inception, The Swarthmore Senior Citizens Association has provided intergenerational programs and services, focusing primarily on the needs of seniors but extending far into other segments of our community.

We commend the work of the SSCA and thank them for all they do to focus our attention on the need for us to keep Swarthmore a place for all ages. The Senior Wellness Fair is one such activity, an opportunity not only to learn but to gather and to engage with each other. We hope that you will find the day informative and enriching and that you will take time just to enjoy each other's company. Thank you all for attending the program.

Marty Spiegel
Mayor, The Borough of Swarthmore

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Senate of Pennsylvania

Greetings,

Congratulations to the Swarthmore Senior Citizen's Association on the Second Annual Senior Wellness Fair: Paths to Senior Well-Being. Last year I brought greetings as the Mayor of Swarthmore. This year, I welcome you as your State Senator for Pennsylvania's 26th District. I claim proud membership in the 55+ crowd and am particularly energized by Swarthmore's commitment to Senior Wellness and Aging in Place. As Mayor, I initiated the Aging in Place Task Force. Our goal was simple: recommend measures to improve quality of life, and reduce barriers faced by residents of Swarthmore who desire to remain in the Borough throughout their lives. We know vibrant communities are diverse along many dimensions, and we need to make certain we do not lose a vital segment of Swarthmore. Surprisingly, one of our biggest findings is how many resources are already in place. We are here to help you access those resources, and what better way than an annual community based Senior Wellness Fair.

As your Senator, the issues we care about in Swarthmore and across the 26th Senate District are the same issues we see statewide. It is clear that Pennsylvanians desire to age in their homes for as long as possible. And we all value strong school districts, safe communities, clean air and water, and good paying jobs with benefits. Despite our differences, we want the same things for our communities and must work together for the greater good.

I am excited by the possibilities that lie ahead. I feel inspired by each of you. And I pledge to work toward making our District a place that is responsive and adaptive to all. The Seniors in our communities have raised the next generation of citizens, supported our local economies, fought for our democracy, and built our region. We need to honor those contributions and commit to finding ways to adapt our communities to include them.

I and my staff will work to ensure that our families and seniors know what resources are available and how to access them. Tax rebates, help with heating bills, consumer protections, benefits for veterans; We can help in so many ways. There's even pharmaceutical assistance available. We hope you stop by our table and learn how we can be helpful and answer your questions. Please feel free to call my office at 610-544-6120, send me an email at SenatorKearney@pasenate.com, or drop by our office. We're located at 130 S. State Rd., Suite 101, Springfield, PA 19064.

Thank you for all you do for our community, and be well.

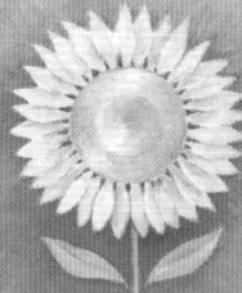
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March 29, 2019

Dear Friends:

Please allow me to offer the Swarthmore Senior Citizens Association my heart-felt congratulations on their second annual Senior Wellness Fair. The exciting speaker line up, wide range of exhibitors, and engaging sessions will benefit all who attend. This effort to promote senior well-being, by featuring senior-friendly programs and services in the area, and to help individuals in the community find the best way to live their lives is to be commended. Thank you for all of your hard work to make this event a success. Events such as this make me very proud to represent Swarthmore as part of the 161st Legislative District.

As always, please feel free to contact me with any State related issue or concern. My office is here to help with services such as the free SEPTA Senior Key Card, Property Tax/Rent Rebate, and other benefits for seniors. You may call my District Office at 610-534-6880 for assistance.

Sincerely,

Leanne Krueger
State Representative
161st Legislative District



Swarthmore Senior Citizens Association

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

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

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

SSCA Travels provides day trips to interesting places in the area. Recent trips have included Stoneleigh, the Franklin Institute, Brandywine River Museum of Art, the Herr's Snack Factory, the American Helicopter Museum, the African American Museum of Philadelphia, and the Philadelphia Flower Show.

Special Programs are offered that may delve into a particular topic over several sessions, or perhaps provide an entertainment opportunity to be enjoyed with the whole family and the whole community. Speaker series, movie nights, community concerts, and other fun activities are offered.

Join us! Visit our table in the Lobby and complete a membership form and make a small donation. We will welcome you to participate in any or all of our activities, including this afternoon's reception and Annual Meeting, following the Wellness Fair! Our weekly e-newsletter is filled with fun and educational things to do, while our mailed newsletter provides a look ahead and a lot of resources that seniors might find useful. The SSCA website is where important and up-to-date information can be found.



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Acknowledgments

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

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

The Borough of Swarthmore has been supportive as we proposed the idea and then implemented last year's Wellness Fair. And then they supported doing it again this year! Mayor Marty Spiegel, Council-members Sarah Graden, Ross Schmucki, and Mary Walk—as well as the full Council—and Borough Manager Jane Billings have helped us at every step.

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

Thanks to our exhibitors for supporting the Wellness Fair! Without their support we would not have been able to provide a quality presentation of ideas and opportunities. Special appreciation is given to our Fair Benefactor Sponsors! Please support all our sponsors and advertisers.

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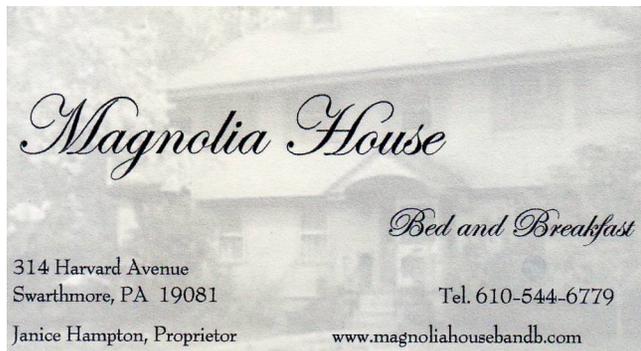


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Schedule

- 9:00 Registration Lobby
- 9:00 Exhibits Hall open all day Exhibits Hall
- 9:30 Welcome Presentations Hall
- Linton Stables
President, Swarthmore Senior Citizens Association
- 9:45 Introduction to Fair and to Keynote Presentations Hall
- Bill Davis
SSCA Aging-in-Place Committee Chair
- 10:00 The Alice "Putty" Willetts and Irma Zimmer Keynote Address
Married, Single, or Partnered: Promoting Senior Connections
Julia Mayer and Barry Jacobs
- 11:00 Break Please visit the Exhibits Hall
- 11:30 Presentation Presentations Hall
Beyond Drugs: Berries & Potions & Other Notions to Maximize Health
Robert Denitzio
- 11:30 Presentation Sycamore Room
The Pleasures and Benefits of Volunteering
Sheila Bell
- 12:30 Lunch Lobby, Sycamore Room
Visit Exhibits Hall
- 1:45 Presentation Presentations Hall
Seniors and Technology: A Brief Primer on How to Make It Work for You
Dan Snyder
- 1:45 Presentation Sycamore Room
Senior Fraud and Scams: How to Recognize, How to Avoid
Chelsey Price (Moderator), Katayoun M. Copeland, and Joseph A. Ryan
- 2:45 Break Please visit the Exhibits Hall
- 3:00 Presentation Presentations Hall
No Place Like Home: Options for Senior Housing and Care
Linton Stables
- 4:00 SSCA Annual Meeting and Reception Sycamore Room

Presentations

Single, Married or Partnered: Promoting Senior Connections

Barry Jacobs and Julia Mayer

Recent news reports about the damaging effects of social isolation underscore how much every one of us needs interpersonal connection to thrive and prosper. Having social support isn't just about companionship; it's also about enhancing emotional well-being, physical health, accountability and purpose. In their Keynote Lecture Drs. Mayer and Jacobs first tell stories about the negative consequences that so often follow from frayed connections, and then point the way to solutions, to help us further savor our interactions with others and deepen our most cherished relationships.

The Pleasures and Benefits of Volunteering

Sheila Bell

Volunteering has been described as "Love in Action," or "Everyone Helps, Everyone Wins." This presentation uses the testimony of local volunteers to explore the multiple benefits that can derive from volunteer work, including the importance of matching volunteer opportunities with individual talents, time, and energy.

Beyond Drugs: Berries & Potions & Other Notions to Maximize Health

Robert P. Denitzio

This introduction to integrative medicine offers an approach to complicated health issues that have not responded to customary medical treatments. It emphasizes a "whole person" context, broadening a physician's base of knowledge to include evidence-based non-drug healing, in addition to traditional prescription medicines.

Seniors and Technology: A Brief Primer on How to Make It Work for You

Dan Snyder

Designed especially for those who tend to avoid the whole subject, or end up feeling more confused than otherwise, "user-friendly" descriptions of contemporary technologies in the fields of health-care, communication, and entertainment will be cited, including an overview of how best to access available support services.

Please note that in order to accommodate more people attending, this year we are offering concurrent sessions at 11:00 a.m. and 1:45 p.m. We apologize in advance if we have scheduled two topics of interest to you at the same time.

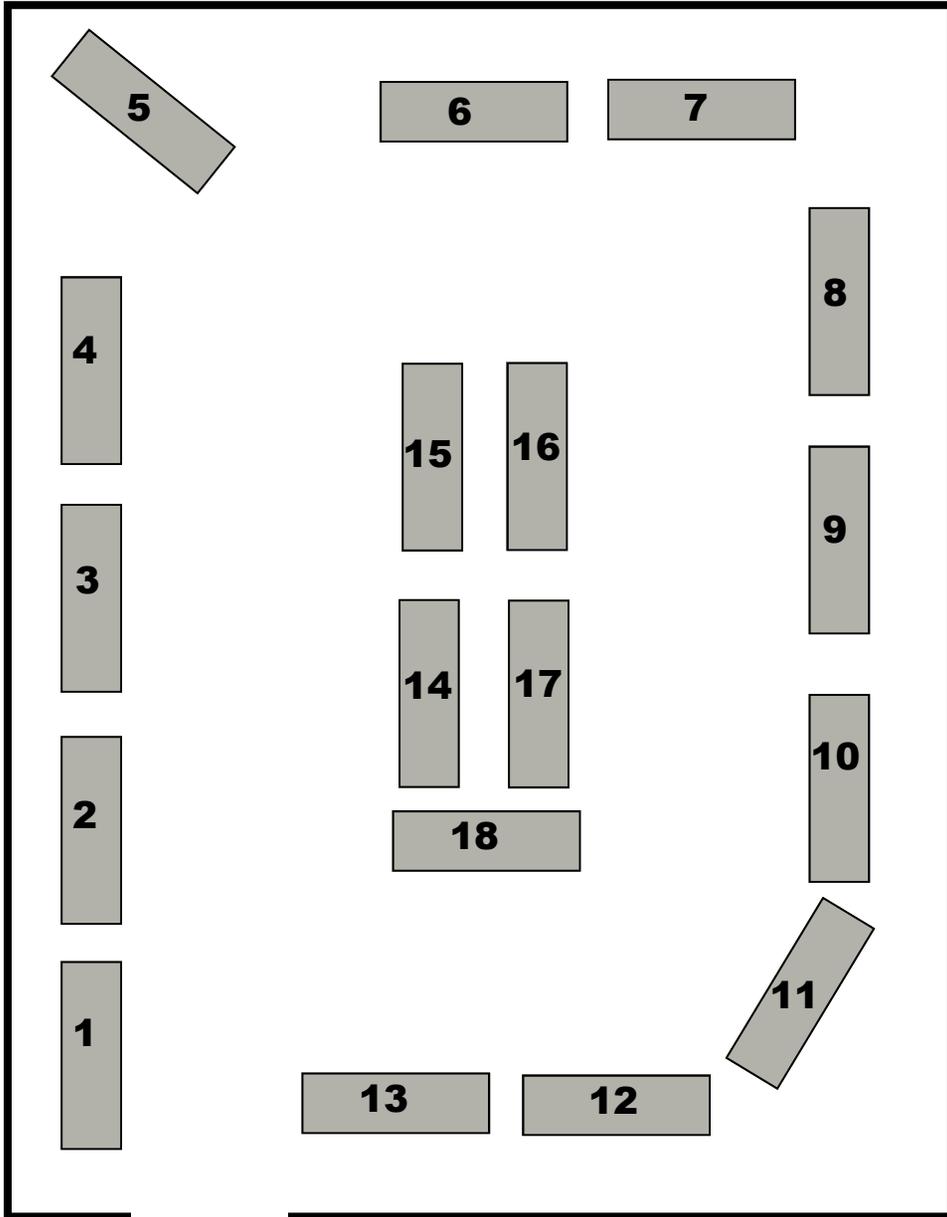
Exhibitors

- 1 Plush Mills Senior Residences
- 2 Elder Law Committee of the Delaware County Bar Association
- 2 Delaware County Registrar of Wills
- 3 White Horse Village Lifecare Community
- 4 Delaware County Office of Services for the Aging (COSA)
- 5 Healing by Sheryl
- 6 Senior Community Services/Schoolhouse Center
- 7 Friends Life Care Partners
- 8 Nether-Swarthmore TimeBank
- 9 State Legislators: Rep. Leanne Krueger and Sen. Tim Kearney
- 10 Angel Companions of Delaware County
- 11 Senior Care Cooperative
- 12 Granite Farms Estates and Lima Estates/ACT Senior Living
- 13 Victoria's Home Care
- 14 Herbology Dispensary
- 15 Swarthmore Public Library
- 16 Oasis Senior Advisors
- 17 Advanced Aquatic & Physical Therapy
- 18 General information

Swarthmore Senior Citizens Association (in the Lobby)



Exhibit Hall



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

Communication Access Realtime Translation (CART) services are provided by Archive Reporting and Captioning.

Senior Fraud and Scams: How to Recognize, How to Avoid

Chelsey Price (Moderator),

Katayoun M. Copeland, and Joseph A. Ryan

Currently, seniors are subject to an extraordinary number of fraudulent and illegal schemes. In this presentation the Delaware County District Attorney's Office provides an overview of reasons why seniors are so often victims, a description of the most common frauds and scams, and suggestions for what to do if it happens to you.

No Place Like Home: Options for Senior Housing and Care

Linton Stables

Where to live is one of the most important issues older people must face. Frequently, the options seem overwhelming, simply because there are so many factors to consider. This presentation aims to clarify the available options, and suggest how to make a comfortable, satisfactory decision.

Speakers

Julia Mayer, Psy.D practices psychotherapy in Media, specializing in sexual trauma, eating disorders, family caregiving, and troubled marriages. The author of *A Fleeting State of Mind*, and co-author of *AARP Meditations for Caregivers*, she is President of PSCP-The Psychology Network and co-creator of the podcast, "Shrinks on Third."

Barry Jacobs, Psy.D is Principal for Health Management Associates. For 24 years the Director of Behavioral Sciences for Crozer-Keystone's Family Medicine Residency, he is author of *The Emotional Survival Guide for Caregivers*, co-author of *AARP Meditations for Caregivers*, and the national spokesperson on caregiving for the American Heart Association.

Sheila Bell, MEd, enjoyed a long career as Reading Supervisor at Upper Darby School District as well as supervising reading specialist interns at Widener University. Now retired, she devotes her creative energies to a wide range of diverse volunteer efforts including Art Goes to School, Scott Arboretum, and many activities at her church.

Continued on the next page.

Speakers

Robert P. Denitzio, MD, is board-certified in Integrative Medicine, and a member of the Academy of Integrative Health & Medicine and the American Academy of Family Practice. After 35 years of traditional practice, he pursued specialized training in the emerging field of functional medicine. Dr. Denitzio recently joined the Concordville office of Main Line Health.

Dan Snyder, MA, was an environmental scientist and research administrator at the Academy of Natural Sciences where he used computers on a daily basis. A self-taught expert, and avid devotee of the newer technologies, he has taught courses on the iPhone and iPad for the Wallingford-Swarthmore Community Classes.

Chelsey Price, MPH, is Executive Director, Senior Victim Services, Office of The District Attorney, Delaware County, and Adjunct Professor, West Chester University. Formerly the Prevention Coordinator for Holcomb Behavioral Health Systems, she coordinated Pennsylvania's first Narcotics Overdose Prevention and Education Program, and remains an active member of the Delaware County Heroin Task Force.

Katayoun M. Copeland, JD, was appointed Delaware County District Attorney in 2018. Formerly a member of the United States Attorney's Office for the Eastern District of Pennsylvania, and in the District Attorney's office for 19 years, she has had a distinguished prosecutorial career, with a particular commitment to protecting vulnerable seniors.

Joseph A. Ryan is Chief, Delaware County Criminal Investigation Division, Instructor, Municipal Police Officers' Education and Training Commission Act 120 and Act 180 classes, and Instructor, Temple University Institute on Protective Services. Formerly an Adjunct Professor at Widener University, Chief Ryan is a member of numerous local, national and international police organizations.

Linton Stables, CSI, Assoc., AIA, LEED AP, is a retired architect whose career included the design and construction of senior living communities. A member of Swarthmore's Aging-in-Place Task Force, and the Board of Directors of Senior Community Services, he is President of the Swarthmore Senior Citizen's Association.

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Swarthmore Borough

Victoria's Home Care

White Horse Village Lifecare Community

Fair Promoters

Optimum Physical Therapy

Fair Sponsors

Advance Aquatic and Physical Therapy

Oasis Senior Advisors

Optimum Physical Therapy Associates

Swarthmore Public Library

Friends of the Wellness Fair

David and Louise Coffin

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