


Riddle Village
 We're celebrating our anniversary in style...
 Come see the big things happening at Riddle Village.
CALL TODAY TO SCHEDULE YOUR PERSONAL TOUR
 RiddleVillage.org | (610) 891-3700
 1048 West Baltimore Pike, Media, PA 19063

Wednesday, April 8, 2020 » MEDIANEWS GROUP

EXERCISE

SANE AND STRONG

In the era of coronavirus, how do you stay fit, healthy?

By **Bruce R. Posten**
Medianews Group

For many senior citizens, especially in light of the coronavirus, the challenge of keeping up their muscle tone and body strength often proves to be a heavy lift.

These days, however, walking, hiking, stretching and even moderate running to improve cardiovascular health might be embraced with less trepidation than the thought of almost anything related to weightlifting such as pushing, pulling, rowing and lifting.

The concerns are:

- Will I hurt myself?
- How many repetitions, sets and loads do I perform before soreness and serious pain set in?
- What's my progression? How do I monitor stability and success?
- What can possibly make this type of exercise enjoyable?

In spite of questions and worries, all sorts of experts — doctors, scientific researchers and front-line fitness trainers often quoted in mass media health magazines — are touting the benefits of weightlifting as the most effective treatment to prevent slowdown or partially reverse age-related muscle loss.

Remain mobile

A one-size program doesn't fit all, experts ad-

mit, but taking steps toward strength training, from the simplest to most complex program, can lead to better body balance, flexibility, extension and rotation, allowing seniors to remain mobile longer. And that's the goal.

He was actively going to the gym before the COVID-19 lockdown.

Before the lockdown, he was in "an individualized weight and exercise program for three times a week, and I've really picked up a lot of strength in my upper body and knees," said David Baird, 69, of Spring Township, who attends Alliance Fitness Center, Spring Township.

Four years ago, Baird, a retired cable lineman and contractor, had an operation to implant four heart stents. He also is an insulin-dependent diabetic.

Baird said when he was in his mid-40s he started to become too sedentary. It got to a point where he couldn't walk too far without becoming winded.

"I've improved greatly with this personalized exercise program, which includes time on weight and rowing machines and regular monitoring," he said.

Baird said he had joined another gym before coming to Alliance, but felt uncomfortable and more intimidated by younger and fitter clients there.

Recently, Baird said

a member of his church group saw him and said: "It looks like you are standing up straighter."

Baird believes strength training "is the best thing I've done for myself," he said.

"When I started this fitness center almost 30 years ago, we used to be called the geriatric gym," said Sarah Small, 62, of Sinking Spring, Alliance owner and a certified strength and conditioning specialist specializing in muscle activation techniques.

"We started our demographic with the high-risk population, and many of our clients are 55 and older," she said. "Many come in for a functional range assessment to focus on strength training."

"In recent years, I've seen more doctors referring patients (those with joint replacements or osteoporosis) and more people wanting to become pro-active so they can continue to do functional daily tasks."

"In the past, we were preaching to the choir, but I think interest is broadening," she said.

Seek guidance

When people find they can't lift a coffee can from a shelf or a gallon of water without struggling or having a limited range of body motion and low energy, they often seek guidance in strength training,



LAUREN A. LITTLE — READING EAGLE

Donna Witwer, 70, of Cumru Township, participates in a strength-training class before the COVID-19 business lockdown at Colonial Fitness. Before the lockdown, she was taking hour-long classes three or four times a week.

she said.

"A strong person is tough to kill," said Colin McGee, 26, of West Reading, director of fitness at Alliance.

"People are often fearful of what they don't understand, and that applies to weight training," McGee said. "It's simply about adding the appropriate resistance for you and finding the right starting point."

"Of course, all good things take time and effort."

McGee pinpointed three challenges in working with first-time older clients:

- First, finding the best life balance between weight training and other aspects of a senior's life. The goal is to strive for some daily consistency.
- Second, after several months of working one-on-one with a client, the



LAUREN A. LITTLE — READING EAGLE

Donna Witwer, 70, of Cumru Township, participates in a strength-training class before the COVID-19 business lockdown at Colonial Fitness. She began fitness programs at Colonial about two years ago and worked hard to get strength back in her legs.

effort should lead to building confidence and some degree of independence for the senior.

- Third, an exercise plan

that emphasizes appropriateness and progression requiring regular monitoring and self-audits.

STRONG » PAGE 2



WE ARE HERE FOR YOU



At Riddle Village, we understand that this is a time of change and adjustment for everyone. Having over 25 years of experience serving and caring for our residents at every level has helped us respond quickly and effectively to the Covid-19 crisis facing every individual in our global economy today.

We are not just a community; we are a safe place to call home. We are taking every precaution in this difficult time to ensure our residents, employees and caregivers are protected. Although we are not currently opening the community to visitors, we are still working with those looking for the peace of mind that we can offer with our extensive Lifecare contract.

Riddle Village knows Lifecare and although our doors are not open to the public at large right now, our team members are still working diligently to provide our Residents with the best that life has to offer each and every day.


Riddle Village

IN A TIME OF UNCERTAINTY, CHOOSE STABILITY, CHOOSE RELIABILITY, CHOOSE RIDDLE VILLAGE.



RiddleVillage.org | (610) 891-3700 | 1048 West Baltimore Pike, Media, PA 19063



Rundown of fitness tips

By Bruce R. Posten
Medianews Group

At Colonial Fitness in Spring Township and Sinking Spring, Joanne Ewing, fitness director, compiled several pages of fitness tips for seniors based on personal research.

Her research addresses everything from the physical and mental health benefits of exercise to tips on staying motivated and creating a safe exercise plan

and healthy diet. In building a balanced exercise plan, Ewing stressed the four building blocks of fitness: balance, cardio activity, flexibility and strength or power training. Of the four, strength training may have been most overlooked by seniors. Simply put, strength training builds up muscle with repetitive motion using weight or external resistance from body weight, machines, free weights or

elastic bands. Power training is often strength training done at a faster speed to increase power and reaction times. Why it's good for you: Strength training helps prevent loss of bone mass, builds muscle and improves balance — both important in staying active and avoiding falls. Power training can improve your speed while crossing the street, for example, or prevent falls

by enabling you to react quickly if you start to trip or lose your balance. Building strength and power will help you stay independent and make day-to-day activities easier, such as opening a jar, getting in and out of cars and lifting objects. Source: Joanne Ewing, fitness director at Colonial Fitness. Email jewing@chbsports.com Contact Bruce R. Posten: specialsections@readingeagle.com.

Workshop on strength training
In the future, Alliance Fitness Center, 1 Meridian Blvd., Spring Township, plans to hold a workshop entitled "Weights Aren't Scary" to emphasize the importance of strength training to increase — or prevent the decline in — muscle mass and bone density as people age.

The workshop was originally scheduled for sometime in April or May, but is on hold until preventative public health distancing requirements are lifted as a result of the coronavirus threat. For more information, contact Sarah Small, Alliance Fitness Center owner, at chafit32@gmail.com, call 610-698-2828 or 610-376-2322, or check www.alliancefitnesscenter.com

Strong

FROM PAGE 1
At Alliance, there are functional range assessments that take into account mobility, health history and individual goals, Small said.

Alliance is not a membership gym, but offers hourly sessions that can range in price from \$48 to \$55. A 45-to 90-minute evaluation costs \$199.

With more than 30 years in the fitness business, Joanne Ewing, fitness director at Colonial Fitness, Spring Township and Sinking Spring, said 15 years ago a majority of her clients fell into the category of young or middle-aged adults.

"I'd say at least 60% of our clients are 50 years old or older now," Ewing said. "Maintaining balance and stability has become a big issue based on seniors' fear of falling."

"There's been a growing awareness and definitely more doctor referrals," she said.

An emphasis on active-aging among baby boomers also has contributed to a rise in strength training. Back injuries, hip and



Before the COVID-19 lockdown, personal Trainer Nick Hair of Pottsville works with client David Baird of Sinking Spring at Alliance Fitness in Spring Township.

knee replacements and issues with arthritis all contribute to strength training classes, joining solid cardio programs that focus on treadmill walking or the use of cycling machines.

Ewing said Colonial Fitness has been in the local vanguard of creating exercise classes, yoga, pilates and stretching sessions that emphasize focusing the mind.

'All about balance'
"It's all about balance when it comes to exercise, eating right and managing your stress levels," Ewing said.

"My goal is to live to 90 and be as healthy as I am now," she said.

Up until the recent concerns about the coronavirus and the need for social distancing and even isolation,

Ewing realized that motivating seniors to undertake strength-training could be a challenge.

How do you make it fun or enjoyable? The answer was having seniors make friends and drawing them together in active-aging circuit classes.

"Socialization for seniors is so important to motivating seniors and creating a positive environment," she

said. While the deadly virus has impeded progress in that direction for a while, many seniors have learned routines that they can continue to use at home using any variety of household items to create resistance to work muscles by lifting, pulling or pushing.

"The biggest fear I see among our older population is their fear of falling," Ewing said. "Strength-training can help with that to increase stability."

Donna Witwer, 70, of Cumru Township, a retired administrative assistant at an insurance company who also worked as a waitress, had a hip replacement in 2016.

She began fitness programs at Colonial Fitness about two years ago and worked hard to get strength back in her legs. She takes hour-long classes three or four times a week.

"I've always been active, but I know it's important for me to stay that way," she said. "I think it's only natural to lose muscle strength after the age of 40, so you have to keep active to stay in shape."

Witwer has longevity in her family (her mother will turn 99 in July). "I've always been a

walker, but I knew I needed more if I wanted to live to 90 and walk around and not be stuck in a wheelchair," she said.

Strong promoter
Nicholas Rizzo, 28, who lives near Boston and serves as the fitness research director at Runrepeat.com, an online athletic shoe review firm, is a strong promoter of strength-training for seniors.

Rizzo is a former competitive Apollo lifter who became involved in the global powerlifting movement.

"Seniors' fear or misconceptions about weightlifting are completely understandable," he said, in a phone interview. "They know how to walk or run, but weightlifting can appear complex and overwhelming with the need to pay attention to reps, sets and loads. They should start out keeping their routines simple with chair squats or pushing against walls at home."

Rizzo encouraged seniors to ask for help at senior centers or YMCAs, and to start slow and easy and to make sure they checked with their doctors before undertaking any physical activity.

***New* Easy Stay Program**
AT HARRISON HOUSE OF CHESTER COUNTY

HARRISON HOUSE
CHESTER COUNTY

Call us today at 610-384-6310

300 Strode Avenue
Coatesville, PA 19320

Virtual Tours Available!

Our "Easy Stay" short-term (respite) program for Personal Care is our solution for seniors who worry about being home alone, or caregivers that may need a break during this extra stressful time.

- Let us help you!
- \$500 off our all-inclusive price for 30 days
 - Individualized care & a nurse onsite 24/7
 - Apartments fully furnished, all three meals provided and engaging activities daily.
 - Technology services in place to keep you connected to loved ones during visitor restrictions.

We are dedicated to continuing to provide a safe & healthy environment for our residents, staff, and the community at large. As part of the greater healthcare continuum we believe it is our duty to offer our assistance in this time of need. Please call us to learn more about this program and other services available at Harrison Senior Living.

OBSERVATION STATUS TRANSITIONAL STAYS

Meeting your needs for transitional short-term care in a licensed personal care community

BENEFITS:

- \$150/day
- Reduced risk of re-hospitalization
- Assistance with medication management
- Reduced risk of depression related to social isolation
- Affordable rates for furnished suites
- Transportation available for medical appointments
- Three cooked meals a day
- 24/7 medical aides available to help with ADLs

To learn more about how Heatherwood Retirement Community can meet your needs, please call Kelly 610.273.9301 x 324

CALL FOR TOUR & FREE LUNCH

EXPERIENCE QUALITY for yourself!

HEATHERWOOD
A SENIOR LIVING COMMUNITY

3180 Horseshoe Pike
Honey Brook, PA 19344
HeatherwoodRetire.com

SENIOR FACILITY

For the love of nature

New Highlands facility gives residents access to courtyard, gardens, outdoor life

By Andy Andrews
aandrews@readingeagle.com

Biophilic living conjures up an image, perhaps, of science fiction.

Well, it's definition — and how it's put to use in senior living facilities — may surprise you.

Biophilia is a strong attraction for or emotional attachment to the living world, according to the Free Dictionary by Farlex. Simply put, biophilic living is the love of living close to nature.

That means facilities can be constructed with open courtyards, including views of gardens from hallway windows and a focus on putting residents closer to nature. It can be emotionally and physically healthy for those who live in senior-care facilities and particularly helpful for personal care and memory support.

The Highlands at Wyomissing recently underwent renovations by SFCS Architects and Wohlson Construction to install biophilic living at a cost of about \$20 million, according to Jodi Gibble, director of marketing.



The Highlands at Wyomissing's biophilic living (the love of things that grow) outdoor courtyard with koi pond, walking paths and seating.

COURTESY OF JODI GIBBLE

The installation measures about 72,000 square feet and includes a traditional personal care lounge with access to a courtyard with an outdoor fireplace and a bar. It also includes a bar seating area and blue pottery water feature. The

courtyard features raised gardens, a koi fish pond, walking paths and seating. A new lounge provides easy access to the courtyard.

Gibble said the new facility was built to create a memory-support program that provides a new "life ex-

perience" for the residents.

The Highlands at Wyomissing provided answers to seven questions:

What went into the decision to create biophilic living at the Highlands?

The Highlands at Wyomissing was committed



The outdoor courtyard seating area and outdoor bar at The Highlands at Wyomissing.

COURTESY OF JODI GIBBLE



The Highlands at Wyomissing's outdoor courtyard, outdoor fireplace and pergola.

COURTESY OF JODI GIBBLE

to create a state-of-the-art memory support program that centered on biophilic design. The goal was to increase the resident's con-

nectivity to nature through access to outdoor courtyards, views of nature and access to natural light.

NATURE » PAGE 4

LOCAL GOVERNMENT

Ridley assures citizens services being provided

By Barbara Ormsby
Times Correspondent

RIDLEY TOWNSHIP "Township services are continuing," he stressed. "Trash is still being collected, the police department is out there, and all our police officers have protective gear, crime

goes on. We caught three guys breaking into cars and they were arrested. And our residents can call the township office if they have a problem, such as a sewer back-up. They can leave a message. The phones are being checked every hour. Our people are working from home."

Willert said all the commissioners are monitoring the situation. He mentioned one in particular.

"Mike McCrea (6th ward commissioner) took a woman to her doctor's the other day," he explained.

And Willert noted that the upcoming 100th birth-

day of a Woodlyn woman will still be celebrated by a motorcade of fire trucks and police cars, with sirens blaring and lights flashing.

Apparently, not everyone is on board with the state's stay-at-home directive.

"One woman gave me

a hard time because she rented the Water's Edge (banquet hall) for a First Communion party," he said, adding that the facility is part of the township's gated marina complex along Darby Creek that is closed, including Stinger's On the Waterfront Restaurant.

"We are not allowing people to put their boats in the (rented) slips until the restrictions are lifted. We don't want anyone congregating on the docks. Health and security is our concern," Willert said. "The boat ramps are open and available only by a member's key card."

Providence Place
at the Collegeville Inn

Enhanced Senior Living

Redefining Home...

Providence Place, a family-owned senior living company, is proud to be serving the seniors in the Collegeville area at the historic Collegeville Inn.

We offer Independent Living, Assisted Living and two levels of Memory Support -- all in a scenic setting, at an affordable rate, and close to friends & family.

Providence Place at the Collegeville Inn offers well-appointed apartments, restaurant-inspired dining, vibrant activities & outings, and a scenic walking path along the Perkiomen Creek.

Call us today for more information or a Virtual Tour!

Nature

FROM PAGE 3

How long did the facility take to construct and at what cost, and when did it open?

The project, which is a renovation project of the former Personal Care, began in August 2018 and is expected to be complete in June 2020. This project has taken a long time as we continued to care for residents needing personal care while the project was ongoing, thus allowing only sections of Personal Care to be renovated at a given time.

How will the new facility be used?

Traditional Personal Care residents are enjoying an entirely new living space and life experience. The newly renovated Personal Care allows for convenient, open access to the rest of The Highlands campus, making it easier for residents to enjoy amenities and services.

Residents with memory challenges will be living in one of two new, secure neighborhoods, which is the final phase of the renovation. The two memory support programs will support those living with Alzheimer's disease and dementia in a secure, supportive and homelike environment.

What benefits will the facility bring to residents?

The new memory support neighborhood occupies the entire second level of the existing Personal Care. It consists of two smaller households, each with a community kitchen, dining room, living room and outdoor courtyard. Each household boasts a different theme and a distinctive look to allow for easier navigation. Connecting the two distinct areas is a shared space featuring an activity area, a spa and beauty salon. Corridors provide large windows with an abundance of natural light and beautiful garden views. Apartments offer views of the courtyards, which will feature secure walking paths, ar-

eas for activity, water features and other touches designed to appeal to all five senses.

"Views to the outdoors are so important because they entice residents to go outside and enjoy a walk or simply take in the fresh air," said Kevin DeAcosta, president and CEO. "Exposure to natural light also helps to regulate circadian rhythm, which can alleviate sleep disorders, sun-downing and seasonal depression."

LED lighting mimicking natural light is also used throughout Personal Care and Memory Support. The Memory Support neighborhood features smaller living spaces because large environments are overwhelming to people living with memory loss.

"Residents can become overwhelmed by large spaces," DeAcosta said. "Those with dementia are particularly susceptible to confusion and distraction when faced with these kinds of environments. Our goal is to create warm, inviting households, so residents feel comfortable, safe and at home."

The new area provides easy and supportive way-finding and orientation, in addition to calming colors and patterns, all of which help mitigate unnecessary stress, creating a positive experience for residents.

Private apartments feature full bathrooms and adapted kitchenettes, which are uncommon in most memory-support communities. DeAcosta said that every inch of the new space will meet best practice standards and provide the best possible environment based on the latest research and technology to benefit people living with memory loss, helping them live comfortably while empowering them to thrive.

The traditional Personal Care apartments have been completely renovated with larger bathrooms, expanded kitchenettes and modern decor. A new venue with made-to-order dining, a coffee bar and new outdoor courtyard with fire pit and water feature is perfect



The Highlands offers a traditional personal care lounge with access to the courtyard with outdoor fireplace, pond water feature and bar.

for al fresco dining and enjoying the outdoors.

How does this fit into the Highlands overall living plan?

With more than 5 million Americans living with Alzheimer's disease, the demand for this type of care and support fits perfectly on our campus for residents who require this level of care now, residents who may need it in the future and for residents currently caring for a spouse who may need this type of 24-hour care and support. In addition, The Highlands will have space available for non-residents who may require a safe, secure and supportive environment for their loved one.

What new ideas/construction does the Highlands plan for the future?

The Highlands is in its final approval phase to build 16 new villas on the campus. The new villas have been pre-sold, and we expect to begin construction in mid-2020.

What do the residents say about the facility? The residents are ex-



The Highlands at Wyomissing's hallway with a full courtyard view to the left and window nooks and lounge chairs.

cited about the new memory support neighborhood and are anxious to have the renovation complete. We have provided update tours along the way and

they have liked what they have seen to date. They believe, based on the demographics, that there is a need for the memory support program.

Contact Special Sections Editor Andy Andrews: 610-371-5080 or aandrews@readingeagle.com.

Coming Summer 2020

Preston

60 new rooms dedicated to Personal Care, Memory Care and Residential Living

Join our interest list, call 610.696.5211, today.

Grow with us!

Barclay Friends
A KENDAL® AFFILIATE
A Continuing Care Community

700 N. FRANKLIN ST., WEST CHESTER, PA | BF.KENDAL.ORG

Feel Certain.

It's a big decision. Finding the right supportive living community is not just about a nice apartment. It's about finding attentive care, meticulous housekeeping, engaging social programs, excellent dining, and responsive leadership.

Senior Living, but different.

Since 2015, Daylesford Crossing has been living up to its mission: To create the best home for each resident every day by encouraging, empowering, and celebrating successful aging.

Call for a virtual tour: 844-865-5568.

Among Friends

with Faith C. Woodward
Director of Admission and Marketing

SHARE YOURSELF

Many families today are separated by distance, and because of this, children and adults are in need. Children are functioning in this busy world with less adult counseling than in the past, and seniors are more often alone than they used to be. That is why a mentoring program is so valuable for both groups. With good mental health, senior citizens tend to live longer, and volunteer work, such as mentoring, supports the positive feeling of having a purpose in life. This can boost a person's self-esteem during a time when he or she may be wondering what will come next. With a multigenerational mentoring program, the participants stay involved in their community in a meaningful way.

With Faith Woodward, Director of Admissions and Marketing at Barclay Friends—to learn more, please call 610-696-5211 or visit our website, <http://bf.kendal.org/>.

Daylesford Crossing

Sophisticated Surroundings, Customized Support, Unparalleled Hospitality.

THE MAIN LINE'S FAVORITE SUPPORTIVE LIVING & MEMORY CARE
DaylesfordCrossing.com | 1450 Lancaster Avenue, Paoli

SAGELIFE | Living to the Power of You

SENIOR LIFE

Spot of T- Comfort Food

By Terry Alburger
Life Engagement Coordinator,
Brittany Pointe Estates

Comfort food. The words inspire feelings of reassurance and well-being. We each have our own idea of what foods we consider “comfort foods.” For me, images of a large bowl of macaroni and cheese immediately enter my mind. A local restaurant has a “quintuple grilled cheese.” That is near the top of my comfort food list as well. And I would venture to say that chocolate appears on most people’s list of foods to reach for in tough times.

Tough times. I am at a loss to think of any time during my lifetime that was tougher than the one in which we are currently living. The situation goes from bad to worse each day, and we feel powerless against it. The enemy is invisible and that makes it even scarier. If ever there was a time to reach for guilt-free comfort food, this is it.

Comfort food isn’t just physical. What about comfort food for the soul? What feeds your feelings of well-being and defense against your fears? Normally, we have our circle of friends and family that we fall back on, but now, this invisible foe has managed to take even those away. So, what can we do? Give up? I don’t think so!

When the going gets tough, it is time for us to get tougher. We are all swimming in the same unprecedented turbulent waters of fear and uncertainty. But we are not swimming alone. Each of us is in the same situation. And each of us must do our part to throw that

proverbial life preserver to our fellow human beings. Offer them a shred of “comfort food” of hope. Reach out to friends, family, anyone you know who may need a word of encouragement. With social media and technology, there are so many ways to stay in touch. Social distancing does not have to mean social isolation.

Remember to go easy on yourself and go easy on those in your world. Judgment should be tossed out the window, and that includes self-judgment. Last weekend, I had intended to get some things accomplished. With one thing and another, it just didn’t happen. I started to feel bad about it, like I had somehow wasted my weekend. But as it turns out, I did exactly what I needed to do. I decompressed. I rested. I shut down for a little while. My “comfort food” for the weekend was reruns of some of my favorite TV shows. As I thought about it some more, I decided to give myself a well-needed break and let it go.

So, what in your world would you consider comfort food for your soul? What brings you joy, or has in the past? This just might be the time to pick up old hobbies and pastimes that previously made you happy. Sewing, knitting, exercising, music, reading, painting... what is something that you used to love to do, but in past years have decided that you just didn’t have the time? Well, you now have the time. Why not pick one or two back up? I recently started crocheting. No, it is not something I had ever done before, but I am enjoying it.

I submit to you that this mandated downtime can be put to good use. Keep your mind occupied with new pursuits, good books, creative projects or anything else you can find to keep busy at home. Limit time spent listening to the news reports. Try to find the beauty around you. It’s there, I promise. Go for a walk, sit outside, watch the sun go down. And stay in touch from afar with your loved ones. Just think – absence makes the heart grow fonder. One day, hopefully in the not-too-distant future, we will have some of the greatest reunions of all time.

Stay well. Keep your chins up. You are not alone. We are in this together. As my dad used to say, “Sursum corda” (Lift up your hearts).

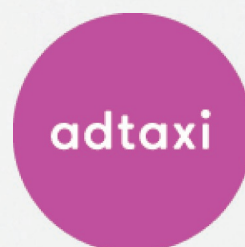
About Brittany Pointe Estates

Brittany Pointe Estates is a gracious Lansdale retirement community that reflects the charm of the region of France for which it is named. Situated in northern Montgomery County, residents of Brittany Pointe Estates senior living community enjoy an abundance of shopping opportunities, cultural offerings, theaters, gourmet restaurants, and beautiful parks that are nearby. Many of the nation’s top hospitals and health care providers are less than an hour away in Center City Philadelphia and the surrounding areas. It is located at 1001 S. Valley Forge Road, Lansdale, PA 19446 and you can call 267-657-3106 for information.

paadvertising@adtaxi.com

610.235.2629

Increase the #love in your social media marketing




“To our associates,
families, and friends -

Thank you

for keeping our residents
healthy and safe.”

Michael A. Stoller, CEO
LCB Senior Living

Call us to take a personalized virtual tour.
Visit our website to learn about our
COVID-19 preparedness measures.

 THE
RESIDENCE
at Chadds Ford
An LCB Senior Living Community

1778 Wilmington Pike, Glen Mills
610-632-6566 | residencechaddsford.com

Independent, Personal Care & Memory Care Living

SENIOR LIFE

Older Adults Spend Over Half Their Waking Hours Alone, on Average

By Hugh Bleemer
Outreach and Admissions
Counselor, The Hickman

Americans ages 60 and older are alone for more than half of their daily measured time. All told, this amounts to about 7 hours a day. Among those who live by themselves, alone time rises to over 10 hours a day, according to a Pew Research Center Analysis of Bureau of Labor Statistics data.

There are significant variations by age and gender and in time spent alone daily, driven in part by differences in marriage and living arrangements. For

instance, people in their 60s report 6 hours and 32 minutes of alone time, compared with 7 hours and 28 minutes for people in their 70s and 7 hours and 47 minutes for people ages 80 and older. These age differences are due in part to the fact that older people are far less likely to live with a spouse or partner - 64% of those in their 60s do, compared with 59% of those in their 70s and 36% of those 80 and older.

Older women spend more time alone, on average, than their male counterparts, and this gap widens markedly at the oldest ages. This is largely due to

the fact that women ages 60 and older are more likely than their male counterparts to live alone (28% vs. 18%) given their longer life expectancies and higher rates of widowhood - and this gap in living arrangements also widens with age.

Living alone can present many challenges according to Daniel B. Kaplan, Adelphi University School of Social Work and Barbara J. Berkman, Columbia University School of Social Work:

- Because eating is a social activity for most people, some older adults who live alone do not prepare full, balanced meals. Undernutrition, therefore, is a con-

cern.

- For older adults with health problems or difficulty seeing or hearing, new or worsening symptoms may go unnoticed.

- Many older adults who live alone have problems following directions for prescribed treatments.

- Many people who live alone feel lonely and isolated.

If you're worried that a friend or relative is at risk of loneliness, there are some signs you can look for according to the Which? Later Life Care newsletter:

- Verbal clues - when you speak to your friend or relative, they may mention that they are feeling lonely. Even if they don't actually use the word 'lonely', try to read between the lines

- Changes in behavior - loneliness may lead them to appear miserable, down, or defeated. On the other hand, they may talk a lot more than usual or want extra physical contact.

- Unexplained health issues - your friend or relative may complain about imaginary illnesses as a way of getting extra attention.

- Befriending unlikely people - one of the ways unscrupulous scammers worm their way into older people's lives is to make themselves indispensable for doing things around their house or even helping people to remember to take their medication. If a friend or relative has started to spend time with someone you feel may be untrustworthy, try to speak to them about it or

reach out to local agencies that can help.

Time spent alone is not necessarily associated with adverse effects, says the Pew Research Center. However, stay focused to identify early warning signs of social isolation and loneliness, because these realities can lead to negative health outcomes.

Promoting Senior Wellness is provided by The Hickman Friends Senior Community of West Chester. A Quaker Personal Care Home in West Chester. This column was written by Hugh Bleemer, Outreach and Admissions Counselor. www.thehickman.org

Wayne Senior Center YOUR CENTER FOR *friendship*

WSC FITNESS community vitality

JOIN in the FUN

108 Station Road, Wayne, PA 19087 | 610.688.6246 | wayneseniorcenter.com
@wayneseniorcenter

Keep missing your mark with your advertising budget?

Let us get you on target

OUR DIGITAL SOLUTIONS INCLUDE:

- Local News Advertising
- Audience Targeting
- Search Marketing
- Social Media
- Email Marketing
- Dynamic Retargeting

Contact us at paadvertising@adtaxi.com

Finding the right Senior Living community is like finding the right dance partner.

Partner. It's such a simple word. But, most would say, it's the most important word when you're in need of Personal Care services. It's certainly how we see it at The Landing of Collegeville—like a great dance partner we know when to lead and when to follow. We're always helpful, but not obtrusive, so you get exactly what you need, when you need it.

Call (484) 270-6502 now to schedule your complimentary lunch and tour. And come see what steps we can take together.

THE LANDING
OF COLLEGEVILLE
A Whole Lotta Heart

1421 S Collegeville Road • Collegeville
(484) 270-6502 • TheLandingOfCollegeville.com

A LEISURE CARE COMMUNITY

A Healthy Tradition of Care and Wellness

MAIN LINE
SENIOR CARE ALLIANCE

Within our communities at Main Line Senior Care Alliance, our dedicated and professional care teams are at the heart of the quality care and services we provide.

We offer:

- Short-Term Rehabilitation
- Skilled Nursing Care
- Personal Care
- Respite Care
- Memory Care

Saunders House 610.658.5100
Bryn Mawr Terrace 610.525.8300
Impressions Memory Care at Bryn Mawr 484.380.5404

Voted Best of Main Line 11 years!

www.MainLineSCA.org

SENIOR LIFE

Blind woman finds a world full of wonders

By Catherine Nold
MCAB administrative director

These days, it's not unusual to find many over-age-55 friends and neighbors who are finding creative ways to overcome the physical challenges of getting older. Yet there are few who have approached their disabilities with tenacity, joy and humor. That is the case with Ms. Debra DeWitt, a bubbly, energetic 64-year-old from Willow Grove who became legally blind at age 17.

DeWitt has been served by Montgomery County Association for the Blind (MCAB) since 1993. During those 27 years, "together Deb and I have invented many innovative ways to help her fully participate in the community she loves," said Elaine Hendricks, certified Orientation and Mobility specialist at MCAB.

"Her disability would have thrown many people into despair," said Hendricks. "But Deb has approached it with an energetic spirit and a can-do attitude. Her success rests in her willingness to partner with professionals to find creative ways around obstacles."

At age 17, DeWitt lost her vision as a result of hydrocephalus due to a concussion that was not treated immediately. In August 1972, two months after the concussion, she completely lost her vision. "The world went totally black for me. I was only 17 and I was devastated," recalled DeWitt. "The last thing I remember seeing was my mother's brightly colored striped dress and a pink piggy bank that the nurses had given me. Then nothing."

DeWitt was discharged



Deb DeWitt in her home in Willow Grove.

from the hospital and went home to live with her mother and toddler son. "My mom treated me like an invalid. My friends in the neighborhood expected the 'same-old-Debra' back. I knew deep-down that I did not fit either of these identities. "My biggest challenge," she admitted, "was trying to understand who I really was now as a blind

person. I had to take risks. It was really hard and scary."

DeWitt confessed that at times as a teen, she felt hopeless. She had never met anyone who was blind. She felt very alone. That is, until she enrolled in the Upsal Day School in Philadelphia (the school no longer exists). Suddenly, she entered a hopeful environment where

everyone was young, blind and achieving. "I met a 19-year-old guy who was totally blind with a guide dog and he lived on his own in an apartment. I was amazed. I CAN DO THIS," she thought. That was the beginning of DeWitt's transformation.

The next 10 years were full of "firsts." Debra got her GED. She attended Montgomery County

Community College and earned her Associate's Degree in Elementary Education. Then she went on to Chestnut Hill College and earned her Bachelor's Degree in Psychology and Education.

"I didn't do it alone," a grateful DeWitt admitted. Almost from the beginning Hendricks was coaching DeWitt every step of the way, training

her in Orientation and Mobility Skills, always with the goal of maximizing her independence.

"Deb was one of my first mobility students in 1993," said Hendricks. "She called MCAB because she was tired of being trapped in her home, but was afraid to venture outside. She wanted to gain her independence."

WONDERS » PAGE 8



Her vitality is important to me.

Swing into Spring at Highgate at Paoli Pointe!

New residents will save \$300 each month for the remainder of 2020 in our personal care or memory care community. Contact us today to learn more about our limited-time offer.*

*Move-in by June 15, 2020! Offer applies to select room styles. Contact us for details and restrictions

Genesis  Vitality for Living

Genesis HealthCare® | Highgate at Paoli Pointe
600 Paoli Pointe Drive | Paoli, PA 19301
610-296-7100 | genesishcc.com/highgateatpaoli



"Artman provides

such a warm and welcoming home. You can feel the compassion each caregiver offers to everyone throughout the community."

~Maryann, Artman staff member

Howard and Elfrieda enjoy all the comforts of home thanks to staff like Maryann. Every day, they can count on a wealth of activities and amazing services that make retirement at Artman so wonderful.

To schedule a personal visit, or to receive additional information, please call 1-877-388-1218 or go to www.Artman.org/Compassion

INSPIRING today®

ARTMAN

250 N. Bethlehem Pike
Ambler, PA 19002
215-643-6333

www.Artman.org



Wonders

FROM PAGE 7

“Deb was a single mom with four-year-old twins,” Hendricks continued. “Because she had no child care, I had to find a way for Deb to travel with her children and the long cane. I was fresh out of college and this challenge was not taught in textbooks. Through a process of trial-and-error, we developed a system using bungee bracelets and clips. The two children wore the bracelets and the cord clip was attached to Deb’s pockets. This allowed Deb to know that the children were with her, assuring their safety.”

This was just the beginning of many adventures and challenges that the two would undertake over the next 27 years. Hendricks taught DeWitt to travel (walking with a white cane) around both colleges, her church, the gym, supermarkets and train and bus stations. The pair even ventured together to DeWitt’s favorite jazz club in Germantown!

“If you walk with Elaine, you better wear good shoes,” DeWitt chuckled, “she will keep going until you are exhausted, but confident.”

“Deb is my friend, and an inspiration for individuals who are blind and visually impaired. There is nothing to hold Deb back.

If she needs help, MCAB is a phone call away,” added Hendricks.

All those hours of instruction and practice really paid off. “My life now is wonderful! “At age 64, I am independent, confident and courageous. I love exercising and learning about healthy eating. I live independently in my apartment in Willow Grove and I enjoy cooking. I did blow up to 305 lbs. after I had my six kids and I quit smoking. I tackled that problem, too.” (DeWitt is now at a normal weight.)

What is DeWitt’s advice to women who lose their vision at any age? “Take a deep breath; enjoy who you are; and definitely ask for help. You can do more than you ever imagined possible.”

Montgomery County Association for the Blind (MCAB), Founded in 1945, is the only local organization to provide continuous specialized services to county residents of all ages with visual impairments. MCAB’s mission is to enhance the quality of life for people coping with blindness or vision impairments through education, support and advocacy, and to strive to prevent blindness through education and screening programs. For more information, call Catherine Nold at cnold@mcab.org or 215-661-9800, ext. 413.



Deb DeWitt and Elaine Hendricks entering the Willow Grove YMCA.

Deb DeWitt in front of her home in Willow Grove.



Decidedly Different. Decidedly Ready.

A simpler, more convenient lifestyle awaits at Dunwoody Village where you can ditch all the humdrum chores of homeownership. That leaves you with time for your favorite activities like golf and book club. Or pick up a new hobby—be it quilting, pickleball or woodworking. Ready to embrace your newfound freedom? Call us today and arrange a visit.


DUNWOODY VILLAGE
A Continuing Care Retirement Community
★★★★★
Five-Star Rated Healthcare

(610) 359-4400 | www.dunwoody.org
3500 West Chester Pike, Newtown Square, PA 19073

Independent Living • Rehabilitation • Personal Care • Skilled Nursing • Memory Support • Home Care

   Pet Friendly



ANGEL COMPANIONS®

We can make a difference!
Home care for your loved one with Alzheimer’s
Parkinson’s, COPD and more . . .



Who do we serve:

- Alzheimer/dementia patients
- Hospice patients
- Parkinson’s patients
- Stroke victims
- Rehab & post surgical patients
- Those who need assistance with daily tasks

Services include:

- Personal care, bathing & dressing
- Meal preparation
- Light housekeeping & laundry
- Shopping & transportation to appointments
- Medication reminders
- Companionship and much more!

Proudly Serving our Veterans!

For information and a free in-home assessment

Call 610-644-8780

or visit angelcompanions.net

CORONAVIRUS

'They are my heart'

Isolated from their loved ones, grandparents miss their grandchildren

By **Jen Samuel**
jsamuel@dailylocal.com
@jenpoetess on Twitter

KENNETT SQUARE » From poets to princesses, the love of family transcends all limits.

Princess Diana once famously said, "Family is the most important thing in the world."

"Family is not an important thing. It is everything," said "Back to the Future" actor Michael J. Fox.

The notion of both perspectives, though articulated differently, is the same.

Family counts. Family matters. Family is everything.

From a child who exclaims, "Daddy!" and "Mummy!" joyfully to a grandparent meeting his or her first-born grandchild, the love of family inspires people to follow impossible dreams with confidence which builds kindness and strength in character. Thus, family drives society to be better as a whole.

When families are separated, it hurts, either because of death or distance or even petty arguments which, unfortunately, can create lasting scars.

The coronavirus crisis in North America, and worldwide, has propelled governments to mandate stay-at-home orders for the old and young alike. Data shows that the elderly are most susceptible to suffer fatalities from COVID-19.

Millions of grandparents across America, as a result, cannot see their grandchildren for traditional family dinners or even special occasions, including milestones.

Yet, there is hope. Families are waving to one another from behind closed windows and thanks to contemporary technology,

video conferencing courtesy of Zoom, Skype, FaceTime and Google Duo enables grandparents to say "hi" to their children and grandchildren virtually.

And while grandparents are hurting, today's contemporary children of American society, their grandchildren, miss them very much, too. Children as young as three and as old as seven are crying while on Zoom with loved ones, because they miss them, they want to hug them, and they want this crisis "to be over."

Newborn celebrations

"My granddaughter had a baby girl on March 11 in Portland," said Linda Smith of Downingtown. She is now the great-grandmother of little Lettie who lives in Oregon. "I was supposed to be flying there to see them on March 30. For now I have to be happy with pictures via text and live-time on Google Duo."

Smith said, "Last week, I was not able to order groceries for curbside pickup so a family friend got our groceries and dropped them off on our porch. This week my daughter donned a mask and gloves and replenished our supplies."

"I am incredibly sad I can't see my granddaughter," said Sue MacDonald, of Downingtown, on behalf of herself and her husband, Bill. "She was born at just one pound, eight ounces at 26 weeks and six days. Not only did she have her 11th day NICU fight, but she has had two additional PICU stays. Today, she is eight months old and still on oxygen. Typically, we celebrate her monthly birthdays with a visit. We have missed some of her milestones, but as long as she stays healthy, that is all that matters."

MacDonald said, "We can make up for lost time down

the road. In the meantime, we can FaceTime and get virtual hugs. The stress is real. Stay home. Stay home for Gracie. She is the future."

The grandmother added, "We have shed gallons of tears in the last 8 months. It has been a wild ride. At least now she is home quarantined with her Mommy and Daddy. We will do anything to keep her safe ... I can't emphasize enough how important it is for people to stay home."

"I am a grandparent to 10-day-old Braelyn Patrick Scott," said Janet Scott of Downingtown. "She was born March 21 at a local hospital. It is extremely hard not being able to hold this newborn cherub."

Social distances, from afar & between glass walls

Scott said this is the first baby of her daughter, Erin Scott, who lives outside of Blue Bell in Penllyn, a village in Lower Gwynedd Township, Montgomery County.

"We have been FaceTiming and I have visited through their glass patio door," Scott said. "Not being able to hug her or hold this sweet angel is excruciating. However, you must put aside those feelings in the interest of their health and well-being."

"I am fortunate enough to live right across the street from my two granddaughters," said Sue Groff of Downingtown. "While we don't go into each other's houses or get within 6 feet of each other, we can sit on our front porches and wave to each other or stand on the sidewalk and talk to them. It hasn't been too bad — even though I want to give them a big hug — I control myself."



SUBMITTED PHOTO

Sharlene Stewart, of Coatesville, is the grandparent of three grandchildren. Not seeing them during this last month has "been the hardest thing I've had to do." She said, "I want to hug them, give them kisses ... They are usually here everyday with me and now nothing. I'm heartbroken."



SUBMITTED PHOTO

Chester Springs resident Kim Widmann joined family members virtually this week to celebrate the 10th birthday of her grandson, Landon Ciarlone, of Exton. He is a third-grade student at Lionville Elementary.

Virtual interactions

Laurie Cook, of West Caln, has four children and six grandchildren. She normally babysits for two of her grand-kids three days a week. Their mom is a registered nurse. She hasn't seen them in nearly four weeks, spare FaceTime connections.

In light of the statewide

quarantine, "It hurts a lot to not be able to see the grand-kids, but I feel guilty even saying that because there are so many people sick and dying, or out of work. It feels trivial to complain about being sad. But sometimes it gets to me and I just get overcome with sadness. I see them on FaceTime, but it's just not the same."

Cook said, "I worry that

my granddaughter wonders why I don't come to see her and her brother and stay with them when mommy is at work. Does she think I don't want to be there? Her brother is too little to know otherwise. How do you explain to a four-year-old that I want, more than anything, to be there with them as usual?"

HEART » PAGE 10

Do You Suffer With NEUROPATHY? ...Suffer No More!

Imagine no more medication... but a proven long-term solution you can do at home for your:

- Numbness
- Diabetic nerve pain
- Sharp, electric-like pain
- Burning or tingling
- Muscle weakness
- Difficulty sleeping from leg or foot discomfort
- Sensitivity to touch
- Pain when walking

We offer a scientific, 4-step, proven approach that heals your nerves and reverses your symptoms by:

1. Increasing blood supply to your nerves.
2. Repairing and re-educating your nerves.
3. Increasing the blood flow in your feet or hands.
4. Increasing your balance and mobility.

Beacon of Life Chiropractic & Neuropathy Specialists

70 Buckwalter Rd., Suite 412
Royersford, PA 19468



Doctor supervised program



Get Relief with No Surgery, Shots, or Addictive and Dangerous Medications
100% Non-Invasive – No Side Effects

"To me it's been a miracle. I can wear regular shoes again. I don't have the burning, pins & needles now. I am thrilled." - Leah M.

"Before the program I never knew how hard I was pushing the brake pedal. Now, I can feel the pressure." - Tony Z.

"At night, I couldn't sleep well because my feet were shocking me. They aren't doing it now and I can sleep all the way through." - Cheryl G.



FREE SEMINAR DETAILS

Date: Tuesday, April 14, 2020 Time: 11:30 am

(610) 906 - 0636

Call to Reserve your seat for this seminar or to receive our ONLINE WEBINAR VIDEO you can WATCH FROM HOME.

Dr. Daniel McClimon, DC, BCN
Board Certified Neuropathy Specialist



SUBMITTED PHOTO

Alvin Groff and Sue Groff wave to their granddaughters, Ella Groff and Julianna Groff, who live across the street from them in Downingtown.

Heart

FROM PAGE 9

Cook added, "My heart is aching just to hug them all and be with them as usual. But that sounds selfish knowing so many people, like my two daughters, are scared and anxious to do their shifts (as registered nurses). I cry for them, I cry because I miss them and miss the grand-kids so much. And I cry about the state that our country is in."

Kathryn Davies is one of the many millions of grandparents living in America who cannot see her grandchildren due to COVID-19.

"I have three beautiful, young granddaughters and although we do FaceTime, I miss seeing them in person," Davies said.

Sally Campitelli, of Glen Mills, said her grandchildren call her Glammy.

"I miss being with them so much it hurts," Campitelli said. "They are my heart. Happy for FaceTime, but nothing compares to the snuggles and reading books together and playing together. And I feel bad because all of this is very confusing for them. The first



SUBMITTED PHOTO

"I am a grandparent to 10-day-old Braelyn Patrick Scott," said Janet Scott of Downingtown. "She was born March 21 at a local hospital. It is extremely hard not being able to hold this newborn cherub." She added, "Not being able to hug her or hold this sweet angel is excruciating. However, you must put aside those feelings in the interest of their health and well-being."

place I'm going when this is over is straight to them."

Campitelli said her mother is 93 and lives at an assisted living facility, adding "not being able to be with her is heartbreaking."

Thorndale resident Helen Whiteman is known as Nana to her granddaughter named Alivia, who is six years old "and the light of my world," she said.

Prior to the coronavirus crisis, Whiteman said her daughter and son-in-law have made it a point to visit almost every weekend despite living an hour away. They typically would play games and have dinner together as a family alongside Whiteman's 90-year-old mother, known as Mom-mom.

"Grandparents have al-



SUBMITTED PHOTO

"My granddaughter had a baby girl on March 11 in Portland," said Linda Smith of Downingtown. She is now the great-grandmother of little Lettie who lives in Oregon. "I was supposed to be flying there to see them on March 30. For now I have to be happy with pictures via text and live time on Google Duo."

ways been an important part of our family," Whiteman said. "It's now been over a month since I've seen my Snuggle Bunny, that's what I call her. During this time, it's made me realize how fortunate I am to have the time with her that I do."

Nowadays, Whiteman is connecting with her family frequently via FaceTime. "Thank God for technology," she said, adding that talking with her granddaughter is the highlight of her day.

"There are many grandparents that don't get to see their grandchildren very often, if at all," Whiteman said. "It also makes me wonder how grandparents with an opportunity to spend time with their grandchildren choose not to?"

Whiteman added, "During this time of COVID-19, it's scary to think about what kind of world my granddaughter will be growing up in. Will outbreaks like this become a part of life for her generation and the generations to follow?"

Of her granddaughter, she said, "I'm grateful that she's young and doesn't fully understand what's going on in the world today. I am concerned that this could become a normal world to her as she grows up. I'm positive that I'm not the only grandparent with this concern."

Milestone celebrations; 'Happy Birthday!'

Karen Temme, of West Grove, said March 31 was her only grandchild's very first birthday.

"I tried several times to make a video message for him — his parents' idea — a great one, by the way, but my lack of competent tech skills prevented me from 'shrinking' it enough to send it; that and the tears I was crying while trying to record it. I bought him a new book several weeks ago, planning to read it to him the next time I saw him, but that day has not yet come," Temme said.

"This year since he was born has been incredible, the best ever. I've been able to spend lots of time with the little guy, babysitting him every other Thursday and on several weekends too. I felt like I still didn't see him enough, though, and as much as I treasured every single second with him, I suppose I took a lot of it for granted too," she said. "Now that we can't be together, especially on this very momentous occasion, is heartbreaking."

Temme is grateful for technology, however. "I'm so very grateful for FaceTime, an invention that would have been fabulous to have when I was little, or even when my own sons were small, for that matter," Temme said.

Of her grandson and the future, she said, "I know this is only temporary and that there will be time for more snuggles and visits, but it's excruciating to miss so much of his

life right now: all the little changes and new things he does practically every day. I'm not sure how grandparents that are far away from their children and grandchildren manage to bear a long-distance relationship, and it sounds cliché, but having a grandchild has filled a part of my heart that I didn't know was empty. I just miss him."

Chester Springs resident Kim Widmann joined family members virtually this week to celebrate the 10th birthday of her grandson, Landon Ciarlone, of Exton. He is a third-grade student at Lionville Elementary.

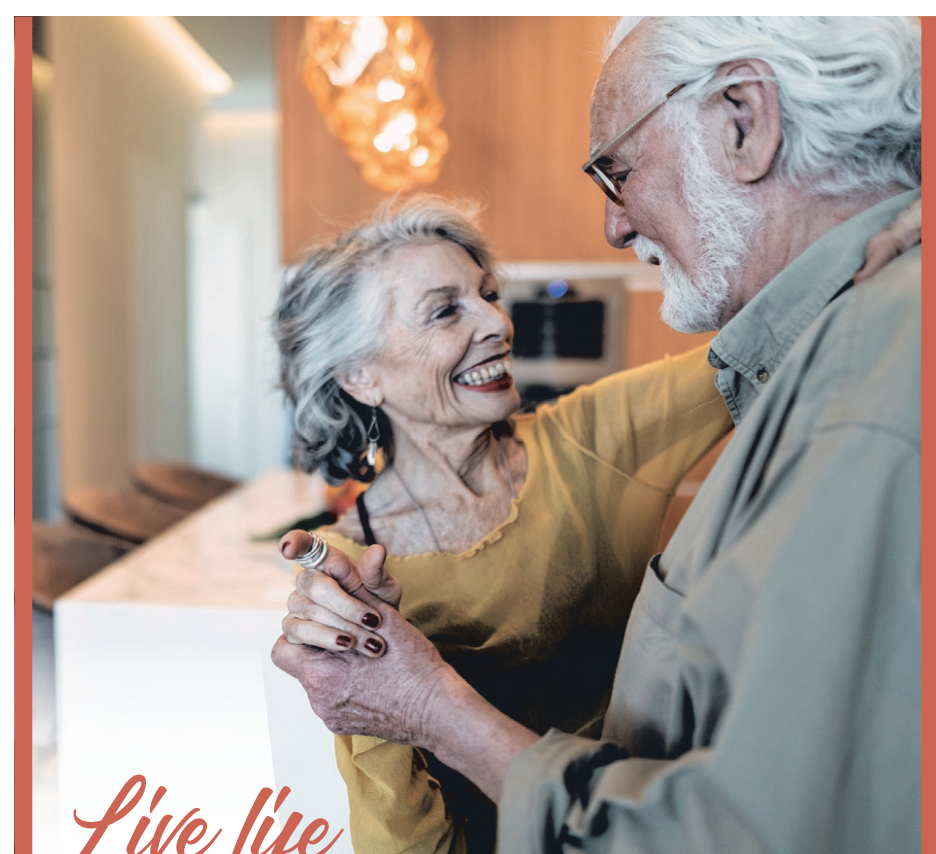
"Grandparents on both sides as well as aunts and uncles used the Zoom app to sing happy birthday to him," Widmann said. "He felt very loved and I could see his flushed cheeks as we sang."

Bonnie Radford, of Glenmoore, said her grandson's birthday arrived at the dawn of April.

"Even though we can't be there with him, we will FaceTime, with a cupcake with birthday candles on it. Of course we will sing, out-of-tune," Radford said, adding he will have to wait to receive his birthday gifts, as there were too many to mail and "I was really hoping to get there."

She told the Daily Local News that she wished her grandson a very "Happy Birthday" and added, "This will be one to remember, making history instead."

Art connects



Live life like you mean it.

Echo Lake offers breathtaking surroundings, a ground-breaking lifestyle concept, and a wealth of services and amenities — everything you need for truly exceptional living.

DISCOVER ECHO LAKE

It's the Main Line's newest and most innovative retirement community. Let us show you how good life can be.

Give us a call and take a virtual tour!
484-568-4777



SAGELIFE | Living to the Power of You

LivingAtEchoLake.com | 900 North Atwater Drive, Malvern



Set Your Priorities!

Now is the Time to Plan Your Stress-free Future

Do you have a retirement strategy? We're not talking Medicare benefits or retirement accounts, but something much simpler — a single sheet of paper that may guarantee a stress-free future: Masonic Village's Priority Waiting List. Many continuing care retirement communities have a waiting list, and Masonic Village's is growing longer each day. Even if you're considering a move years from now, join the list today so we're ready when you are. This small step now can help you get the home of your choice in the future.

Enjoy Life Your Way and let us take care of the rest.

CALL TODAY TO SCHEDULE A PERSONAL TOUR

484-535-3810



801 Ridge Pike, Lafayette Hill, PA | masonicvillages.org | Open for everyone.

Heart

FROM PAGE 10

Chester County resident Rosemarie Stabilit said her family's grandpa is conducting a video art class once a week with his grandchildren.

Art is connecting other grandparents with their grandchildren in the region, too.

Pam McKee, of Downingtown, is the owner of Watercolors and Framing. "I have five granddaughters and have done a variety of activities to engage them. I am an artist and set up a painting classes in Zoom with them - we paint together and I critique their paintings via email. We also play games via Zoom and chat on the phone. We are trying hard to stay connected."

Untold story: Grandparents as nurturers, caregivers

"I'm a grandparent, but I'm raising my oldest grandchild who is 7. My husband and I have had her for almost six years now," said Michele Norman, who lives in West Caln.

Her husband, Duane Norman, is still working as a U.S. Postal Service master. She is a school bus driver and laid off now.

"I'm thankful my husband is still working and I'm getting unemployment," Norman said. "Now my role has changed to teacher as I navigate this homeschool thing. I'm not tech savvy, so it's a serious learning curve, a lot of frustration on my end," she said with a laugh.

Norman said her granddaughter misses school as it was an opportunity for her to be around kids her age. "We miss seeing our other grandchildren, but we video chat."

As a woman who raises her seven-year-old granddaughter along with her husband, Norman said, "The role of grandparent is very important in families, every family is unique. There are a



SUBMITTED PHOTO

Chester County resident Rosemarie Stabilit said her family's grandpa is conducting a video art class once a week with his grandchildren.

large group of grandparents becoming 'parents' again, raising their grandchildren for various reasons: drugs, prison, mental illness or parents are just not equipped to be parents. That's when some grandparents step up. I think there should be more awareness for grand-families and the challenges that exist."

Deborah Willett, of Coatesville, hopes this crisis will help bring to light the needs of GrandFamilies and Kinship Care Families of Chester County. Both entities support grandparents nationwide who care for children in the foster care system.

"I understand the feeling of being overwhelmed with the current situation. Imagine you are homeschooling children, trying to keep them fed, safe and healthy," Willett said. "Then add 30, 40, maybe even 50 years to your age, and you have the current state of grandparents and great-grandparents raising their grandchildren, nieces, nephews."

Willett said, "You thought you didn't understand the math. Imagine also not knowing modern technology. Imagine their fear since they are in a high-risk category due to their age and health problems. Worried what will happen to the children, if the caregivers become sick. Please remember these heroes who have stepped up and keeping the children out of the foster care system, with little-to-no support."

Power of love, strength of family

Coatesville resident Robert Fisher said, "Grandmother and Grandpop miss their grandchildren something terrible. Blayze rides by our house in his car and toots his horn. Sometimes he parks and comes up on our deck so that we can talk and see one another through the window. Other times (we talk to him) at the top of our driveway. Blayze drives from his home in Phoenixville, some 36 miles round trip. Blayze and Blake come with their father, John, bringing us food supplies. Sarah, our granddaughter, and our daughter, Lisa, bring us food supplies also and visit us on our deck and talk through the window."

Fisher said, "We will be so glad when we can invite them inside and hug them and share dinner. God Bless us all through this trying time. Love you all."

Sharlene Stewart, of Coatesville, is a grandparent to three grandchildren.

"Two of them do not live with me, and it's been the hardest thing I've had to do," Stewart said. "I want to hug them, give them kisses. They are three and five. They don't understand. They are usually here every day with me and now nothing. I'm heartbroken."

"I live my life for my grandchildren."



SUBMITTED PHOTO

From left, Sue MacDonald, her daughter Jennifer Judge, and MacDonald's mom, Joan Montuori, look over Judge's newborn, Gracie. She was born at Jersey Shore Medical Center in Neptune, N.J. and eight months later, remains on oxygen support although she is very healthy and doing well. On Thursday, MacDonald said, "We are actually delivering groceries to my mom and then waving to Gracie through a window."

The smallest **ACT OF KINDNESS** is worth more than the grandest intention.



Show an elderly neighbor **YOU CARE** during this time of social distancing by

- Delivering an extra serving from tonight's dinner
- Planting flowers in a neighbor's garden
- Placing a homemade card in a neighbor's mailbox

To learn more about our **Culture of Caring** at Symphony Square or for a full list of ideas to support the elderly, please email DSM@SymphonySq.com



35 Old Lancaster Road • Bala Cynwyd, PA 19004 • SymphonySq.com • 484.436.2603



We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19 in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities Are Provided Onsite. This Includes Chef-Prepared Dining, Activities, Social Events and More
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place from the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

Accepting New Residents | Call 610.422.3975 Today!

SPRING MILL

By Discovery Senior Living

SpringMillSeniorLiving.com

3000 Balfour Circle, Phoenixville, PA 19460

Personal Care | SHINESM Memory Care

Equal Opportunity Care Provider. Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. ©2020 Discovery Senior Living. SMAL-0076 3/20



INDEPENDENT LIVING / PERSONAL CARE / MEMORY CARE

OPENING IN 2020 LUXURY SENIOR LIVING IN KING OF PRUSSIA, PA

Anthology Senior Living

NOW LEASING in King of Prussia, PA, Anthology Senior Living communities offer the best in care, accommodations, culinary and community experiences. Call or stop by our information/leasing office today to see and hear what **Anthology of King of Prussia** is all about. Become a Charter Club Member and receive **\$8,000** in exclusive savings and benefits!



ANTHOLOGY OF KING OF PRUSSIA
350 Guthrie Rd., / King of Prussia, PA




ANTHOLOGY
SENIOR LIVING

RECEIVE \$8,000
in **EXCLUSIVE OFFERS!**
RESERVE TODAY!

CALL TODAY! 484-392-5011

Email: Info-KingofPrussia@AnthologySeniorLiving.com

LEASING OFFICE OPENING SOON! Located in the **KING OF PRUSSIA TOWN CENTER:**
100 Main Street, Suite 120 / King of Prussia, PA 19406

- ✓ ELEGANT ACCOMMODATIONS
- ✓ PERSONALIZED SERVICES & AMENITIES
- ✓ CONNECTED COMMUNITY