



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

Benefits and Challenges

Perhaps you know how it feels to “hit your stride,” whether it’s in life or on a hike through Crum Woods. Something that seemed like a challenge a few minutes ago suddenly feels great! It happens (if we’re fortunate) in our careers, in our lives in general, and sometimes in the organizations we belong to.

This year we feel like the Senior Wellness Fair has hit its stride. Each year it is a challenge to put together a program that is relevant and useful to those who attend, and at the same time not repeat presentations of years past, as good as they might have been. On our third year, the theme and our speakers suddenly seemed to fall into place, and we are able to offer a truly amazing range of topics and activities! From politics (this is an election year, after all) to self-defense, we have it covered. We’ve even added a heated tent to accommodate new presentations!

Importantly, we have set up a couple of sessions to get the ball rolling for future building of senior-appropriate housing. Hey, none of us is getting any younger, so the sooner we can turn talk into action, the better!

Sign up for the March 28 Wellness Fair. It’s free!

On another plane entirely, we are extending ourselves a little by getting to know some neighbors we might not have ever run across otherwise. It is always a challenge to make new friends, especially if we think they are not like us. But we are hitting our stride and taking ourselves to Chester to meet members of the Chester Senior Center. We have a lot in common: maybe we have grandchildren; we are all dealing with growing older; maybe we’re all Eagles fans. Join us on March 18 to find out.

March

April

2020

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Jyntin Stables

Swarthmore Senior Citizens Association

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Events

Lunch and Learn

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. A light lunch is provided on the first Wednesday of each month. On the third Wednesday each month you may purchase pizza-by-the-slice for \$1. All Lunch and Learn programs are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

- 3/4 Our **Annual Meeting** will take place during Lunch and Learn this week! Lunch is provided.
- 3/11 Irene Landes with Seniors Helping Seniors will give a presentation on **Senior Safety**.
- 3/18 Special Field Trip. See **Courageous Conversations** story. No program at the Gathering Place.
- 3/25 SSCA Member and Swarthmore **Mayor Marty Spiegel** will join us to give us an update on all things happening in Swarthmore!
- 4/1 Tara Cannon, Swarthmore College senior, joins us to tell us about the **Walks and Trails** program and the smartphone app they have developed. Learn how to use the app before the weather warms up! Our program will begin at 12:15 to accommodate Tara's class schedule.
- 4/8 Jane Eeley, Executive Director Penn's Village, will join us to talk about **the Villages concept** and how it provides mutual support. Penn's Village is a community-based nonprofit organization, operated by and for neighborhood residents, supporting the residents of Central Philadelphia as they age in place.
- 4/15 Carrie Kauffman is the proprietor of Carrie's Essential Services LLC, Professional Organizer. She will give tips on **Getting Organized** BEFORE a

medical emergency. It is critically important to be prepared well in advance of a crisis. Carrie's tips will focus on how to organize your home and life, including important contact and personal information, to minimize stress during a crisis.

- 4/22 Phil Coleman, president of A Few Steps, a community-based response to climate change whose mission is to **raise awareness about energy use**.
- 4/29 **Last Chance Duo** will bring us folk and rock songs, many of them written by singers Jack Scott and Ingrid Rosenback.

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.



Courageous Conversations

A special Lunch & Learn is planned for Wednesday, March 18, as we travel to Chester to have lunch with our friends from the Chester Senior Center. Lunch will be at the Red Brick Café, and will include some getting-to-know-you fun (and maybe challenging) exercises. This is co-sponsored with the Chester Senior Center and FUSE (Fellowship of Urban-Suburban Engagement). A bus will leave the Gathering Place at 11:15 a.m. There will be no L&L at the Gathering Place that day.

SwarthmoreSeniors.com

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 1:30—3:00 Crafts	3 9:30 Bridge 10:00 Bridge	4 11:00 Board Mtg Noon: Annual Meeting	5 10:00 Bridge	6 10:00 to 1:00 Mah Jongg 10:30 Canasta	7
8	9 1:30—3:00 Crafts	10 9:30 Bridge 10:00 Bridge	11 Noon L&L: Senior Safety	12 10:00 Bridge	13 10:00 to 1:00 Mah Jongg 10:30 Canasta 11:30 Trip to Linc.	14
15 3:00 Eighty-Something Experience at SPC	16 1:30—3:00 Crafts	17 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	18 Noon: Lunch with Chester Seniors in Chester	19 10:00 Bridge	20 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	21
22	23 1:30—3:00 Crafts	24 9:30 Bridge 9:30 Trip to Restaurant School	25 Noon L&L: State of the Borough	26 10:00 Bridge	27 10:00 to 1:00 Mah Jongg 10:30 Canasta	28 9:00 to 4:00 Senior Wellness Fair at the Inn

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 10:00 a.m. Housing Options meeting at SUMC	30 1:00—3:00 Bridge 1:30—3:00 Crafts	31 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	1 Census Day 11:00 Board Mtg Noon L&L: Swarthmore Walks and Trails	2 10:00 Bridge	3 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends 6:30 TimeBank Potluck	4
5	6 1:00—3:00 Bridge 1:30—3:00 Crafts 2:00 New voting	7 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	8 Noon L&L: The Village Cares	9 10:00 Bridge	10 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	11
12	13 1:00—3:00 Bridge 1:30—3:00 Crafts	14 9:30 Bridge 9:30 Trip to NCC 10:00 Bridge	15 Noon L&L: Get Your Paperwork Organized	16 10:00 Bridge	17 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	18
19	20 1:00—3:00 Bridge 1:30—3:00 Crafts	21 9:30 Bridge 10:00 Bridge 11:00 Chair Yoga*	22 Noon L&L: A Few Steps	23 10:00 Bridge 11:00 Trip to Comcast Center	24 10:00 to 1:00 Mah Jongg 10:30 Canasta 2:00 Co-op Friends	25
26	27	28	29 Noon L&L: Last Chance Duo	30	SUMC=Swarthmore United Methodist Church Inn=Inn at Swarth.	SPC=Swarthmore Presbyterian Church

Special Programs

The Eightysomething Experience, A New Landscape for Aging Well

A Conversation with Dr. Katharine Esty

Sunday, March 15, at 3:00 pm at Swarthmore
Presbyterian Church, 727 Harvard Avenue

Aging should not be something to fear. Join social psychologist, psychotherapist, and author Dr. Katharine Esty, 84-year-old author of *Eightysomethings: A Practical Guide for Letting Go, Aging Well, and Finding Unexpected Happiness* for an inside look at understanding, embracing, and thriving in the late stage of life. Her guide, the first of its kind, offers special tips for families and others to use as conversation starters, exploration, and reflection. Book signing and reception to follow. Public invited, all ages. Childcare will be provided. Please RSVP by March 9 to Amy Connell at amy.connell@swarthmorepres.org. This event is co-sponsored by the Swarthmore Senior Citizens Association and Swarthmore Presbyterian Church.

Learn about Voting: The League of Women Voters will show us the new voting machines and how they work. We will each have an opportunity to try out the machine so that we are familiar with them before the primary election on April 28. Coffee and cookies will be provided.

Monday, April 6, at 2:00 p.m. at the Gathering Place,
129 Park Avenue.

Crafts

Bring your needlework or other crafts to work alongside others, every Monday at 1:30 p.m. at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

We are working with the Community Arts Center to bring back the art classes where we tried various art forms to see if they were something we'd like to do.

Senior Wellness Fair

The 2020 Senior Wellness Fair is on **Saturday, March 28, 2020**. This will be the third annual Wellness Fair!

This year's theme is **Benefits and Challenges**, covering the many advantages of being older, while recognizing and helping us deal with some of the challenges that also accompany this stage of life. An exciting group of speakers has been assembled, bringing us the latest in thinking and planning for growing older in Swarthmore. Our featured speakers are experts who know our community and have knowledge in their special fields that they will share with us.

Alice "Putty" Willetts and Irma Zimmer Keynote: The Issues to Watch For in the 2020 Elections.

Joanne Grossi, President of the Pennsylvania Chapter of the American Association of Retired Persons (AARP), will speak on the issues of particular interest to seniors.

Older and Wiser: Issues for Your Gender Men and women may have a lot in common as they grow older, but we also have gender-specific issues. In separate sessions, women and men will discuss gender-specific medical, emotional, and psychological issues.

Family Caregiving Many families care for their loved ones, either at home or in a nearby home. **Brian Duke** MHA, MBE, will discuss caregiving for a family member.

Spirituality and Growing Older Seniors may have "seen it all," but that doesn't mean that we understand it all. **Lydia Muñoz** M.Div., interim pastor of Swarthmore United Methodist Church, and **James F. McIntire** M.Div., Esq., pastor of Royersford United Methodist Church, will address the spiritual (not necessarily religious) issues faced by seniors.

Move Your Body! New this year will be opportunities to get moving and get healthy right on site! **Easy Self Defense** will be facilitated by **Mike Wagner**; **Chair Yoga** will be led by **Ann MacMullan** as will **Balance**.

Let's Bring it Home: Senior Housing in Swarthmore in our Borough (other than living in our current homes): Mixed-Use Downtown Residences and Co-Housing. A short presentation on the two main options that exist for senior housing, followed by an open discussion on what we need to do to actually make one or both of these options

happen. **Beth Murray** will present on Mixed-Use Downtown Residences, and **Lynn Gaffney** will speak on the Co-Housing option. **Marty Spiegel**, Mayor of Swarthmore, will facilitate the discussion to follow. There will be follow-up meeting for both housing directions on the following morning, Sunday, March 29, at Swarthmore United Methodist Church, 129 Park Avenue.

Register now for the Wellness Fair. It's free!

<http://SwarthmoreSeniors.com/sign-up>

Friday Friends

We get together every Friday at 2:00 at the Swarthmore Co-op, 341 Dartmouth Avenue, for a beverage and conversation. No program, no agenda. See friends and make some new ones.

Games

Bridge

Experienced and new bridge players are welcomed! Come and learn how to play, or build your skills while meeting your neighbors. Tuesday's bridge group includes an instructor.

Every Monday at 1:00 p.m.; Every Tuesday at 9:30 a.m. and at 10:00 a.m. and; Every Thursday at 10:00 a.m.

Mah Jongg

All Mah Jongg players are welcomed, no matter your skill level! Every Friday at 10:00 a.m.

Canasta

Experienced and new canasta players are welcomed! Come and learn how to play, or build your skills and meet your neighbors. Every Friday at 10:30 a.m.

All games are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

SwarthmoreSeniors.com

SSCA Travels

SSCA Travels offers a series of day trips to nearby places of interest. It is an opportunity to experience those places with friends and make new friends as we travel. Swarthmore Presbyterian Church generously provides their bus and volunteer drivers for these trips, which occur monthly. Unless otherwise noted, each trip includes transportation, entry fee, and lunch. We ask for a \$10 reservation fee, which is non-refundable. Departure times will vary and are posted on the website.

Tuesday, March 24, The Restaurant School at Walnut Hill College. Tour the school and then experience the lunchtime fare prepared by the students.

Thursday, April 23, We will experience The Universal Sphere at Comcast Center, and then go for lunch nearby. We will travel on SEPTA and by foot.

Thursday, May 21, We're heading to Winterthur to see the house, museum, and gardens. We will see the exhibition "Re-Vision 20/20: Through a Woman's Lens," celebrating the 100th anniversary year of the 19th amendment. Learn more about Winterthur's lady of the house, Ruth Wales du Pont. Lunch will be on site or nearby.

Registration is required. Sign up at

<https://swarthmoreseniors.com/sign-up>

Unless otherwise noted, all trips depart from The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

Classes and Exercise

Chair Yoga on Tuesdays at 11:00 a.m. at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

Learn breathing techniques, easy stretches, and specific yoga poses adapted for the chair. Refine your posture and improve your balance, strength, and flexibility. All ages and mobility levels are welcome.

The instructor is Ann MacMullan, a native of Swarthmore, and a certified yoga instructor who specializes in yoga for healthy aging. One class \$15 / 5 classes \$65 / 8 classes \$80. Payments are to be made directly to the instructor.

News

Willets-Zimmer Fund: A Worthy Cause

In order to make the annual Senior Wellness Fair a success, the planners try to recruit the very best speakers and presenters for the day-long program. In 2019 the Board established the Alice "Putty" Willets-Irma Zimmer Keynote Speaker Fund to help us attract such speakers for our opening session. The Fund, which the Board hopes will remain invested, will produce income to help with honoraria. Our goal is to add to the amount raised last year to reach \$2,500. The Fund honors the founders of the Association, and is a lasting tribute to their vision and hard work making our organization thrive.

Walks and Trails on Your Smartphone

In May we expect to roll out a smartphone app with 20 documented trails and walks in Swarthmore. Now you will know where they start and end, and what there is to see along each one, all on your phone!

The Association's Walks and Trails Committee, led by Carol Menke, has documented all the walks that exist, and have included some new ones. Swarthmore College senior Tara Cannon, a Green Advocate, is creating the walks on the smartphone app, documenting the trails and walks, and then making the information available to everyone who wants to access it.

Ms. Cannon will join us at Lunch and Learn on April 1 to show us the app and how it works. There will be some early trails posted that we can try out before the big launch in May.

What's In a Name?

"Istanbul was once Constantinople" go the song lyrics, pointing out the obvious, that things change. You may have noticed that we are now calling our Wednesday programs "Lunch and Learn." That's because we needed a name for our new-ish location at the Methodist Church, and "The Gathering Place" seemed familiar and quite appropriate. So we came up with the new name for the lunches. Eventually we'll all forget that Old New York was once New Amsterdam...

Renew Your Membership

It's that time of the year, when we ask you to renew your membership in the Association and support our work with a contribution. Membership is important as we go for funding from other sources. The suggested donation for membership is quite low: \$20 for a single person and \$30 for a family, for a whole year! The easiest way to do this is to go online to SwarthmoreSeniors.com and then to Sign Up, where you will see Membership.

Contributions are Welcomed

Member support is important to accomplishing the work of our Association. Potential funders like to see active participation and support from the community. Contribute online at SwarthmoreSeniors.com and then click on Contribute. Or, you can mail a check written to SSCA at P.O. Box 306, Swarthmore, PA 19081. The Association is a 501(c)(3) non-profit corporation, so your donations should be fully deductible.

A Report from the Board

The Board of Directors of the Association meets monthly on the first Wednesday at 11:00 a.m. at the Gathering Place. Board meetings are open to the public and all are invited to attend.

Improvements to The Gathering Place are in the works. We are working on new programs to take advantage of our new space, collaborating with other organizations in the community. All ideas are welcome as we look for activities throughout the week.

Preparations for our Annual Meeting and the attendant Annual Report are under way. The Board decided to combine the Annual Meeting with a regular Wednesday lunch, to be held on March 4. In addition to hearing the reports, we will be electing new Directors and reviewing and adopting revisions to our By-Laws. We excited to announce that Shirley Mitrovich and Dan Snyder have agreed to join our Board of Directors.

Members and friends of SSCA have been very generous, with nearly \$1,500 donated so far this year in addition to membership contributions. Thank you!

Resources

Let's Do Something About Housing

Senior housing in Swarthmore is somewhat limited. If you do not want to remain in your family home as an empty-nester or as a single person, what are the options?

A segment of the Senior Wellness Fair on Saturday, March 28, has a goal of taking some real action. Mayor Marty Spiegel will lead a discussion on two most likely possibilities: mixed-use downtown apartments, and co-housing. After experts make short presentations, attendees will have the chance to discuss the options in detail and start making an action plan.

Follow-up meetings will be held the next morning, Sunday, March 29, at 10:00 a.m. at Swarthmore United Methodist Church. All are welcome, even if you were not able to be there on Saturday.

Directors and Officers of the Association

Sheila Bell, Secretary

Louise Coffin, Vice President, Communications Chair

Nancy Daniel, Director, Development Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Ann Foster, Membership Chair

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Peter Bloom

Eck Gerner

Gudmund Iversen

Christine Polito

G. Guy Smith

Ann Torregrossa

Committee Chairs (who are not Board members)

Barbara Bernhardt, Sunshine Chair

Heather Jorgensen, Lunch & Learn Hospitality Chair

Sue Lawson, Games and Crafts Chair

Carol Menke, Walks and Trails Chair

Judith Owen, Sidewalks Chair

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.

Seniors Helping Each Other

Caring

Email SwarthmoreSeniors@gmail.com 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 make a difference through Advocacy, contact SwarthmoreSeniors@gmail.com.

Need more information?

Do you want to know how to get involved, or where the next meeting is, or who is in charge of the food? Here's a directory of people you can contact.

The Gathering Place

Linton Stables 610-544-3876 LStables52@gmail.com

Crafts

Sue Lawson snlawson48@gmail.com

Receiving or giving a visit

Stephanie McDonough samcd112@comcast.net

Consider TimeBank! Nether-Swarthmore.TimeBanks.org

Senior Wellness Fair

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?

Barbara Bernhardt bab7114@aol.com

Benefits and Challenges

Third Annual Senior Wellness Fair

Come to the

Saturday, March 28

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

at the Inn at Swarthmore

10 South Chester Road

Register (it's free!) online at

<https://swarthmoreseiors.com/sign-up>



Benefits and Challenges

Third Annual Senior Wellness Fair

Thank you to the sponsors* of our

Fair Patron

Main Line Health

Fair Benefactors

Victoria's Home Care

Plush Mills Senior Residences

White Horse Village Lifecare Community

Widener University-Osher Lifelong Learning

Swarthmore Rotary Club Foundation

ACT Senior Living Communities

Fair Sponsors

GenRx Testing Solutions LLC

Rose Valley Asset Management

*As of February 25



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.