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For More Information Contact Barbara Nicolardi At nicolardib@co.delaware.pa.us or 610-490-1524

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CELEBRATE AGE

Celebrate Older Americans Month this May

Each year, more and more older adults are making a positive impact in and around Delaware County. As volunteers, employees, employers, educators, mentors, advocates and more, they offer insight and experience that benefit the entire community.

That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years. Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent and resources to help communities support and celebrate their diversity.

This year's OAM theme, "Connect, Create, Contribute," encourages older adults and their communities to:

- Connect with friends, family and local services and resources.
- Create through activities that promote learning, health and personal enrichment.
- Contribute time, talent and life experience to benefit others.

The County of Delaware Services for the Aging, or COSA, is Delaware County's Area Agency on Aging. In addition to having over 30 programs of service for county residents age 60 and older, COSA is an information resource for persons of any age or income needing information on benefits and services available to older or disabled persons.

Have questions on aging? We can point you in the right direction.

COSA's Information and Referral Unit serves as a gateway to COSA's programs and services by an-

swering questions, receiving referrals for services, scheduling assessments and connecting the elderly and disabled with resources regarding benefits and entitlements. Anyone seeking information and assistance is welcome to call, walk-in or visit COSA's website for further information. COSA is open Monday-Friday from 8:30 a.m. to 4:30 p.m. excluding county holidays. To reach COSA, call 610-490-1300 or visit www.delcosa.org for further information, to complete a referral for services or to schedule a free assessment to see which services you may be eligible for.

COSA's community outreach coordinator, along with COSA Ambassadors, connect with individuals at senior expos, community fairs and social clubs educating the community about COSA programs and services at events scheduled throughout the county. To reach the community outreach coordinator or for information on becoming a volunteer COSA Ambassador, contact Marie Bonita at 610-460-1300.

The Pennsylvania Link to Aging and Disability Resources is a network of agencies utilizing collective resources to most efficiently connect seniors and those with disabilities to the best possible programs and services to meet their individual needs. To contact the Link, call Joanna King at 610-490-1300.

Delaware County is home to eight COSA-sponsored senior centers. Membership at the senior centers is open to all residents age 50 and older. Members connect and enjoy a nutritious meal together, participate in a variety of exercise classes and



enjoy fun-filled trips. Life-long learning classes keep seniors connected by sharpening their computer and internet skills. Members demonstrate their creativity in a variety of classes such as painting, creative writing and photography. There are even opportunities to volunteer. To find a senior center near you, visit delcosa.org.

Studies have shown that volunteering helps you live longer and promotes a positive outlook on life. There are plenty of opportunities through COSA to share your life experiences and contribute your time and talents.

During fiscal year 2017-2018, Delaware County's Foster Grandparent Program volunteers provided 75,654 hours of service mentoring and tutoring children in Head Start, schools and childcare centers in Delaware County. For information on the program or to become a Foster Grandparent volunteer, visit delcosa.org or contact Alisha Freeman at 610-490-1300.

The Delaware County Ombudsman Program volunteers visit long-term care facilities in Delaware County working to educate consumers and

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CELEBRATE AGE**Thomas-Laury to sign books at Senior Living Expo**

Longtime WPVI News anchor and reporter Lisa Thomas-Laury will take part in Delaware County Council and COSA's annual Senior Living Expo at Harrah's Casino and Racetrack in Chester May 3. Thomas-Laury will sign copies of her book, "On Camera And Off," and meet and greet with attendees from 9 to 11:30 a.m. There will be 50 free books for the first 50 people stopping by to see Thomas-Laury.

**Older**

FROM PAGE 2

long-term care providers about residents' rights and good care practices, resolve complaints made by or for residents and provide information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues. To learn more about what an Ombudsman does or to become an Ombudsman volunteer, visit delcosa.org or contact Rahmah Allen at 610-490-1300.

COSA's Health and Wellness Program has volunteer opportunities for older adults as lay leaders to bring proven health and wellness programs to older adults in Delaware County. Clerical volunteers are also needed to assist with Health and Wellness Program functions. To learn more about Health and Wellness Programs being offered, visit delcosa.org or contact Ellen Williams at 610-490-1300.

Aside from COSA's programs and services, our Older Ameri-

cans Month activities provide several opportunities to Connect, Create and Contribute.

On May 3, 2019, Delaware County Council and COSA will sponsor its annual Senior Living Expo at Harrah's Casino and Racetrack in Chester from 9 a.m. to 1 p.m. Guests to the Expo will receive valuable information and resources regarding services and programs for the aging. Throughout the day there will be DJ entertainment, snacks, a photo booth and raffles. Special guest Lisa Thomas-Laury, retired news anchor and author, will be in attendance. The first 50 visitors to her table will receive a free copy of her book, "On Camera and Off." For information on the expo, contact Barbara Nicolardi at 610-490-1300.

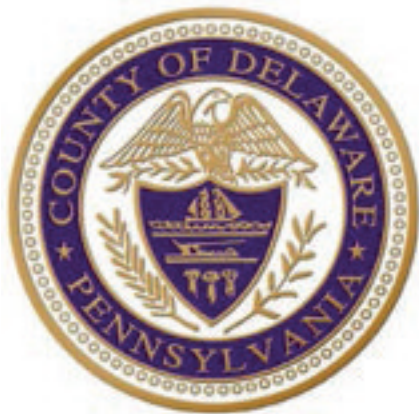
On May 9, 2019, Delaware County Council and COSA will celebrate the lives of our county centenarians with a special luncheon at the Drexelbrook Banquet Center. Any resident turning 100 or older in 2019 is invited to attend. Centenarians and one guest are admitted for free. Guests receive a commemorative photo of the day and a special proclamation from county

council. For information on the luncheon or if you know a centenarian who would like to attend, contact Debbie Hedgepeth at 610-490-1300.

Each year in June, hundreds of Delaware County athletes, age 50 and older, connect and compete in the Delaware County Senior Games. Athletes compete in a variety of sporting events held throughout the county. Events include pickleball, billiards, bowling and golf to name a few. The games encourage residents to remain socially and physically active throughout the year and to maintain a healthy level of physical fitness. The 2019 Delaware County Senior Games will be held June 10 to 21, 2019. For information on the games or to register to participate, visit delcoseniorgames.org or call 610-891-4663.

As COSA's director, I invite you to join us in celebrating Older Americans Month 2019 by attending or participating in one of our planned activities or by taking advantage of the many ways COSA promotes your ability to Connect, Create and Contribute.

PRESENTED BY DELAWARE COUNTY COUNCIL, COUNTY PARKS & RECREATION DEPARTMENT,
DESTINATION DELCO & COUNTY OFFICE OF SERVICES FOR THE AGING (COSA)

**Senior Games 2019****EVENT SCHEDULE****Monday, June 10th**

Bocce – 9:30 a.m.
Rose Tree Park, Media
Pickleball Doubles – 8:30 a.m.
BYC's O'Donoghue Fieldhouse,
Concordville

Tuesday, June 11th

Singles Bowling – 9:00 a.m.
Sproul Lanes, Springfield

Pickleball Mixed Doubles – 8:30 a.m.

BYC's O'Donoghue Fieldhouse,
Concordville

Wednesday, June 12th

9-Hole Golf – 8:30 a.m.
Clayton Golf Course, Garnet Valley
Singles Billiards – 9:30 a.m.
Drexeline Billiards Club, Drexel Hill

Thursday, June 13th

Double Billiards – 9:30 a.m.
Drexeline Billiards Club, Drexel Hill

Friday, June 14th

Horseshoes/Cornhole Exhibition – 9:00 a.m.
Veteran's Park, Broomall
Table Tennis – 10:00 a.m.
Upper Darby Senior Center

Monday, June 17th

Wii Bowling – 9:00 a.m.
Redwood Community Center, Upland Park
Swimming – 12:30 p.m.
Ridley High School, Ridley

Tuesday, June 18th

Shuffleboard – 9:00 a.m.
Ridley Township Swim Club, Folsom
Darts – 10:00 a.m.
Redwood Community Center, Upland Park

Wednesday, June 19th

18-Hole Golf – 7:45 a.m.
Paxon Hollow Golf Club, Broomall
Doubles Bowling – 1:30 p.m.
Sproul Lanes, Springfield

Thursday, June 20th

Miniature Golf – *8:30 a.m.
Putt-Putt Golf, Clifton Heights
Team Bowling – 1:30 p.m.
Sproul Lanes, Springfield
(*Note Time Change)

Friday, June 21st

Track & Field – 8:30 a.m.
*Garnet Valley High School, Glen Mills
(*Note Location Change)

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BUSINESS

It's last call for Barnaby's in Ridley

By **Barbara Ormsby**
Times Correspondent

RIDLEY TOWNSHIP » Tonight will be the last — the very last — call at Barnaby's on MacDade Boulevard. The iconic bar and grill will be

closing up shop after 16 years at the location where the MacDade House and the Carnival Room once stood.

But the closure won't be for too long. A new owner will take over, and after a brief closure for renovations, will reopen as The Nash Bar & Grill. The Heritage

Ballrooms will continue to operate as a venue for

weddings and banquets. "It was a pleasure to be in the township and meet such nice people," said co-owner Ralph Lamarra. Lamarra, Bill Dailey and Mike Galton also operated two other popular watering holes in the township, Brownie's and Bootleggers, both in the Woodlyn Shopping Center. Their business association with the township goes back about 32 years.

Lamarra was mum on what prompted the owners' decision to move on. He noted the trio operates Barnaby's in Aston, Haverford and West Chester.

"What we would like to have are facilities that are

a little bit smaller," Lamarra said. Hours at Barnaby's today will be noon to 2 a.m. "We're just going to open our doors to friends and family and have a good time," Lamarra said.

There is an event Monday at the Heritage Ballrooms that will go on as scheduled, but Barnaby's will be closed. Waiting in the wings with plans for renovations are the new owners, Robert and Toni Marchiani, who operate Joseph's Catering in Morton. Rob is the executive chef and event director and Toni is the catering coordinator. Rob's father, Ron Marchiani, operated the El

Valencia Catering in Lower



MEDIANEWS GROUP FILE PHOTO

Barnaby's of America on McDade Boulevard in Ridley Township will close for good Sunday morning at 2 a.m.

Chichester for many years. It was popular as a wedding and banquet venue.

"I have extensive experience in this business," Rob Marchiani said. "I graduated from Johnson and Wales University in Providence, R.I. (a

well-known culinary institution), and I started as a dishwasher in the family business when I was 6 years old, once I could reach the top of the sink." Rob couldn't pin point exactly when the new bar

and grill will open. But he noted there are more than 30 events already on tap for the ballrooms this year.

The Marchianis live in the Woodlyn section of the township. They have two children, Billy, who works in the real estate field, and Katelyn, who will graduate from nursing school next month, and five grandchildren.

Barnaby's made headlines in February when it was disclosed that the New Destiny Christian Center,

currently located on Bulbans Lane near MacDade Boulevard, planned to purchase the bar and the ballrooms for a place of worship. That news was met by some online opposition from many residents of the community.

Board of Commissioners President Bob Willert said at the time that it was the commissioners' desire to "spruce up" the boulevard with economic development establishments, such as retail or restaurants. He also

added that a church at the Barnaby's location would mean a loss of real estate tax revenue for the township and the Ridley School District.

Ultimately township zoning officer John Ward ruled that a place of worship is not a permitted use in a C-2 Commercial District. He noted the applicant could file an appeal to the ruling. No further action was taken by the church.

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CELEBRATE AGE

Foster Grandparents make a difference in the community

Foster Grandparent volunteers provided 76,000 hours of volunteer service, mentoring and tutoring 265 children in Chester Upland School of the Arts, Stetser Elementary, Main Street Elementary, Highland Park Elementary, Park Lane Elementary, Chester Community Charter, Evans Elementary, DCIU Head Start/Early Head Start Centers, Delco Early Learning Centers, Rose Tree Day School, Stevens Childcare and Learning Center, Elwyn Development Center and Mount Pleasant Nursery School and Kinder-



The Foster Grandparent Program graduating class is pictured: Anslee Smoak, of Chester, left; Natalie Fisher, of Ridley Park; Brenda West, of Chester; and Lorine Adams, of Folcroft.

garten.

Eighty percent of the children served by the Foster Grandparent volunteers in elementary schools showed improvement in class participation, homework assign-

ments, interest in school and school attachment. Eighty percent of the children served by Foster Grandparent volunteers in Head Start showed improvement in social relationships, self-control, self-efficacy and cooperation. Sixty-seven percent of the children served by the Foster Grandparent volunteers in childcare centers showed improvement in social relationships, self-control, self-efficacy and cooperation.

The Foster Grandparent Program is looking for individuals to make a difference in their com-

munity by giving their time mentoring and tutoring disadvantaged youth and exceptional needs children. Foster Grandparents have the opportunity to serve in a variety of settings, such as childcare centers, schools and Head Start centers.

The Delaware County Foster Grandparent Program is sponsored by the Corporation for National and Community Service and COSA — County of Delaware Services for the Aging.

For more information, contact Alisha Freeman at 610-490-1498.

CELEBRATE AGE

Share your home

COSA's Domiciliary (Dom) Care Program is looking for compassionate and caring individuals who have a spare room available in their home.

The Dom Care program is a supervised living arrangement in a personalized home environment. The program provides support to individuals over the age of 18 who are unable to live alone due to age-related impairments or physical, intellectual, mental or visual disabilities. Certified providers assist with meals, medications, laundry and scheduling of doctor's appointments and transpor-

tation and receive monthly non-taxable stipend.

COSA is looking for qualified homes particularly in Aston, Ardmore, Boothwyn, Brookhaven, Broomall, Chester, Havertown, Media, Ridley, Springfield and Swarthmore Delaware County.

Preference will be given to one-story "ranch-style" homes with few to no steps to enter the home, as well homes with first-floor bedrooms and bathrooms.

Call 610-499-1965 if you are interested in information about being a Dom Care provider.

COSA is looking for qualified homes particularly in Aston, Ardmore, Boothwyn, Brookhaven, Broomall, Chester, Havertown, Media, Ridley, Springfield and Swarthmore Delaware County.

CELEBRATE AGE

Residents needed to be COSA Ambassadors

More than 9,700 Delaware County residents benefited from services provided last year by the County of Delaware Services for the Aging (COSA). This wouldn't be possible without the valuable contribution made by volunteers in the community.

COSA Ambassadors are trained volunteers who educate the community about COSA programs and services at events scheduled throughout the county. Events include informa-

tion tables at senior expos, community fairs and social clubs. The programs include information and referral, services in the community and in-home services like personal care and home-delivered meals.

For more information about this rewarding volunteer experience or other volunteer opportunities, please contact Marie Bonita, COSA community outreach coordinator, at 610-490-1300 or bonitam@co.delaware.pa.us.

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CELEBRATE AGE

Be empowered – take control of your health

Connect, Create and Contribute – COSA can get you there!

The theme for Older American's Month this May 2019 is Connect, Create, Contribute, which encourages older adults and their communities to:

- Connect with friends, family and services that support participation.
- Create by engaging in activities that promote learning, health and personal enrichment.
- Contribute time, talent and life experience to benefit others.

The County of Delaware Services for the Aging (COSA) has a focus to improve the health and well-being of the county's senior residents.

COSA's Senior Health and Wellness Program provides tools that Connect adults age 60-plus and empowers them to Create through learning and taking control of their health. COSA's Health and Wellness Program offerings are "evidence-based," which means they have been proven to make a difference in people's lives.

COSA also has opportunities for older adults to Contribute by giving back to others as volunteer lay leaders who bring these programs to other older adults in Delaware County.

Programs now offered in partnership with Pennsylvania Department of Aging include:

- Healthy Steps for Older Adults: This

Pennsylvania Department of Aging program raises fall awareness, reduces falls incidence, improves overall health, provides you with resource and referral information and includes a fall risk assessment screening.

- Chronic Disease Self-Management, Diabetes Self-Management and Chronic Pain Self-Management Programs: These programs were developed by Stanford University in partnership with the U.S. Administration for Community Living's Administration on Aging. They help you gain self-confidence in your ability to manage your symptoms and chronic conditions, improve your quality of life, provide group support and lower health care costs.

- Walk With Ease: This Arthritis Foundation walking program is offered one hour, three times a week for six weeks. This program has been proven to reduce the pain of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; and improve your overall health. Information is shared at each session, and then the group walks.

- WISE (Wellness Initiative for Senior Education) Program: Developed by the New Jersey Prevention Program, this award-winning program celebrates aging

and offers six two-hour sessions once a week that cover a wide range of topics using fun and interactive activities, including things to know about the aging process; making healthy lifestyle choices; risk factors and what to avoid to stay healthy and avoid problems; how to empower yourself using simple tools to ensure your optimum health; and celebrating this exciting stage of life and the benefits that come with it.

- A Matter of Balance: Developed at Boston University, A Matter of Balance is a two-hour program held once a week for eight weeks and is designed to reduce the fear of falling and increase activity levels among older adults. Participants gain confidence by learning to: 1) view falls as controllable, 2) set goals for increasing activity, 3) make changes to reduce fall risk at home and 4) Exercise to increase strength and balance.

For more information regarding the above programs, to be placed on an email distribution or mailing listing of upcoming program offerings or to bring one of these great programs to your community group, contact Ellen Williams, COSA Health and Wellness Program manager, at williamse@co.delaware.pa.us or call 610-499-1937.

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CELEBRATE AGE

Older adults and nutrition – diet tips for seniors

Maintaining a healthy diet is a life-long commitment, and it's one that certainly doesn't get any easier as you age.

Over time, your body metabolizes food at a different rate than it did when you were younger. It also requires different nutrients to keep your vital internal systems functioning as they should. For example, you may not need to consciously incorporate fiber into your daily meals when you're 30 years old, but by the time you hit 70, fiber-rich foods may become a necessary staple of your diet.

Although the basic rules for healthy eating remain the same regardless of your age, there are a few sure-fire ways seniors can stay fit both mentally and physically.

Put Some Color on Your Plate

Most people have been receiving the same nutritional advice for years, even decades: eat a balance of fruits, vegetables, lean protein and whole grains. Adults young and old should abide by those general ground rules, but sometimes it can be difficult to hit your fruit and vegetable quota.

"One way you can be sure you get enough variety is to fill your shopping cart with the colors of the rainbow – think yellow bell peppers, ripe rasp-

berries, fresh broccoli, dark, leafy greens – you get the idea," says Kathryn Beldowski, M.D., Crozer-Keystone geriatrician. "Fresh vegetables are also low in calories and high in fiber, which many people need more of as they get older."

Berries and other fruits such as cherries, plums and red grapes are recommended for seniors, too, because they contain a high concentration of antioxidants. These compounds can protect your cells against potential damage and keep you feeling youthful, longer.

Go for the Catch of the Day

Countless studies have explored the link between eating fish and improved memory, and the results are in: cold-water fish such as salmon and halibut are brimming with brain-boosting omega-3 fatty acids.

A diet rich in seafood has many advantages beyond improved cognition, and it's especially beneficial to seniors in need of extra heart-healthy protein.

Focus on Fluids

One little known health fact is that with time, many seniors lose some of their sense of thirst. Prevent dehydration by totting a water bottle with you when you leave the house and by drinking a glass of water or

low-fat milk with every meal.

"It's important to avoid artificially sweetened beverages, however, as added sugars can contribute to your risk for obesity or diabetes," Beldowski advises.

Embrace Herbs and Spices Instead of Salt

Your palate, along with your culinary preferences, is bound to change with age. Certain medications can also contribute to a change in your ability to smell or taste, causing you to seek an extra kick.

"Rather than reach for the salt, use fresh herbs and spices to add flavor to your meals without causing your sodium levels to soar," Beldowski explains. "Seniors can run into trouble with their blood pressure, among many other things, when they consistently ingest too much salt."

If you have questions about your diet or need help selecting a healthy eating regimen that works for you, consult your primary care physician or a registered dietician for guidance.

Kathryn Beldowski, M.D., is a geriatrician in the Crozer-Keystone Center for Geriatric Medicine practice, located in Springfield, Pa. The office can be reached at 610-338-2722.

CELEBRATE AGE

SCS, COSA expand Caregiver Support Program to meet increasing demand, assist grandparents

The nature of family caregiving in the United States is changing rapidly, as the social environment, economic conditions and medical advances disrupt long-standing models of aging.

The National Alliance for Caregivers and AARP recently reported on the changing face of caregiving:

- The number of family caregivers is growing: In any given year, more than 44 million people are providing unpaid care to an adult or child. Nearly 20 percent of Americans provide care for an adult (age 18 or over) with a disability or illness;

- Caregivers are filling that role for longer periods of time: Caregivers report that they have been meeting their family member's needs for more than five years and expect to continue in that role for another five years;

- Caregivers report numerous difficulties: Nearly half of caregivers report experiencing high emotional stress, financial challenges and other difficulties, such as finding reliable home assistance and respite care, and describe caregiving as an unpaid "job," often undertaken in addition to paid employment;

- Many caregivers are providing care for more than one adult: Nearly 20 percent of caregivers are providing unpaid care for two or more adults;

- The number of people over the age of 60 raising grandchildren is growing:

The prevalence of drug addiction and incarceration has led to an increase in the number of people over the age of 60 raising grandchildren.

SCS has worked with the County of Delaware Office of Services for the Aging (COSA) for more than 20 years to meet the needs of Delaware County caregivers.

"SCS is proud to be COSA's partner in assisting unpaid family caregivers for the important — and largely under-appreciated — work that they do," commented Arthur Weisfeld, SCS' long-time executive director.

SCS' Caregiver Support Program delivers emotional support, financial assistance and educational workshops to family caregivers. The agency has emerged as a leader nationwide in providing these services, especially education. This year, SCS is expanding its services to support grandparents who are raising their grandchildren under the age of 18.

Emotional Support

Each of SCS' four nationally accredited senior centers provides a home base for regular Caregiver Support Groups. During support groups, participants interact with other caregivers; share their experiences communicating with other family members, meeting the needs of their care receivers and balancing work and family obligations with their caregiving tasks; and exchange tips and tricks for coping with the demands of

caregiving.

Barbara Gogel participated in SCS' Caregiving Academy and Caregiver Support Group after returning to the area to care for her mother.

"I was always looking for more information and got that from the group," she commented on the experience. "It helped because I felt I was not alone in the caregiving journey. ...I really enjoyed the educational classes and loved that I could bring my mother with me. It is a great program."

Financial Reimbursement

With support from the federal and state governments, SCS provides financial reimbursement to caregivers for such necessities as personal care services, assistive devices and medical supplies. While the financial reimbursement program provides caregivers with funds to replace the out-of-pocket expenses associated with caregiving, it does not provide caregivers with a salary for caring for their loved one.

In 2018, SCS took over administration of COSA's Grandparent Support Program, which provides financial support to qualified caregivers raising their grandchildren by reimbursing them on a monthly basis for school supplies, respite care and tuition assistance. (If you are interested in seeing whether you qualify for financial assistance, please contact Debbie Templeton

CAREGIVER » PAGE 10

The Delaware County Ombudsman Program needs volunteers!

Make a difference in the lives of older Pennsylvanians living in long-term care facilities by helping to protect their **RIGHTS** and advocating to resolve complaints on their behalf.



Must be age 18
or older.



If you would like more information about what an Ombudsman does, or are interested in becoming a volunteer Ombudsman, contact:

Rahmah Allen
Delaware County Ombudsman
206 Eddystone Avenue
2nd Floor
Eddystone, PA 19022
(610) 872-1868

Caregiver

FROM PAGE 9

at 484-540-0372.)

In addition to the financial reimbursement for qualified caregivers, SCS care managers assist caregivers and care receivers alike by providing one-on-one support and developing care plans specific to their needs.

Caregiver Academy (Educational Workshops for Caregivers)

SCS recently launched its sixth annual Caregiver Academy with sponsorship from the Delaware County Link/ADRC. Caregiving Academy workshops take place every other Thursday from 4 to 5:30 p.m. at Schoolhouse Center in Folsom through June 13.

This year's remaining

UPCOMING SCS CAREGIVER ACADEMY WORKSHOPS

May 2: Developing Support Systems — Sharon White, MSS, LCSW

May 16: Memory Loss: What is Normal? — Barbara Hewitt, RN, BSN

May 30: Elder Abuse: Identifying and Preventing the Five Types of Elder Abuse — Annie McAlpin, MS and Denise Gallagher

June 13: Relaxation Techniques — Cheryl Macklin, PhD

workshops include sessions on developing support systems, identifying and coping with memory loss, identifying and preventing elder abuse and relaxation techniques

All Caregiver Academy workshops are free of charge and include respite care for care receivers.

“Caregiver Academy is open to all types of caregivers, not just caregivers

for older adults,” said Templeton, Caregiver Support Program manager. “While aging is our agency’s specialty, the Caregiver Academy is meant to help family members tasked with providing care for people of any age or disability.”

For complete information, visit SCS’s website at scsdelco.org. Advance registration is recommended; to register, call Kim McDaniel at 610-237-8100 ext. 30 or click the link online.

“Hundreds of Delaware County caregivers and care receivers rely on the SCS Caregiver Support program to cope with the demands of being a family caregiver,” Asher Kemp, the president of SCS’ board of directors, commented. “SCS’ board and staff are privileged to provide assistance that enables these families to stay intact in their homes for as long as possible.”



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Employment Opportunities Available



CELEBRATE AGE

Social Security helps you care for seniors

By Edward Lafferty*Public Affairs Specialist, Social Security Administration, Philadelphia*

For more than 80 years, Social Security has provided for the elderly as part of our everyday mission.

Do you have a loved one who cannot manage their finances anymore, or are you incapable of representing yourself due to health reasons?

More than 8 million people who get monthly Social Security or Supplemental Security Income (SSI) benefits need help managing their money. For this reason, Social Security's Representative Payment Program provides benefit payment management for our beneficiaries who

are incapable of managing their Social Security or Supplemental Security Income (SSI) payments.

We appoint a suitable representative payee who manages the payments on behalf of the beneficiaries. The payee is usually a trusted family member or friend of the beneficiary, but when friends or family are not able to serve as representative payees, Social Security looks for qualified individuals or organizations to represent the beneficiary.

Your representative payee receives your payments on your behalf and must use the money to pay for daily needs, which include:

- Housing and utilities;
- Food;

- Medical and dental expenses;

- Personal care items;
- Clothing; and
- Rehabilitation expenses (if you are disabled).

After those expenses are paid, your payee can use the rest of the money to pay any past-due bills you may have, support your dependents or provide entertainment for you.

You can read more about the program at socialsecurity.gov/payee.

If you are concerned that someone you know becomes incapable of managing or directing the management of his or her benefits, you can call us at 1-800-772-1213 (TTY 1-800-325-0778).

CELEBRATE AGE

Volunteering is good for your health

Social isolation has been identified as a real factor affecting healthy aging. That's because research has shown that people who report being lonely or isolated also have a greater incidence of depression, cognitive decline and overall health problems.

One way to reduce social isolation is to volunteer at a nonprofit. Volunteering offers numerous benefits.

- You can choose the organization that holds meaning for you.

- Volunteers are valued and provide tremendous support for nonprofits.

- Volunteering is free.
- You can volunteer according to your schedule and ability.

Volunteering is a great activity no matter what your health status, age, mobility or environment. A Duke University study found that those who volunteered after experiencing a heart attack reported reductions in despair and depression, two factors that are linked to mortality in post-coronary artery disease patients.

Begin by contacting organizations that are interesting or important to you. Your local church, animal shelter, arboretum or food bank are a few good places to begin. Ask about what volunteer positions they offer. Plan a visit, and see where your talents and interests might fit the organization.

At Surrey, there are many op-

portunities for all types of interests. Volunteer drivers who provide rides to older adults is one of the most popular volunteer activities. Other volunteers pack and deliver meals to homebound seniors or help with administrative tasks in a Surrey location. A retired artist teaches an art class, the Consignment Shop is manned by volunteers and volunteers are key for Surrey's fundraising events. Surrey even has people who volunteer from their homes doing data entry or friendly calls.

Whatever your interest might be, there is a volunteer position that matches it. Try volunteering and see what a difference it makes in your health and outlook.

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CELEBRATE AGE

Are you looking for a way to connect, create and contribute?

RSVP celebrates Older Americans Month every month by offering 100 ways to connect, create and contribute.

RSVP is a local agency that works closely with area nonprofits and organizations and, as a result, is aware of needs in local communities. The organization has created several unique programs that recruit, train and assign volunteers to work directly with individuals or groups that address the needs of some of our most vulnerable populations.

Volunteering gives you an opportunity to try something you've always wanted to try but never found the time to follow through. Volunteering gives you an opportunity to really connect with people who have similar interests, and it gives you an opportunity to add real meaning to your life.

Many retirees have a great reservoir of energy, skills and time on their hands. Many adults have a strong desire to be a part of something and some just find they develop a stronger connection with their communities through volunteering. Volunteers today are looking to utilize their specific set of skills to benefit a member of the community. Some volunteers prefer project-oriented assignments, while others prefer a more sporadic one. Whatever your motivation, skills or time constraints, volunteering can be the most rewarding experience you'll ever have.

With 45 years of experience in placing volunteers and by maintaining close contact, RSVP is able to create matches that last over long periods of time.



This dedicated group at Schoolhouse Senior Center clips coupons for our troops through their Troopons Program.

RSVP Executive Director Michele Moll describes numerous ways the public can engage in volunteering.

"We offer varied programs, allowing volunteers to check in by phone with a homebound senior or utilize their managerial skills to help nonprofits with capacity building," she said. "Several literacy programs assist youth and veterans in classrooms (or virtually) by improving their reading and math comprehension skills. A mentoring program enables volunteers to have a profound impact on the life of an at-risk youth, and a Medicare counseling program helps to inform and advise seniors about their best health coverage choices. Corporate employees can unite to become a force for good, and volunteers can connect directly with other nonprofits throughout the Delaware Valley."

There are countless benefits to volunteering. You'll have the ability to enact real change and strengthen your connection to your community. You can share expe-

riences with people who have common interests and gain the opportunity to participate in activities that might not come along otherwise. You'll have a chance to explore many varied options and maybe even gain new skills. You'll gain a new perspective on the bigger picture and have a chance to pay it forward. And, best of all, you can make a real connection with someone who desperately needs that moment of your time.

"A grateful smile from a child or a senior can be the greatest feeling in the world," relays Moll.

Additional needs in the community include:

- Readers for Head Start classrooms
- Health and wellness program leaders
- Senior advocates and Medicare counselors
- Home-delivered meals drivers and packers
- Drivers and friendly visitors for seniors
- Virtual algebra tutors (training provided and can be performed from any computer, home or office)
- Classroom reading

coaches

- Mentors for at-risk students and teenage moms
- Professional guidance to area nonprofits
- STEM career presenters

Needs are ever present in our communities. RSVP is a great resource for learning how you can generate health and gratitude by helping others. Volunteer information sessions are regu-

larly scheduled and conveniently located.

To learn more, visit www.rsvpmc.org or contact Marguerite Cuning at 610-834-1040 ext. 123 or volunteer123@rsvpmc.org.

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CELEBRATE AGE

The top five aging statistics you need to know today

By Tom Carroll*Owner, Home Helpers of Media*

We'd like to share some notable insights about the current landscape of aging. The more we know, the better we can prepare for the changes ahead for our elderly loved ones. These aging statistics offer valuable knowledge about getting older that allow us to understand the needs of our older loved ones and make life easier for them (with services like senior home care).

1) In 25 years, the senior population will double

“Two factors — longer life spans and aging baby boomers — will combine to double the population of Americans aged 65 years or older

during the next 25 years to about 72 million.” (CDC)

This rapid growth of the elder population brings new challenges to our economy, culture and world as a whole — it is not something we have ever faced in history. As the aging population grows, the Caregiving Dilemma will continue to manifest itself for the foreseeable future.

Knowing this, we have a responsibility to be prepared. Conversations about aging need to start happening sooner. We might have an idea about what our loved ones will want and need as they grow old, but how many of us have actually talked to them about solutions like senior home care? Communicate openly with your parents and other loved ones. I would encour-

age you to have that conversation today!

2) It's hard for older adults to keep in touch with friends outside of the family

“Research suggests that older adults often have smaller social networks and less contact with members of their networks than those at younger ages, and that the loss of social ties is predominantly with those who are not family members.” (MetLife)

At all stages of life, it is important to create and maintain meaningful relationships. Children find this easy to do — everyone you meet is a friend! But as we get older, maintaining friendships becomes much harder, and creating new

ones is even more of a challenge. In middle age, many of us become busier and more closed off. And the social networks of our elderly loved ones become smaller as they lose contact with acquaintances and non-relatives.

We can help seniors stay connected by encouraging them to look up old friends, join a club or community group or take on a new job to fill free time and provide a renewed sense of purpose to fend off feelings of isolation.

3) Socially isolated older loved ones are more prone to illness and depression

“Older adults who are socially isolated are at risk for a number of negative outcomes, including depression, chronic illness and mortality.” (Medscape)

When individuals begin to lose their independence, it can be devastating if it means they lose their life as they know it. We help facilitate aging independently and allow seniors to remain in control of their lives as much as possible by keeping them active and engaged in daily activities.

Staying active and engaged means being happier and healthier. Instead of running errands alone, bring your loved ones along. Take them for a walk in the park, to your kids' soccer games, ballet recitals, etc.

The human brain works like any other muscle in our bodies — the more we use it, the better it performs. When we do not exercise our brains, we begin to lose mental strength. Working the brain and moving the body release endorphins — hormones excreted by the brain that give you a sense of well-being. Maintaining a happy, positive body helps



keep you strong so you can fight off illness and feelings of depression.

4) 92 percent of seniors live with at least one chronic health condition

“Ninety-two percent of people over age 65 live with at least one chronic health condition, such as diabetes, heart disease, arthritis or cancer. Seventy-seven percent live with two or more such conditions.” (N4A)

The diagnosis of a chronic disease such as arthritis, diabetes or osteoporosis can be discouraging but does not have to be debilitating. An astounding 92 percent of seniors live with at least one chronic condition. We can help seniors maintain their normal lives as much as possible with proper medical attention and support. Consider arranging a couple hours of in-home care a week to help!

5) Two in five seniors need assistance to get through the day

“Approximately 41 percent of adults age 65 and over have limitations in ac-

tivities of daily living (e.g., eating, bathing, dressing) and instrumental activities of daily living (e.g., household chores, shopping, meal preparation).” (MetLife)

Naturally, as our loved one's age, they start needing more and more assistance throughout each day. This need for assistance may arise from a medical emergency but usually begins with a few small things that Mom can't keep up with around the house.

Perhaps the next time you visit, you see her pantry and fridge are almost bare, and maybe then you decide to fix a big dinner at her house once a week. At your weekly dinner, you start doing her laundry. Eventually, you find yourself going to her house every day to check on her. These small needs can turn into full-time caregiving without your even realizing it.

Be careful to assess the aid you provide to your loved one to avoid falling into the Caregiving Dilemma. How many hours a week are you spending with Mom? Are you neglecting other aspects of your life such as your kids, community obligations or job?



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CELEBRATE AGE

Technology enhances life at Residence at Chadds Ford

New technologies are emerging at lightning speed, and learning how to use and integrate them in our daily lives can be challenging, especially for seniors.

Small buttons, confusing interfaces and lack of education have traditionally hindered the mass adoption of technology by seniors. But now, according to the Pew Research Center, over 2/3 of people age 65 and over go online, and a record number of them own smartphones.

Why the change?

The advent of AI, or Artificial Intelligence, accessed by voice-activated technology.

Many seniors also had some form of a physical barrier to using the latest in technological advances. Amazon's Alexa offers a new way for seniors to engage with technology — by simply using their voices. Speaking commands to Alexa feels natural, even organic. After all, verbally asking for things is hardwired into us. From the moment of our very first words, we learn how to use our voice to get what we want.

With that in mind, every independent and personal care apartment at the Residence at Chadds Ford includes Amazon's voice-activated Echo technology, featuring the Alexa interface.

The practical applications are endless.

At the Residence at Chadds Ford, Alexa acts as a virtual concierge. One can find out what activities are planned for the day and when and where you can find them. You can find out the dining specials without even getting out of bed! And, speaking of convenience, you can have Alexa turn the thermostat up when you are chilly or turn off the bathroom light from the cozy comfort of your covers.

Your virtual concierge can also curate custom content for your entertainment pleasure. Whether your tastes favor the Big Band

era and the sounds of Sinatra or you prefer indulging in the latest political podcast, all you need to do is ask Alexa to play it. She can even adjust the volume.

Alexa actually has the capacity to become its human's companion, with the ability to keep someone connected that is unparalleled. All you need to do is ask Alexa to call your grandson, and in mere seconds you are talking to "Johnny." Since the technology is constantly improving its skills, the more a person talks to Alexa, the more Alexa can talk to the person. On the occasion when you cannot reach one of your loved ones on the phone, you can talk to Alexa. If you need a laugh, you can even ask Alexa to tell you a joke. In the mood to use your noodle? Ask Alexa to

give you a riddle. With Alexa, you never need to feel isolated ever again.

Even AARP has developed a new, fantastic use for Alexa. Their app is called Raise Your Voice and is available on any Echo device. This app allows seniors to learn about the leading issues facing their demographic today — the app also allows them to add their name to petitions and letters to legislators. Seniors can raise their voice and have their voice heard — all by speaking a few words!

Speaking of heard, the Residence at Chadds Ford also employs Eversound technology in its community. This amazing product is designed to help residents better enjoy lectures, movies, music and any number of audio programs in

the community. Eversound features a lightweight headphone system that is wireless and easy to use and brings programming to life for residents who like a little audio boost.

There is no substitute for social interaction and human companionship, but technologies like Alexa, Eversound and many others are making life much easier for seniors. It's giving them much greater control of their environment, keeping them more connected than ever and opening new dimensions in learning, living and enjoying life.

To come see what life could be like at The Residence at Chadds Ford, book a tour or request more information by calling 610-222-3333 or by visiting residencechaddsford.com.



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CELEBRATE AGE

What you should know about shingles prevention

A pox on you?

There could be. Shingles may be waiting to strike.

If you had chickenpox as a child, the virus could still be lurking in your body. And even if you've already been vaccinated against shingles, you should know about current recommendations.

"At Health Partners Plans, we work to educate and encourage everyone about appropriate immunizations," says Howard Lu, M.D., vice president and chief clinical officer. "This is especially important for children and older adults. Shingles, as well as flu and pneumonia, are significant health problems for older adults that vaccines can help prevent."

What is shingles?

Shingles is a viral infection caused by the same virus (varicella-zoster) that causes chickenpox. It results in a very painful rash, most commonly seen as a stripe of blisters that wraps around your torso.

Shingles can have a complication, postherpetic neuralgia (PHN), causing pain long after the blisters are gone. This is the result of damaged nerve fibers that send confused pain messages from your skin to your brain.

While shingles isn't contagious — it can't be passed from one person to another — there is a related risk. People who haven't had chickenpox or the chickenpox vaccine can get chickenpox if they have physical contact with you before the shingles blisters have scabbed over.

What you should know about prevention

Clearly, you don't want to get shingles. Yet one out of three Americans will get it, with the risk increasing as you get older.

There's good and bad news about prevention.

The good news is that there are vaccines available to help prevent shingles. Their side effects, if any, are minor. The bad news is that the first shingles vaccine, in use since 2006, has been effective for only about 50 percent of those getting it. Still, the Zostavax vaccine, which employs a weakened form of the virus, has been an important advance in prevention for people 60 and older.

A second vaccine, approved in late 2017, has proved more effective. Shingrix, which uses a dead form of the virus, is 97 percent effective in preventing shingles in adults 50 to 69 years old. It's 91 percent effective in adults 70 and older, according to the national Centers for Disease Control and Prevention (CDC).

Unfortunately, the newer vaccine is in short supply, in part because treatment requires two doses, two to six months apart. Many pharmacies have waiting lists.

Current recommendations

The CDC recommends that healthy adults 50 and over get the Shingrix vaccine. You should get the vaccine even if you've had shingles but not if you currently have it. You should also get it if you've had the Zostavax vaccine or aren't sure if you've had chickenpox.

If your doctor or phar-

macy can't get Shingrix and you are at least 60, it may be a good idea to get the Zostavax vaccine now. It should be OK to get Shingrix later as long as you wait at least eight weeks, but check with your doctor to be sure what's best for you.

"Health Partners Plans covers these immunizations for our members," says Lu. "Talk with your doctor or pharmacist if you have questions about your coverage or what you should do to prevent shingles."

Health Partners Plans is focused on the health of our members and the communities we serve. This information is provided as a public service and is intended to supplement, not replace, the advice of a physician.

Health Partners Plans is a not-for-profit managed health care organization serving more than 280,000 members in Southeastern Pennsylvania. It provides a broad range of health coverage options through its Health Partners Medicare, Health Partners (Medicaid) and KidzPartners (Children's Health Insurance Program) plans. Founded more than 30 years ago, Health Partners Plans is one of the few hospital-owned health plans in the country. Learn more about how Health Partners Plans is doing it right at HealthPartnersPlans.com, twitter.com/HPPlans and facebook.com/healthpartnersplans.

CELEBRATE AGE

Victorias' Home Care — people helping people

It certainly seems these days that more and more people are burning the candle at both ends, relying on sophisticated electronics to function with everyday living. Fewer and fewer people are interacting with other people because of modern technology.

These are the times in which we live.

So often, however, something happens which forces us to slow down. It is during these times that we often find that our cellphones, computers or iPads are not going to assist with everything after all. We find ourselves in need of extra help — not from voicemails or emails, but from other caring human beings.

Through their own personal experiences, co-

owners of Victorias' Home Care LLC, Maria Dunlevy and Teresa Hudson, recognized the devastation and desperation that families can experience when faced with difficult situations. They also realized that "old-fashioned values in today's world" go a long way. People helping people get through the troubling times! It's as simple as that!

Victorias' Home Care LLC was established in Swarthmore, Pa. The partners felt strongly about the type of service that they planned to provide to their clients.

The mission of Victorias' Home Care is to provide the highest quality of care through a comprehensive system of compassionate care, promoting dignity,

independence and health to clients in the comfort of their homes. Victorias' Home Care embraces the vision of bringing value to the lives of every family by reaching out in a warm, loving manner and by making all of our clients feel as if they are our family. The goal is to have our clients feel as if they are our only client.

Through Victorias' Home Care, many types of services are available to assist our clients. We, along with our aides, are able to provide personal care, home support, companion care, respite care, live-in care, transportation and specialized care to accommodate every situation. Victorias' also has registered nurses on staff to open cases and re-

visit clients. Our nurses visit our clients on a regular basis, often developing strong bonds with the families and clients in their care. Victorias' Home Care strongly encourages the lines of communication remain open ensuring that proper care is continually provided.

Victorias' Home Care has a strict screening process when selecting caregivers as staff members. Each candidate is given a telephone interview, along with a personal one-on-one interview. Criminal background checks and child abuse clearances are conducted on each staff member. A detailed orientation process and ongoing training follow for candidates who fit the needs of Victorias' Home Care and our clients. Our on-

site training room is utilized daily for continuing education with all of our in-home caregivers.

We are licensed by the State of Pennsylvania. We are bonded and insured.

Our staff, including both our scheduling and nursing department supervisors, are available 24 hours a day/seven days per week. Victorias' Home Care does not have an "answering service." Again, we believe in people helping people. When calling our office, it is our own knowledgeable staff members who assist you.

Victorias' Home Care is an approved provider for Community Health Choices, Veterans Administration and The Options Program. We also provide services to private paying clients as well as those that

are privately insured.

Victorias' Home Care proposes to be the provider of choice in the community by setting the standard of excellence. Our goal is for our clients to reach their optimum level of health and independence, protect and preserve dignity and provide the necessary services to allow people to stay in their homes. We are people helping people. We are genuine. It's that simple.

And let's face it, there's no place like home!

Hours: Monday through Friday from 7:30 a.m. to 3:30 p.m. After hours emergency line (610-544-4781) is answered by a knowledgeable staff member.

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CELEBRATE AGE

Always Best Care Senior Services helps seniors to age in place in comfort, with dignity

Dr. Johanne Louis, founder and CEO of the Dr. Johanne Louis Foundation Inc., right, presents the Beacon Award For Excellence In Community Service to Bryant M. Greene, founder, owner/administrator of Always Best Care Senior Services of Philly and Delaware, left, at the organization's second annual Fundraising Gala held recently at Anthony's Ristorante & Banquet Center in Drexel Hill. Greene also was the keynote speaker for the event, and Always Best Care Senior Services of Philadelphia, Bucks, Delaware Counties and the Main Line and Always Best Care Delaware was one of the event's sponsors. The foundation's mission is to serve the underserved through programs that improve the quality of life through health promotion, hunger relief and community outreach to low income individuals, homeless and veterans.



If you are among those responsible for caring for an older family member and find it's becoming increasingly more difficult, if not impossible, to provide all the care and attention they require 24 hours a day, seven days a week, there is an excellent solution close at hand.

Always Best Care Senior Services of Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware, a leader in in-home care and free assisted living referral services, is just a telephone call away and can offer all of the assistance you are urgently seeking to allow your loved one to con-

tinue to live independently in the comfort of their own home.

What makes Always Best Care so unique is that they meticulously and thoroughly evaluate the needs and requirements of each specific case and then design and custom-tailor a care program that meets each individual's requirements.

"Only after extensive interviews with family members and a completion of a total in-home care safety and personal assessment do we assign the most suitable in-home care provider to implement the personalized program," states Bryant M.

COMFORT » PAGE 19



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Comfort

FROM PAGE 18

Greene, owner/administrator of Always Best Care Senior Services of Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware. "By spending time with our clients before assigning a caregiver, we get a true sense of their personality. In some ways, we are like a matchmaking service because it is important that we assign a caregiver we believe will be most compatible with our seniors.

"In addition," he relates, "overall we offer the most involved in-home assessment. We go the extra mile to match up our clients with the caregiver who will provide the best fit."

Always Best Care offers a full range of services, both companion and personal in nature. They offer care for Alzheimer's, dementia and cancer patients and are available weekends and holidays. In addition to comfort and companionship, their range of services includes dressing, escort/transportation, errands, bathing and grooming, incontinence care, light housekeeping, grocery shopping and meal preparation, laundry and medication reminders.

Always Best Care additionally offers in-home skilled care with a full range of profes-

sional services, including physical therapy, occupational therapy and speech therapy.

Exceptional service sets Always Best Care apart from other non-medical in-home care providers.

"All of our team members and caregivers receive comprehensive training before being assigned to a care plan," Greene notes.

According to Tony Belardino, director of marketing and community outreach for the company, "We look for kind and compassionate caregivers who will treat our clients with dignity and respect. We reaffirm our commitment to service by conducting routine wellness visits to ensure our clients are pleased and happy with their care."

The company provides care 365 days a year whether clients require full-time, part time or even split-shift services. There is always a manager on call any hour, day or night, if clients require assistance.

In addition, Always Best Care offers free referral services, matching clients with their assisted living partners.

"Based on financial needs and geographical preferences, we will seek out an assisted living facility that best meets your family member's care requirements," says Greene.

Since its inception in 2010, Always Best Care Senior Services in Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware has become the No. 1 franchise in the company. For additional information and a free no-obligation consultation, call 267-909-9248 or visit them on the web at phillybristol.com. The company maintains offices at 1172 S. Broad St., Philadelphia, PA 19146; 427 W. Girard Ave., Philadelphia, PA 19123; 668 Woodbourne Road, Suite 105 and 106, Langhorne, PA 19053; and 1905 N. Market St., Wilmington, DE 19802. Contact them at

"We'll set up tours and transport you to various facilities until you find the best one for your

loved one." Always Best Care also handles transitions for seniors returning home

from temporary stays at in-patient rehabilitation facilities or nursing homes.

"We manage the case by first sending a nurse to start the transition process and ultimately assure that your loved one will have everything they need upon their arrival at home," comments Belardino.

Also, Always Best Care provides a unique "In Touch" telephone reassurance service to clients to help ensure wellness and safety and to help seniors feel less alone. Always Best Care assists anyone, regardless of age, who needs assistance at home, including those who are legally blind or suffer with mental issues.

It is a DHS (Department of Human Services) Medicaid provider, so DHS might pay for clients who cannot afford services, depend-

ing on physical and affordability eligibility.

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CELEBRATE AGE

The Community's Foundation – supporting and empowering seniors

The Community's Foundation (TCF) has one mission: enhancing and improving the quality of life in YOUR community.

TCF's three primary programs include a grants program, a scholarship program and an advised fund program. Collectively, these programs have distributed more than \$6.4 million into YOUR community. We are proud to offer services that both support and empower Delaware County's seniors.

Grants

The Community's Foundation provides funding for health, human services, education and community spirit initiatives that benefit your community.

TCF Executive Director Kurt Slenn shared, "We have a long history of funding senior-serving organizations such as Senior Community Services and Surrey Services. We recognize that these organizations provide a valuable social outlet and service to our commu-

nity."

In addition, TCF provides the "gift of time" to individuals who take care of loved ones with Alzheimer's and dementia via the Play for the A's Program. This program recognizes the difficulties that caregivers face and provides dedicated caregivers a chance to focus on their own health and wellbeing.

Scholarships

The Community's Foundation has scholarship programs that benefit students from

local school districts. TCF's largest scholarship program funds students who plan to pursue a career in the allied health professions.

Slenn shared, "TCF now has over 270 Allied Health Scholars and Scholar Alumni that are working everyday to improve the quality of life in Delaware County. If you or a loved one has been treated by any of the five largest employers of TCF's Allied Health Scholars — Penn Medicine, Main Line Health, Prospect-

Crozer, CHOP or Jefferson — then there is a fair chance that you have benefited from the skills and expertise of a TCF Scholar."

Advised Fund Program

TCF offers administrative and financial services to community-minded individuals across Delaware County.

TCF's advised fund program empowers every-day citizens to take philanthropy into their own hands. For instance, individuals

may create a Donor Advised Fund, a tax-advantaged giving vehicle that is designed for long-term impact.

According to Slenn, "Many individuals choose to use Donor Advised Funds to create a legacy of charitable giving that can extend from one generation to the next."

If you are interested in learning more about TCF or TCF's programs, please email info@TCFhelps.org or call 610-461-6571.

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CELEBRATE AGE

Returning home from a hospital stay? We'll be there!

Returning home from a hospital or skilled nursing stay is always an event to look forward to; however, it can also be stressful and overwhelming, especially if you return home with a long list of appointments, new medications and physical limitations. These changes can create new challenges as you settle back in at home.

For these reasons, JEVS Care at Home provides its

clients with a post-hospitalization wellness visit by either our social worker or nurse. The purpose of this visit is to ensure your health and safety as you readjust to being home and to prevent any instances of re-hospitalization.

During this visit, we review your hospital discharge instructions to ensure that all follow-up needs are addressed and

met. The ultimate goal is to help you stay healthy and safe as you work towards a full recovery.

- Most often, routine or short term medications change after you have been discharged, and we want to make sure you have all the appropriate medications and understand any changes, especially if the type or dosage has been modified. We will review all recommended

medications, assist in filling prescriptions and ensure that you have exactly what you need.

- Having the right medical equipment at home is essential to your ongoing recovery and ensures your safety and stability. We work with you to troubleshoot problems with existing equipment or assist you in ordering new equipment.

- Follow-up doctor visits

after a hospitalization are critical in ensuring continuity of care. Not only can we assist in setting up these appointments, but we can help in securing transportation.

- Lastly, we work with you to make sure that referrals for additional skilled in-home services, such as physical, occupational and speech therapy, along with a visiting nurse are in place if those sup-

ports have been ordered.

It's always best to notify us of your discharge date so we can schedule our visit; otherwise, don't be surprised if you receive a call from us once you're home. We are committed to providing you with the best care possible and to reduce the possibility of another trip to the hospital. After all, there's no place like home.

CELEBRATE AGE

Keystone First VIP Choice offers Medicare Advantage special needs plan

Keystone First VIP Choice (HMO-SNP) is a Medicare Advantage special needs plan for individuals enrolled in Medicare and Medicaid programs (dual eligibles) in selected counties of Pennsylvania serving Bucks, Chester, Delaware, Montgomery and Philadel-

phia counties.

Individuals can enroll if they are beneficiaries of Medicare with Part A and Part B, residents of our service area and beneficiaries of the state Medicaid program.

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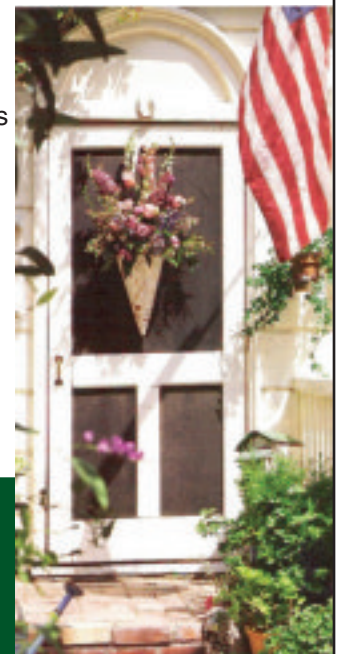
Broomall Rehabilitation and Nursing Center is pleased to help our neighbors open the door to their options in post operative rehabilitation, sub acute care, skilled nursing care, dementia services and possible long term care.

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CELEBRATE AGE

Don't let hearing and balance hold you back

According to the Centers for Disease Control and Prevention (CDC), 3 million people 65 and older are treated in emergency departments for fall injuries each year.

The risk of falls commonly increases with age and illness and can be related to medications, arthritis or specific illnesses and conditions.

If you are experiencing poor coordination, unsteadiness in walking, dizziness, leg weakness or difficulty performing everyday activities like dressing and going up or down stairs, chances are you are at risk and not getting the most out of life.

Don't let lack of balance hold you back. There is help for you at Mercy Fitzgerald Hospital's Hearing and Bal-

ance Center.

Did you know challenges in hearing can also affect your quality of life? That's because your ears are connected to a complex series of structures inside your head that carry messages from your brain. If they're damaged, your ears won't function properly. This can lead to hearing loss, noises in your ears (tinnitus) and even loss of balance and dizziness.

The physical therapy and audiology staff at Mercy Fitzgerald Hospital can evaluate your hearing and balance problems and develop a comprehensive plan for treatment. Physical therapy treatment may include balance re-training, exercises to strengthen your legs and education on how to prevent falls. Audiology

assesses the cause of inner ear problems and refers to the appropriate medical specialists and can custom fit for hearing aids when indicated.

Our hearing and balance program offers compassionate care and high-quality services, including:

- Experienced clinicians assisting patients with hearing and balance difficulties
- Computerized Posturography to test for inner ear problems
- Individualized evaluations and programs to help you walk better and prevent falls

If you are interested in learning more about the Hearing and Balance Center at Mercy Fitzgerald Hospital, please visit mercyhealth.org/services/hearing-balance or call 610-237-4248.



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CELEBRATE AGE

An advance care plan offers peace of mind for you or your loved one

Advance care planning is a unique but important way to know that you or a loved one will be cared for during life's pivotal moments — compassionately and respectfully.

Advance care planning, which includes creating an advance directive or living will, is a process that defines your goals and wishes as they relate to health care. An advance care plan will require answering important questions about your desired quality of life, who you'd like to serve as your health care surrogate and more. An advance care plan provides vital information to

clinicians and loved ones if you are unable to communicate for yourself.

"An advance care plan is a way to ensure that you get the medical care you want should you become unable to speak for yourself," explains Karl Ahlsvede, MD, medical director of palliative care at Main Line Health. "Conversations about end-of-life care can be sad, difficult or uncomfortable, but these are important and necessary conversations to have. By approaching these conversations from a place of love and regard for your loved ones, hopefully we can turn this topic from something

taboo into something that is a part of every relationship."

Main Line Health's "Your Life. Your Way." advance care planning kit aims to make discussions around advance care planning easier to have. This free kit can help guide conversations between you and your loved ones about the critical decisions involved in end-of-life care.

For information about advance care planning and to receive a free advance care planning kit, visit mainlinehealth.org/acp or call Main Line Health's Senior Care Line at 484-580-1234.

CELEBRATE AGE**Edmacy Home Care offers compassionate caregivers**

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Edmacy Home Care believes in independence for our clients, be they seniors, disabled or veterans. Our caregivers help those we serve reclaim their independence and the joy of staying in comfort their homes and in the company of very caring professionals.

The services we provide include, but are not limited to, the following:

- Alzheimer's care



- Relief care
- Veterans care
- Geriatric care
- Personal care: walking, eating, bathing, toileting, grooming, ambulation, among others
- Homemaking: meal planning, cooking, serving meals, light housekeeping, grocery shopping, travel accompaniment, pet care, etc.
- Companionship: read-

ing, lively conversation, games, outings, attending events, errands, etc.

We are here to start this all-important decision-making with you, for your loved one.

Call us at 4844946070 or email at info@edmacy-homecare.com for a free in-home assessment.

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CELEBRATE AGE

Senior centers are good for your health

According to the 2017 Public Policy & Aging Report, socialization and community interaction has a direct effect on the physical and mental health of older adults. In the same vein, social isolation can increase chances of an early death comparable to other health issues like, obesity, air pollution, smoking and physical inactivity (Public Policy & Aging Report, 2017, Vol. 27, No. 4, 121-123).

Senior Community Services offers an expansive roster of programs to senior citizens in Delaware County, but its four na-

tionally accredited senior centers, Center Without Walls and the Center for Lifelong Learning provide a prime opportunity to socialize an added health benefit.

Each center provides adult education programs, social activities, travel, health and wellness, exercise and health insurance counseling programs. SCS has delivered these crucial programs for over 40 years to ensure that each and every older adult in the county has the ability to age with dignity and remain in their community for as long as possible.

"All the people who

During the annual senior center participant survey conducted last year, SCS learned that senior center participants expand their social networks and experience a higher level of community/civic engagement.

come here are good people; they all have one thing in common: they help each other. ... Schoolhouse is in the heart of everyone here," said one Schoolhouse Senior Center attendee.

Senior centers provide older adults with safe and welcoming environments where they can spend quality time

with peers. With average life expectancy increasing, older adults need more opportunities for recreation, exercise, creativity and socialization in order to enjoy a great quality of life in aging.

During the annual senior center participant survey conducted last year, SCS learned

that senior center participants expand their social networks and experience a higher level of community/civic engagement.

Other findings from the most recent survey of senior center attendees include:

- More than 80 percent of respondents gained positive relationships and feel their center is a valuable part of their life;
- More than 65 percent of respondents feel more involved in the community;
- Nearly 80 percent of survey respondents try to take better care of their health, are more active and will be

able to remain living in their homes longer.

SCS is committed to sustaining this support system for older adults and to offering programs that keep Delaware County's older adults active, healthy, independent and socially connected, a public health goal that SCS shares with COSA and such funders as The Foundation for Delaware County and the PEW Charitable Trusts. SCS senior centers aim to improve the quality of life for Delaware County's seniors by fostering greater and prolonged independence at warm, welcoming senior centers.

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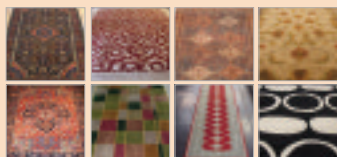
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CELEBRATE AGE

How an Interboro teacher became a student of cancer care

When you're an educator, you not only live to teach; you also live to learn.

Jack Lefkowitz, a retired teacher and administrator, spent the last 25 years keeping up with the tests and knowledge needed to stay healthy and disease-free. However, this past year, a routine screening event at the Crozer Medical Plaza at Brinton Lake gave him the one diagnosis he hoped he'd never receive: cancer.

Lefkowitz, from Wilmington, Del., remembers feeling "extremely unhappy and quite apprehensive" when he was told he had prostate cancer.

There was no family history of prostate cancer," he says. "I was the first."

Lefkowitz credits the routine checkup he received at Crozer-Keystone's screening event for his early diagnosis. He was advised to have further testing, which revealed that he did, in fact, have prostate cancer.

His decades of teaching experience in the Interboro School District armed him with the proper mindset: get educated, then make a decision. Lefkowitz discussed possible treatments with physicians and then set out to find the best doctors to help him along his journey.

"I went to Crozer Medical Plaza at Brinton Lake, a nearby facility, and was told about Dr. Olusola Obayomi-Davies by a staff member," Lefkowitz says. "Everything was as excellent as it could be in an unfortunate situation. I was very satisfied with the plan offered for my treatment."



Retired Interboro teacher Jack Lefkowitz, left, is grateful for his medical team — the Crozer-Keystone Regional Cancer Center at Brinton Lake staff and radiation oncologist Olusola Obayomi-Davies, M.D.

Lefkowitz then had to learn more about his treatment options and choose the best one for him. He was presented with several — including having his prostate completely removed or receiving radiation therapy. He enjoys an active lifestyle; Lefkowitz walks over two miles a day and rides bikes and a motorcycle. For those reasons he chose to receive radiation therapy. The removal of the prostate has other side effects that deterred Lefkowitz away from that option.

"We discussed the breadth of available treat-

ing-edge cancer treatment."

Lefkowitz says the support from his partner, Mary Lou Schoff, and his family keeps him going strong during a very difficult time.

He stresses the importance of prostate screening on an annual basis to his three sons and to friends.

"I tell them how important it is to have the PSA test whenever they see their doctor yearly," he says. "I will continue to push a little, but I think they will take care of business."

Schoff has especially been Lefkowitz's rock during his treatments.

"I lean on her; she is strong and she helps me in every way you can

imagine," he says.

Part of his treatment plan includes hormone injections, which cause him to have hot flashes every so often. He jokes that he and Schoff sometimes compare notes but says that she has really been understanding and helpful.

As for Davies and the Cyberknife and Crozer-Keystone Cancer Center staffs at Brinton Lake, Lefkowitz gives them an "A+" grade.

"Dr. Davies gave me all the information and support I needed," he says.

"When I meet with him, it's like meeting with a friend. With Dr. Davies, I felt completely at home. We talked about motorcycles and vacations. It was just like two friends talk-

ing, but he made sure we took care of business. He has been my guiding light through the most serious part of this time. Dr. Davies is a fantastic oncologist and one of the finest people I have ever known."

"We are both big fans of '50s- and '60s-era Doo Wop and jazz," Davies says. "Considering I am a fairly recent transplant to the Philadelphia area, he introduced me to the Lancaster Avenue Jazz and Arts Festival. I truly feel privileged to be his radiation oncologist, and I look forward to his follow-up visits."

For more information about Crozer-Keystone's cancer services, visit crozerkeystone.org/Cancer.



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CELEBRATE AGE

5 things you should know when choosing supplements

You can't deny it, supplements are everywhere. One trip down the vitamin aisle at your supermarket can leave even the biggest wellness junkie bewildered. There are so many products on the market - many offering contradicting information or claims - that it's easy to understand why consumers are confused about selecting a supplement regimen.

Dr. NavNirat Nibber, N.D., co-owner of Crescent Health Clinic and medical advisor for Advanced Orthomolecular Research, explained what consumers should look for and be wary of when selecting a vitamin or supplement.

"Supplements can do so much for us, but ultimately what they're doing is helping our body heal itself," Nibber said.

While everyone should ideally get the nutrients they need from the food they eat, Nibber said that

not everyone does, either because of restrictions to their diets or health issues that limit the ability to absorb or use the nutrients. And while you may think picking up a bottle of your pharmacy's generic multivitamin may suffice, she cautioned against that approach.

Instead, she advocated a more personalized and thoughtful regimen with an established start and stop date, supported by a healthy diet, and a doctor recommendation - whenever possible.

For those considering supplements, Nibber recommended keeping in mind:

1) Supplements are just that - extra nutrients.

Health supplements can boost your overall health or compensate for deficiencies in your diet, but they are not a substitute for good nutrition. If you have a diet of high quality nutri-

tious foods and no underlying genetic or physical concerns, you may not need supplements. But most people don't get enough nutrients from their diets, whether from the decreasing quality of food, limited absorption capabilities due to underlying health conditions, or because of a genetic framework that limits what their body needs or can use. That's when supplements can help.

2) Supplements are not one-size-fits-all.

To get the most from supplements, it's best to assess your individual concerns and address a specific process that might not be functioning well by taking only what you need. Nibber explained this as a founding principle of Advanced Orthomolecular Research (AOR), which formulates its supplements to "deliver the right molecule in the right dose, at the right place, at the right

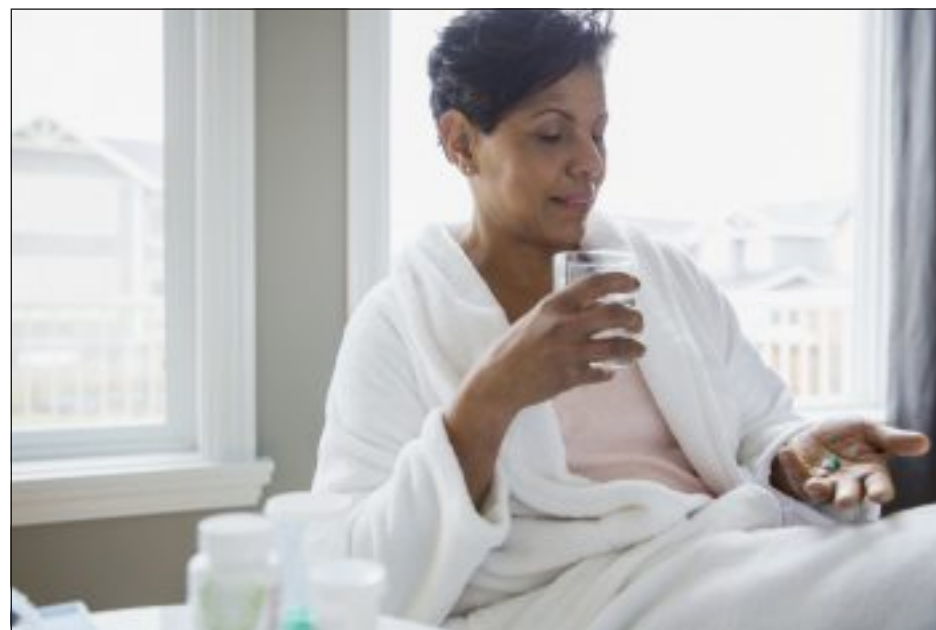


PHOTO COURTESY OF BRANDPOINT

There are so many supplements on the market — many offering contradicting information or claims — that it's easy to understand why consumers are confused about selecting a supplement regimen.

time and in the right delivery form."

3) All supplements are not created equal.

While the FDA does its best to ensure supplements are safe, they do not need to be FDA approved before they show up on store shelves - though the FDA will address adverse reaction reports from consumers. To make sure ingredients reported on the label are accurate, choose supplements with ingredients and processes assessed by an unbiased third-party laboratory. Or source your supplements from a country with more stringent regulation, which requires in-depth medical studies for any claims. For example, supplements from AOR are evaluated by more rigorous Canadian standards for safety and effectiveness, ensuring potency, purity and traceability from plant to product. You can glean the quality of supplements by reading the label

- do they state what form ingredients are in? Do they list all non-medicinal ingredients?

4) Supplements have real, medicinal effects.

No supplement is completely benign. Supplements and vitamins can impact processes in your body and interact with medications you take. Always read the label and consult with a medical practitioner regarding interactions. Too much of a good thing can be harmful, so try to establish a baseline either by having a healthcare provider review clinical signs and symptoms or by running lab work. And remember there are "normal levels" and there are "optimal levels."

5) Supplements are not a magic cure-all.

While supplements have great healing potential, those that claim to singularly "cure" any condition are bound to be overstat-

ing their effectiveness. A supplement is more likely to reduce your risk factors, acting as a preventative. Or when used therapeutically, they work to address a genuine nutritional deficiency or certain aspects of your body's processes.

Whatever you choose regarding supplements, examine the ingredient labels and verify the product is evaluated by an unbiased third party. Don't spend money on one-size-fits-all supplements that provide too much or too little of what your body needs. Look for companies offering transparency about their processes and that provide information about the science behind their products. And always consult your doctor before taking supplements that may interact with your medications.

Article courtesy of BrandPoint

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CELEBRATE AGE

Home security tips for seniors

Seniors are often targeted by criminals. Though many criminals target seniors from afar via telephone or internet scams, criminals seek to enter seniors' homes. The Bureau of Justice Statistics offers that, between 2003 and 2013, the ratio of property crime to vi-

olent crime was higher for the elderly and persons between the ages of 50 and 64 than it was for younger persons between the ages of 25 and 49.

Home security is important for people of all ages, but especially so for seniors and aging individuals living alone. By fol-

lowing certain safety tips and developing a home security plan, seniors can feel safer at home.

- Lock windows and doors. It may seem like common sense, but failure to repeatedly lock windows and doors can, and often does, give burglars easy entry into the

home.

- Think about a smart doorbell. Technology now enables doorbells to provide a video feed to a person's smartphone or tablet over WiFi. This allows residents to see who is at the door and speak to this person without having to open the door.

Some products like Ring will even register motion activity and record short videos from outside of the house.

- Don't share or leave keys. Avoid leaving keys under a mat or in a flower pot. Others may be watching your actions and gain access to your home while you are away.

- Ask for ID. When service people or other individuals come to the door, verify their credentials by asking to see some identification.

- Get a home security system. The best protection against burglars is a home security alarm, states HomeSecurityResource.org. Such an alarm often deters burglars from breaking in.

- Install a lockable mailbox. Locked mailboxes restrict access to

sensitive information, such as bank account numbers, sent in the mail. Make sure retirement checks or other payments are deposited directly into bank accounts instead of having them sent by check.

- Use home automation. Home automation, or a "smart home," can be utilized to turn on lights, set the thermostat, lock doors, and much more.

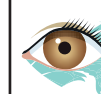
- Adopt a dog. Dogs can be an asset to seniors. Dogs provide companionship and can bark or alert seniors if someone is around or inside of the home.

Home security is serious business for seniors who are vulnerable to criminals.

Article courtesy of MetroCreative



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