

  
**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, July 29, 2020 » MEDIANEWS GROUP

**CORONAVIRUS**

## Pandemic puts travel plans on hold for local seniors

By Alex Rose  
arose@21st-centurymedia.com  
@arosedelco on Twitter

As cases of the novel 2019 coronavirus continue to swell in North America and many states are having to walk back "opening up" orders, local seniors seem to be taking a pass on doing any traveling for the foreseeable future.

"I'm not getting on any damn airplanes," said 70-year author Robert McSherry of Edmont. "People could have the bubonic plague and they're still going to get on an airplane ... because they don't want to lose the money and everybody else be damned. People are very selfish. No, I'm not getting on any damn airplanes."

McSherry, a retired newspaperman and legal writer, says he's working on a legal history book that is a "heavy mental exercise," and that seems to be enough for him right now. He does miss going to the gym, he said, but after more than 200 people were asked to quarantine after visiting a Planet Fitness in West Virginia, McSherry said he won't be going back any time soon - or to any indoor restaurants.



SUBMITTED PHOTO

**PANDEMIC » PAGE 2** Travel agent Mary Moody in her home office in Brookhaven.



## 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. At the same time, 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 our team members are working diligently to provide our Residents with the best that life has to offer each and every day.



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



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



# Pandemic

FROM PAGE 1

"I've eaten outside at a couple restaurants, but that's not a lot of fun," he said. "I think that the restaurant industry thinks that a governor of some state will open it up and everybody is going to run back to the restaurants and it will be happy days again, but I'm not interested in going inside a restaurant. I can live without it."

The only thing McSherry was really looking forward this year travel wise was a 50th high school reunion in Maine, but that has been canceled, which seems to be the watch word these days.

"I was going to go on a cruise," said Edie McFall, 80, of Ridley Park. "I was really looking forward to it, but circumstances intervened and it was canceled, and I don't really have any other plans. Going to the Acme is my plan for the rest of the week."

McFall, mother of former Delaware County Sheriff Mary Hopper, had planned a trip up the Rhine River earlier this year with Viking River Cruises. She was able to get a refund, she said, but sitting on her sofa was not how she envisioned her golden years.

"I totally, totally understand that this is a first-world problem and that if the worst thing that ever happens to me is that I can't go on a Rhine river cruise, I'll be pretty fortunate," she added. "It's just so surreal. I almost forget that I had planned on a trip, because it was yanked away from me. I know it sounds really ridiculous, but I don't have any plans for the rest of the year. I'll just sit here and wait for something to happen."

Bernie Dever, co-owner of Curran Travel Inc. in Blue Bell, knows all about waiting for something to happen. His company deals exclusively with seniors, a niche market that has pretty much dried up at the moment.

"We don't see any kind of movement at all until these senior centers open up," said Dever. "It is what it is. They're the only people that we deal with, the seniors. They keep on saying the most affected people with the pandemic are 70 and above, and our market is 65 and above, so the writing is on the wall."

Fellow travel agent Mary Moody, who has been in the industry for 33 years, much of that out of her Newtown Square office before moving the business to her home nine years ago, said the destination might not be so much the issue as the journey.

"It's just not going to be the reason where people want to travel in those types of situations, whether it's cruise ship, confined quarters, even train, confined quarters, or flying," she said. "I think flying is probably the worst because it's so self-contained. Most of your travel involves flying to somewhere, so I think that's going to be very slow to return."

Dever usually takes his own vacation in the winter, during the softest period for the business, but has no plans this year. He said he believes his company will be able to survive the pandemic with a little belt-tightening - he's waiting on a loan to help get by - but in the meantime, he worries that the pandemic putting travel on pause right now is being overblown.

"I think the media is

**"I just don't think there's enough reason right now to start traveling or take a vacation without really knowing what's ahead," he said. "You just have to be careful. And I just hope that we don't have another huge increase here in the COVID-19 itself. I think we're in for another big round of it. They say we're more prepared for it, but I don't think there's any question that we haven't done what we really should, especially testing. We're behind, and it just makes you too nervous to plan a vacation, at least at this time."**

playing a great big part in this by sensationalizing everything," he said. "I don't think that the truth always comes out. Scaring people to death is not the way that America should be working."

Dever, 76, said that he agrees with social distancing and face masks, but related COVID-19 to the flu - you have to get out there and build up antibodies, he said. Just staying inside and doing nothing isn't a viable option.

"People want to control people and I don't think that's the way to do it," he said. "I think there should be loosening up, because how do we fight anything when we run away from it? That doesn't make any sense to me."

Those areas that have loosened up now seem to be regretting it. Florida, Arizona, Texas and California all reported huge spikes in cases after opening things like bars and beaches, and have had to reverse course. Even Pennsylvania has seen its numbers rising after moving to a "green" phase across the state.

Pennsylvania has now joined states like New York, New Jersey

and Connecticut in imposing 14-day quarantines for visitors coming from states with the highest concentrations of COVID-19 cases in an effort to keep the numbers from blossoming again.

But regardless of the cause or correct course

**"It's just not going to be the reason where people want to travel in those types of situations, whether it's cruise ship, confined quarters, even train, confined quarters, or flying," she said. "I think flying is probably the worst because it's so self-contained. Most of your travel involves flying to somewhere, so I think that's going to be very slow to return."**

of action, the impact on the industry remains the same, as Dever saw with one group planning an excursion out of Traditions at Ridley Creek, a 55-and-older condominium community in Brookhaven.

Daily Times correspondent Barbara Ormsby lives at Traditions and co-chairs a travel club with Betsy Willoughby, mother of Ridley Township Police Captain Scott Willoughby. The club employs Curran for annual five-day trips to places like Savannah, Maine, Canada and even the "Grand Canyon of Pennsylvania" in Wellsboro, Ormsby said. This year, they planned to go to the Indian Head Resort in New Hampshire at the end of October.

Ormsby said planning these trips, which typically attract 30 to 45 people, take months of preparation. She and Willoughby started passing out brochures and doing sign-ups in early March. Only one couple had signed up and paid before the pandemic fully exerted itself on the country, she said.

"We always said, 'We don't have to worry, ours is in October, things will be back to normal by then,'" Ormsby said. "Well, it isn't and it's not going to be. ...Whether we can go in the spring remains to be seen."

She said coronavirus also appears to have put the kibosh on another annual day trip to the American Music Theater's Christmas show in Lancaster County and - more importantly - lunch at the famous Shady Maple Smorgasbord.

"We can't even begin to plan that now," said Ormsby.

These trips are open to all, but those who live at Traditions like

the convenience, she said. The tour bus picks them up at the complex and for a lot of people, this is their vacation, according to Ormsby. Without this trip, she said she has no plans to travel this year either.

"For my wife Becky and I, we're pretty much going to stay home, or at least that's what we've got planned so far," said Wes Collins, another Traditions resident. "As far as a vacation goes, we're just still wary about the coronavirus. Our personal feeling is that they're just opening up too fast. I think they're not using the best course for opening up the country right now. We're starting to see that now with some of the closures that they're starting just in the last couple of days."

Collins and his wife, both 74, are members of the Hilton Club and usually travel to areas that have those resorts, like New York and Florida. This year, they might have to go to Ohio if his 96-year-old mother's health fails, but that's the only reason they would be leaving the area.

"I just don't think there's enough reason right now to start traveling or take a vacation without really knowing what's ahead," he said. "You just have to be careful. And I just hope that we don't have another huge increase here in the COVID-19 itself. I think we're in for another big round of it. They say we're more prepared for it, but I don't think there's any question that we haven't done what we really should, especially testing. We're behind, and it just makes you too nervous to plan a vacation, at least at this time."



## Your peace of mind is always top of ours.



Acts is one of the most trusted, most experienced names in retirement communities. Our worry-free Acts Life Care® plan protects your nest egg with predictable monthly fees. Add nearly 50 years of financial stability and a long-tenured staff known for loving-kindness, and you'll see why we earn a 98% satisfaction rating with current residents. Contact us today.



*Where Loving-Kindness Lives*

**FOR PRICING AND MORE INFORMATION VISIT [ABOUTACTS.COM/SENIORLIFE](https://www.aboutacts.com/seniorlife)**



BRITTANY POINTE ESTATES - LANSDALE, PA | FORT WASHINGTON ESTATES - FORT WASHINGTON, PA | GRANITE FARMS ESTATES - MEDIA, PA  
 GWYNEDD ESTATES - AMBLER, PA | LIMA ESTATES - MEDIA, PA | NORMANDY FARMS ESTATES - BLUE BELL, PA  
 SOUTHAMPTON ESTATES - SOUTHAMPTON, PA | SPRING HOUSE ESTATES - LOWER GWYNEDD, PA



**VOLUNTEER OPPORTUNITY**

# Kids get virtual reading help from RSVP and United Way

RSVP

RSVP has retooled two reading programs, one for preschoolers and one for elementary students, to link children with volunteer tutors online. The nonprofit is piloting both programs this summer and could substantially expand them when school resumes in September.

“We’re preparing for the fall,” said Michele Moll, RSVP’s executive director. “No matter how schools reopen, they will have restrictions on outsiders coming in. Through these programs, we can add value and provide resources from home.”

In previous years, RSVP volunteers have gone to schools to tutor nearly 700 preschool kids in partnership with Head Start, and some 1,900 students in grades K-5 through the America Reads program.

The new virtual version of these programs link volunteers and students using desktop, laptop or tablet computers in their homes. They include:

The Virtual Family Literacy Program for children ages 3-5 uses a Scholastic program called BookFlix that pairs a fiction and nonfiction book. For example, after the volunteer and child read “Monkeys and Other Animals,” the child is treated to the story “Curious George Rides a Bike.”

“‘Curious George’ is the hook,” said Julie Brown, an RSVP literacy coordinator. “After you’re finished reading about monkeys and have a lesson about beginning sounds and punctuation, the ‘Curious George’ story reinforces that books are fun and their entertainment value is unmatched.”

The early readers receive two 20-minute tutoring sessions per week.

Volunteers must pass all clearances required by the state of Pennsylvania, including criminal and child abuse background checks. Online training and tips to help improve students’ emergent reading skills are provided to volunteers.

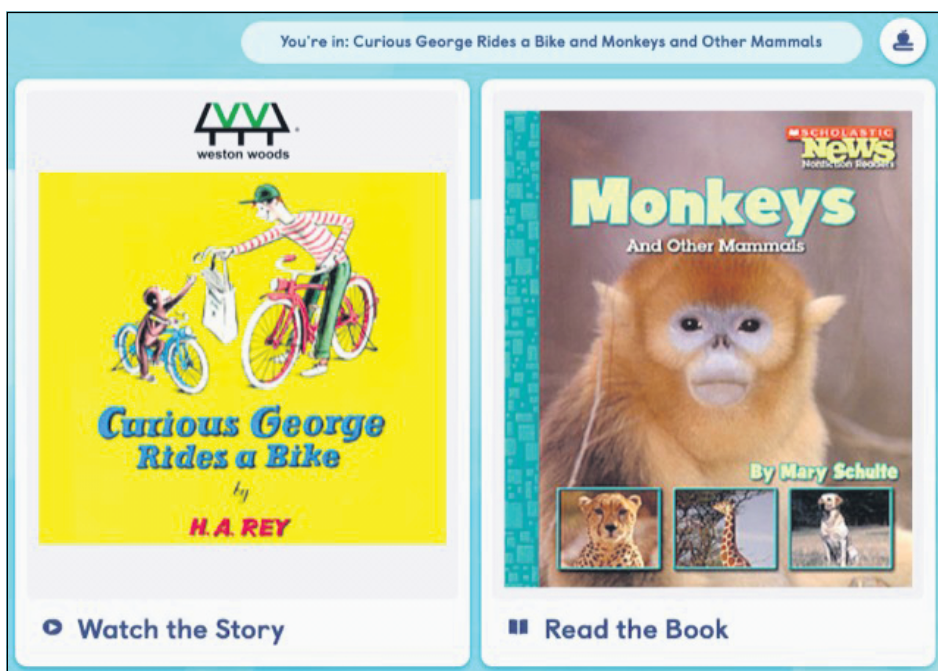
“We explain the nuts and bolts of how they connect with the student, how to read with them and make the most of the experience,” Brown said. “We also offer to do practice sessions.”

RSVP provides both the student and tutor with a Zoom meeting link. The student’s parents have been coached on how to call up and share the reading material with the volunteer.

The Virtual Reading Program uses a United Way-developed platform, Vello, to provide kids in grades 1-5 with a selection of books matched to their reading level in a learning program called Raz-Kids. Together, a stu-



Meg Costa



BookFlix pairs a book about monkeys with a “Curious George” story.

dent and volunteer tutor read through the book, then discuss questions in a quiz. The program tracks each student’s reading progress and features a report to parents.

After clearing background checks, volunteers watch training videos on the Vello website and receive worksheets, discussion questions and other material. They then choose a student to tutor twice each week for 30 minutes from an online calendar. Sessions take place Monday through Thursday, 12:30 to 6:30 p.m.

During the summer pilot program, a second “host” volunteer, who launches the Zoom meet-

ing on his or her computer, participates in each tutoring session.

“All of the volunteers and parents have my contact information, so I can help out with any concerns,” said Jackie Matusow, an RSVP literacy coordinator.

“I practiced on Raz-Kids with my grandson,” said Marion Silver, who coordinates the elementary-level program with Matusow. “The photographs in the books are astonishing. We read the book about fossils — and animal poop. He was hysterical for 15 minutes.”

**Can you volunteer?**

Moll said the two virtual reading programs

need at least 80 volunteers starting in September.

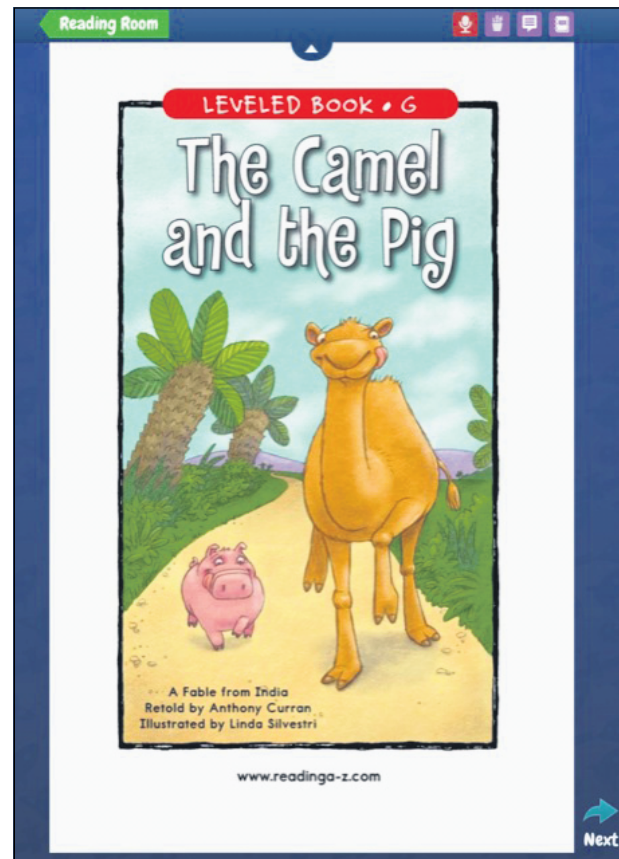
“We hope anyone interested will contact us by mid-August,” she said.

For more information or to volunteer, email volunteer123@rsvpmc.org, call 610-834-1040, ext. 123, or visit rsvpmc.org/volunteer-1 and click “Sign up for Volunteering.”

Volunteers should enjoy reading with children, be comfortable using email and internet links and have a desktop, laptop or tablet computer.

“It helps to have patience and a sense of humor,” Silver said.

In the early reading program, “the challenge



Raz-Kids includes dozens of books calibrated to children’s reading level, such as this selection, “The Camel and the Pig.”

is to keep a preschooler in front of the screen and interested for 20 minutes,” Brown said, “but they’re cuties.”

Meg Costa tutored students at the Lower Gwynedd Elementary School through the America Reads program before the pandemic shut it down.

“I love the one-to-one relationship with the children,” she said.

She began helping kids read five years ago because “I knew I had to have a purpose to my day” after she retired from providing student services at Gwynedd Mercy University.

Isabell Cardonick tutors 4-year-old Hoda in the early reading program.

“I’m ecstatic,” she said. “I’m a retired kindergarten teacher, and I miss it terribly. Being able to work one-on-one with a child made this pandemic go away for half an hour. Hoda was just so precious.”

When she taught in the Philadelphia public schools, an RSVP volunteer assisted Cardonick.

“She and I are still friendly,” Cardonick said. “Once I retired, I looked into volunteering myself.”

She became an America Reads volunteer, but stopped to co-author a book on teaching early learners to write, then learned of RSVP’s virtual tutoring pilot programs this summer.

“I love everything about it,” she said. “I love how the books are paired. There’s so much you can do in making connections between the two books. You can talk about what the books have in common. You can ask the child to make predictions, what do you think will happen next.”

**The United Way partnership**

Moll said the partnership with United Way of Greater Philadelphia and Southern New Jersey began last year when the organization was planning to introduce Vello in several area elementary schools. Under the sponsorship of Wells Fargo, United Way supplied a classroom computer to link students with volunteers tutoring from home. RSVP offered to provide volunteers.

“Right off the bat, we had 50 people sign up,” she said.

The program launched in February “and we only had a few sections up and running before the pandemic hit,” said Moll.

United Way’s Phoenix chapter is spearheading the adoption of Vello to link volunteers with students at home rather than in a classroom. Prior to the pandemic, some 16 United Way regional offices were using or planning to use Vello in public schools in conjunction with local sponsors.

“The program is definitely scalable,” Moll said. “We can expand. It’s a great way to engage volunteers, especially seniors who might not feel safe volunteering outside of their homes right now.”

“RSVP volunteers have always loved reading with children and helping them learn. It’s a very rewarding experience.”

Nonprofit RSVP connects volunteers to dozens of community service opportunities, primarily in Montgomery, Delaware and Chester counties. Its programs improve the lives of vulnerable populations in the community by focusing on education and wellness.

*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.

Call about our **CELEBRATION RATES.**

**855-439-3494**



ECHO LAKE

SAGELIFE | Living to the Power of You

SENIOR LIFE

# When COVID came, SageLife was ready

**By Kelly Andress**  
 Founder and president, SageLife

COVID-19 made its presence known quickly and powerfully. While no one was truly ready for its arrival and impact, as the owner and operator of senior living communities throughout the region, I can say we were prepared.

In our world, preparation is key. Everything from severe weather to seasonal flu to unexpected events can happen at any moment, so we are constantly preparing to deal with challenging situations. COVID-19 was no different.

As soon as the seriousness of coronavirus was known, we immediately put new and additional sanitation processes in place, reinforced our infection control policies and procedures with staff and residents and began screening everyone in our communities.

At SageLife, our number one rule is to do what is right in every situation, and that starts with hiring the best people. As an employer of choice in the business, it is our responsibility to provide our team with the equipment they need to do their jobs well.

Early on, we got out in front of the crisis with an initial acquisition of \$100,000 in PPE to protect staff and residents, which we then continued to replenish as stocks were depleted. After we had the PPE purchased, our next large purchase was whole lot of TV trays.

We knew our hallways were going to replace our community gathering spaces, so residents needed to be able to participate in activities, meals, happy hours, etc. from their doorways. While safely distanced, they could still receive the nourishment of human contact from neighbors and staff.



COURTESY OF SAGELIFE

Echo Lake residents took to the balconies and patio for a round of outdoor bingo in Malvern, Chester County, in June.



COURTESY OF SAGELIFE

Kelly Andress

feeding spirits and imaginations. We are ensuring residents feel safe and empowered to make choices that stave off any negative impact of isolation. And we're making everyone laugh.

Looking forward, it is important to learn lessons on what we can improve when something like this happens again, but to also recognize the positive changes that we want to make ongoing parts of our residents' experiences.

For one, I see telehealth as a positive in the long-term. Visiting the ER for non-emergency reasons during the height of the outbreak was being tracked as a source of infections. Telehealth combined with our 24-hour care staff has been a huge benefit at a time like this.

Another positive that will come from this is the increased use of technology in communication. We had to become experts at it quickly. In the long run, this situation will likely increase communication between residents and far away loved ones now that these communications tools

SAGELIFE » PAGE 5

The next part of our preparation was rooted in the value system we live each day. The e in our WE CARE values is to exercise common sense, and our team continues to do that in every way that keeps residents safe and healthy. While this value helped focus our decision making, it wasn't always easy.

As we put new policies and procedures in place, it was hard to ask our residents to isolate. At SageLife, we truly believe our residents' apartments are their bedrooms and the community is their home. Our ethos is we are more

than just a community, we are a family.

But we know social distancing works and was the right thing to do. So we got creative, and the staff at each of our communities deserve a great deal of credit for their dedication to ensuring our residents continue to feel right at home.

We don't just deliver meals. Residents enjoy room service as they would at a hotel, ordering entrees, side dishes and desserts from the restaurant menu and having them delivered to their apartments in style. We will continue this ser-

vice as desired, as we currently phase the reopening of our dining rooms.

Happy hours have always been neighborly touch points, even for teetotalers. Now, that's delivered door-to-door as well. Staff with wheel bar carts mix drinks for residents who want them. It's like having a personal bartender. Our hallways have become very social spaces.

Entertainment and programming continue to be a priority. We have popular entertainers come and put on concerts residents can experience from balconies, windows, and patios,

and we've been changing the physical layout of our community spaces to allow for distancing. Adapting favorite pastimes to a "doorway" versions — think "Name that Tune" — have been popular, too. We even did a spring fashion show using a hallway as a runway.

At Echo Lake, St. Peter's Church in the Great Valley is our next door neighbor and the Rev. Abigail Crozier Nestlehuett visits regularly to lead a prayer service.

We have quickly pivoted to not only delivering meals and medications, but also

## 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



EXPERIENCE  
 QUALITY  
*for yourself!*



**HEATHERWOOD**  
 A SENIOR LIVING COMMUNITY

3180 Horseshoe Pike  
 Honey Brook, PA 19344  
 HeatherwoodRetire.com



## 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.



★★★★★  
 Five-Star Rated Healthcare

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

Quality First Pet Friendly  
 Independent Living • Rehabilitation • Personal Care • Skilled Nursing • Memory Support • Home Care



COURTESY OF SAGELIFE

Echo Lake, a senior living community in Malvern, Chester County, is fortunate to have as a neighbor St. Peter's Church in the Great Valley. During the shelter-in-place period, the Rev. Abigail Crozier Nestlehurst, pastor of the church, visited regularly to lead a joyful prayer and song service from the courtyard with balconies and patio substituting for pews.

## SageLife

FROM PAGE 4

are providing fulfilling experiences.

Overall, we have been comparatively very successful in managing the spread

of the pandemic. Consequently, our cases have been statistically few, our deaths heartfelt and deeply sad, but few in number.

We don't know what tomorrow will bring for our communities, or society at large. We are literally adapting day-by-day by launching

continual, universal testing; offering small group activities; rotating dining plans; CDC compliant visitations and more. But, we know that we could be locked down again to protect our residents, staff and families at any time. Whatever tomorrow will bring,

our residents, associates and families all know we are in this together!

The bond we have with our residents comes with responsibilities. We know that our success has to

do with our diligence and the social distancing that we are all undertaking, as well as the diligence and the conformance of our associates.

But we also know that

as we age, social proximity, social support, friendships, families and hugs are what make us strong.

We will fully enjoy all of these again soon enough.

## 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 12 years!



[www.MainLineSCA.org](http://www.MainLineSCA.org)



## ARTMAN Rehab

Getting You Back to *What You Enjoy Most!*

For additional information and to schedule a virtual tour, call 1-877-388-1218 or go to [www.Artman.org/Compassion](http://www.Artman.org/Compassion)

## ARTMAN

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

[www.Artman.org](http://www.Artman.org)



SPOT OF T

# Staycation becomes a gift



PIKIST.COM

If you have access to a backyard pool, it can be the focal point of a staycation when travel plans are disrupted by the coronavirus pandemic.

By Terry Alburger

A wonderful thing happened a few weeks back. Our yearly family vacation to the beach in North Car-

olina was canceled. Oh, don't get me wrong. We were devastated when we had to make that decision. We have been doing this yearly mecca to the Outer Banks for over 30 years. It is a tradition that

was started in 1986 by my dad, who found this little-known vacation destination called Nags Head. Since then, we have only missed one year, due to circumstances beyond our control.

We were all set for this year. The house was reserved, all my children and their husbands and families were all set to go. Those of us who are working requested vacation time, and we made our plans to all be together. Then came COVID. Our plans for vacation went down the drain.

Once the initial disappointment at the realization of our situation wore off, we promptly began to create a Plan B. There is always a Plan B. And, as we were about to discover, sometimes the Plan B is better than the Plan A.

It seems that COVID has made many of us create Plan Bs. And Plan Cs. And Plan Ds. COVID has indeed changed many things. But not all change is for the worse. Sometimes those alternate plans are a blessing. A gift. This is the case of our vacation that wasn't.

Though the location of my family vacation may have changed, the fun and the laughs have not. We have converged at the house of one of my children, with a nice-sized yard and a beautiful pool. My out-of-state daughter and her family were able to come visit, after what

seemed like an eternity of quarantine. My local children and I all took vacation time from work, and we congregate daily around the pool. My six grandchildren are all together, and we are surrounded by the sound of children's laughter.

We're playing games, we're all contributing to meals, we're swimming, we're all talking and sharing and catching up. COVID may have sidelined us for a bit but it didn't defeat us. It even did us a bit of a favor. None of us wants to go out shopping or out to eat or to the movies ... we have become homebodies, all together, and are appreciating each other's company.

The gift of spending time together as a family is something that should never be underestimated. There is no beach in the world that could take the place of the joy this week has given me. I am grateful for this amazing opportunity to enjoy vacation with my family without having to go anywhere. Staycation. I have to say, I have become a fan.

Though we did not make it to the Outer Banks this

year, and while we do hope to return there next year (the reservation is already made!), I am delighted to enjoy my vacation days in Pennsylvania, to savor the time spent with my husband, my mom and all my children and grandchildren.

In just a few days, we have celebrated all the holidays we have missed due to COVID — all birthdays, anniversaries, even some Easter traditions!

Every day on this staycation is a gift. Every minute spent with loved ones is a blessing. After spending months in quarantine, this is the best of all possible worlds.

None of us knows what lies ahead, and the reality is we could end up once again isolated from family. All I know is, I appreciate each hour, each minute, each smile and each hug of family members.

Remember that it is not the location but rather the people that make vacation the best it can be. There is nothing like time spent with those close to you to remind you of what is truly important. So thanks, COVID, for the gift.

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

## Among Friends

with Faith C. Woodward  
Director of Admission and Marketing

**THE PLEASURE OF READING**

As people age, sometimes enjoying a favorite pastime such as reading becomes more difficult. This may be because a vision problem or arthritis or another physical limitation makes it harder to hold a book. That's when an audio book can step in to entertain and transport. Books take us to other worlds, cultures, and situations. They can counsel and lift our spirits. They can underscore that none of us are ever truly alone, because others have felt or experienced what we are feeling. Many libraries have audio books available for check out. Audio books strengthen memory skills, reduce stress, and even improve sleep. In addition, they give us something to think and talk about. Frequent readers are less likely to make sudden, impulsive decisions, and more likely to think before they react. This often helps people be more open to change and new situations in life, and thereby experience less anxiety over any uncertainty. The lives of older adults become more meaningful when the staff at BARCLAY FRIENDS provides them with opportunities to use their capabilities to the maximum potential. Please call 610-696-5211 or tour our community at 700 N. Franklin St. in Chester County. 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/>.

Wayne Senior Center YOUR CENTER FOR friendship

JOIN in the FUN

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

**BIRTHDAYS**

# Long-time Waverly Heights resident surprised on 100th birthday

Margaret Mary Sherry, a 20-year resident at Waverly Heights Retirement Community in Gladwyne, Montgomery County, was surprised on her 100th birthday on June 4. Rolling small groups of four to five family members made in-person socially distant visits with Sherry under a decorated outdoor canopy on campus. Sherry was born in the aftermath of the country's last pandemic, the Spanish Flu in 1918. She grew up in Overbrook. Sherry's has six children; nine grandchildren; and 13 great-grandchildren. Those who lived in the area came to celebrate the milestone.



COURTESY OF WAVERLY HEIGHTS RETIREMENT COMMUNITY

Members of Margaret Mary Sherry's family visit on a celebration of her 100th birthday on June 4.

**HAMBURG**

# 90th birthday parade organized by former Girl Scout leader's troop

By Lisa Mitchell

lmitchell@21st-centurymedia.com  
@facebook.com/northeastberksnews/

A Hamburg Girl Scout troop has been getting together under the leadership of troop leader Jutta Bausher of Hamburg since 2nd grade. The Girl Scouts are all now about age 77. The coronavirus changed their plans to meet in person this year but didn't stop them from celebrating their troop leader's 90th birthday.

"There was enthusiastic support from all of the first responders involved," said Hamburg Mayor George Holmes. "Often they help people at their worst moments; so it's refreshing when they are able to help celebrate people's best moments as well."

A surprise parade of 10 emergency vehicles and five

cars, including her former Girl Scouts, drove by Bausher's home during a small family picnic on Saturday, July 18.

"She just did so much with us," said former Girl Scout Judy Romig, who credits much of her success in life to her childhood experiences with Bausher. "She's given us so many memories and experiences."

Over the years, they have all kept in touch and meet once a year. Romig said she occasionally calls just to talk.

Romig said they were supposed to meet in September for a covered dish event, maybe play Bingo and socialize like they normally do every year, but the pandemic canceled those plans. Bausher's daughter requested a drive-by parade to celebrate Bausher's birthday while socially distancing.

"We're all more suscepti-



SUBMITTED PHOTO - HAMBURG MAYOR GEORGE HOLMES

A surprise birthday parade in Hamburg celebrated Jutta Bausher's 90th birthday on July 18.

ble to the coronavirus," said Romig, noting that Bausher is also a cancer survivor.

Romig, having email access and being a former Tilden Township council member, reached out to Hamburg Mayor George Holmes and the Tilden fire and police departments to

request Hamburg and Tilden fire trucks and police vehicles drive by Bausher's home.

"I want sirens and lights and horns," said Romig about her request.

Tilden Township and Hamburg Borough police and fire trucks answered

that call and joined the procession for the surprise parade.

"Bit by bit, this kept growing," said Romig.

Prior to the parade, the Girl Scout troop sent Bausher balloons and flowers. On Saturday afternoon, July 18, while Bausher's

family gathered for a small outdoor picnic, Bausher was lead out front to see the surprise parade.

"Jutta was very surprised when she saw and heard the sirens," said Joan Adams, event organizer and former Girl Scout.

Police cars, ambulances, and fire trucks from Hamburg and Tilden Township, plus five cars with members of her Girl Scout Troop, who have been reuniting since Jutta turned 60, came out for the drive-by surprise parade.

"The group was limited on how to celebrate this special birthday because of the coronavirus restrictions, so they did the drive-by which turned out to be a big success," said Adams, adding that several of the Scouts did not attend because of the virus. "Flowers and several balloons also added to the success of the day!"

paadvertising@adtaxi.com  
610.235.2629

Increase the #love  
in your social media  
marketing



LET YOUR  
BRIGHT LIFE Shine  
at Brightview Devon

Main Line seniors shine brighter in our gorgeous new community.

With on-site **fitness classes, lectures, art programs, and entertainment**, plus **local attractions** like Chanticleer Garden, Merion Cricket Club, shops, and galleries, **every day presents exciting new possibilities.**

Call Jackie or Megan for more information today. 484.519.0097

BRIGHTVIEW  
SENIOR LIVING  
DEVON

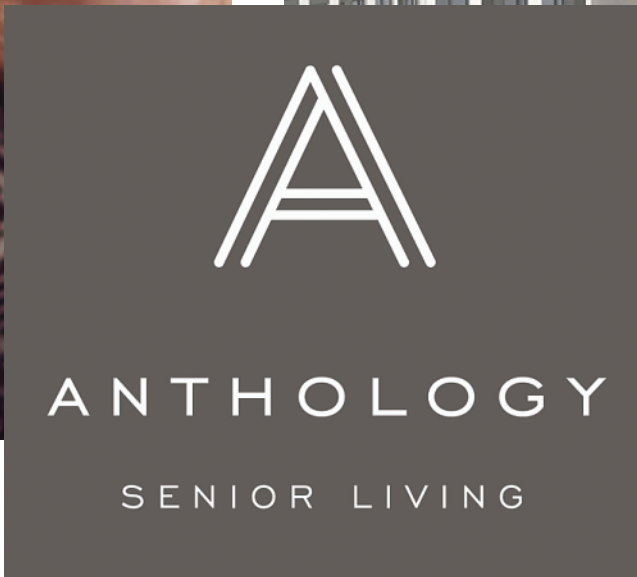
Premier Senior Living  
on the Main Line

Independent Living | Personal Care | Dementia Care  
301 E. Conestoga Road | Wayne, PA 19087  
www.BrightviewDevon.com



# YOU ARE INVITED Join the Charter Club

**\$10,000 LIMITED TIME SAVINGS &  
\$1,000 Down  
FOR THE APARTMENT OF YOUR DREAMS!**



**LEARN MORE**



**RESERVE YOUR SAVINGS TODAY!  
484-392-5580**

Anthology of King of Prussia / 350 Guthrie Rd / King of Prussia, PA 19406  
AnthologySeniorLiving.com



HEALTH

# Study: Healthy lifestyle traits could lower Alzheimer's risk

@BY Credit:By Kiersten Willis

The Atlanta Journal-Constitution

A recently published study shows there are lifestyle habits you can employ that could reduce the risk of Alzheimer's.

Research of data published in June in the online issue of *Neurology*, the medical journal of the American Academy of Neurology, shows there was a substantially lower risk of the progressive disease in people who adhered to most or all of the specified healthy behaviors.

The findings were announced in a press release from the National Institutes of Health.

"This observational study provides more evidence on how a combination of modifiable behaviors may mitigate Alzheimer's disease risk," National Institute on Aging Director Dr. Rich-

ard J. Hodes said. "The findings strengthen the association between healthy behaviors and lower risk, and add to the basis for controlled clinical trials to directly test the ability of interventions to slow or prevent development of Alzheimer's disease."

In the study, researchers evaluated data from two NIA-funded longitudinal study populations: the Chicago Health and Aging Project (CHAP) and the Memory and Aging Project (MAP).

Participants with available data on their diet, lifestyle factors, genetics and clinical assessments for Alzheimer's disease were selected.

Researchers scored participants based on five healthy lifestyle factors: physical activity, not smoking, light-to-moderate alcohol consumption, a high-quality diet and cognitive activities.

Then, the team compared the scores with the results



wikipediacommons.com

A study says staying physically active might help to prevent Alzheimer's disease.

of Alzheimer's diagnosis in the CHAP and MAP participants.

Compared to participants with only one healthy lifestyle factor or none at all, the risk of Alzheimer's

was 37% lower in those with two to three factors.

People who adhered to four or all five factors were found to have had a 60% lower Alzheimer's risk.

"This population-based

study helps paint the picture of how multiple factors are likely playing parts in Alzheimer's disease risk," said Dallas Anderson, Ph.D., program director in the Division of Neurosci-

ence at NIA. "It's not a clear cause and effect result, but a strong finding because of the dual data sets and combination of modifiable lifestyle factors that appear to lead to risk reduction."

SENIOR LIFE

# Pennsylvania Department of Aging seeks public input for Plan on Aging

Reading Eagle

More than 200 people participated in the Pennsylvania Department of Aging's Virtual Community Conversation to discuss the department's State Plan on Aging for 2020-2024 and to provide feedback on strengthening aging services throughout the commonwealth.

Those who attended the conversation included stakeholders, elected officials and representatives from aging services providers. The department began with an overview of the goals, objectives and strat-

egies of the proposed state plan.

Participants then heard testimony on the importance of supporting senior community centers, the need to address health disparities of older Pennsylvanians of color and in the LGBTQ community, the work of the Health Equity COVID-19 Response Team 65 and Older Task Force, suggestions on work to support individuals living with Alzheimer's disease and related disorders, preventive health services for seniors, social isolation among older Pennsylvanians and the importance of having broadband internet access across the entire commonwealth.

Attendees also had a chance to submit questions in advance.

"The Virtual Community Conversation allowed us to discuss the development of our draft plan and to receive a variety of insight on how we can steer our State Plan on Aging for the next four years," said Secretary of Aging Robert Torres. "This opportunity to engage with the public and community stakeholders has helped the Department obtain a greater assessment of the needs for older Pennsylvanians and how we can continue to prioritize them by creating a stronger, solid plan that will guide these efforts."

A draft of the State Plan on Aging is available on the department's website here until Monday for the public to view and provide feedback.

Prior to the conversation, the department sent out a brief survey that asked respondents to prioritize services and quality-of-life issues that are most meaningful to them in ensuring age-friendly communities across the commonwealth.

The department received 5,600 responses from all 67 counties, with the biggest turnout from southeastern Pennsylvania and the Pittsburgh metro area.

Survey responses came in from a wide variety of



Robert Torres

a disability, family/unpaid caregivers of older adults, grandparents raising grandchildren and members of the LGBTQ community.

The State Plan on Aging is designed to help Pennsylvania meet the objectives of the Older Americans Act and will be submitted to the Administration for Community Living (ACL) containing a vision and direction for the delivery of Pennsylvania's aging services over the next four years.

The Department of Aging is required to submit a plan every four years, with the next plan commencing on Oct. 1.

stakeholder including veterans, people living with

Save up to **\$3,000\***  
on Luxury Senior Living!  
**get more for less!**



Call 610.422.3975 Today to Take Advantage of Extra Savings on Extraordinary Senior Living!

NOW OFFERING



FREE RAPID COVID-19 TESTING ON NEW MOVE-INS

## WE'VE GOT THE CURE FOR CABIN FEVER

At Spring Mill Senior Living we make sure daily life is fun and exciting, with exceptional dining, socially distanced activities and events, attentive care and more. For a limited time only, save up to \$3,000 on Personal Care apartment homes and SHINE® Memory Care suites, making now the perfect time for you or your loved one to make the move. Together, we'll beat the strain of isolation and make sure that tomorrow—and every day after—is nothing short of spectacular.

610.422.3975

SpringMillSeniorLiving.com  
3000 Balfour Circle, Phoenixville, PA 19460  
Personal Care | SHINE® Memory Care

SPRING MILL  
By Discovery Senior Living



CORONAVIRUS

# Millennials and boomers: pandemic pain, by the generation

By Dan Sewell  
The Associated Press

**CINCINNATI** » Millennials, you're taking a big hit — again. And you're not OK, either, boomers.

Sometimes at odds, America's two largest generations now have something to agree on: The coronavirus pandemic has smacked many of them at a pivotal time in their lives.

For baby boomers, named for the post-World War II surge of births, that means those who are retired or are nearing retirement are seeing their 401(k) accounts and IRAs looking unreliable while their health is at high risk.

Millennials, who became young adults in this century, are getting socked again just as they were beginning to recover after what a Census researcher found were the Great Recession's hardest hits to jobs and pay.

"The long-lasting effects of the Great Recession on millennials, that was kind of scarring," said Gray Kimbrough, a millennial and an economist at American University in Washington. "And now when the economy had finally clawed back to where we were before the Great Recession, then this hit at a particularly bad time as well for millennials in particular."

Another factor: Millennials had been the most diverse generation, and the pandemic has hurt Black people and Latinos disproportionately both in health and financially.

"The pandemic has shined a spotlight on massive inequality by race, ethnicity and gender," said Christian Weller, a professor of public policy at the University of Massachusetts-Boston.

This year has highlighted America's generation gaps, especially between the two largest generations. Both have been stereotyped as being self-absorbed — mil-



THE ASSOCIATED PRESS

Economist Gbenga Ajilore

lennials as selfie-obsessed avocado toast addicts, boomers for their oversized "mcmansions" and self-indulgence. And both are feeling pandemic pain, though in different ways.

"When the generations divide, youth will know only youth; the aged will know only the aged," Landon Jones wrote in "Great Expectations: America & the Baby Boom Generation," his 1980 book that coined the term boomer. "And as always, the boom generation will know only itself."

The boomers were mostly born to "the Greatest Generation," Americans who survived the Great Depression as children and rallied together to win World

War II. But while birth rates slowed down during the ensuing Generation X, the millennial generation expanded, fueled in part by immigration.

Millennials became the best-educated generation and more open to social change, only to find that the boomers' helped elect Republican Donald Trump president by outvoting them in 2016.

Hence the dismissive "OK, boomer!" And boomers aren't amused.

The virus has killed older Americans more than others. It left many isolated at home for safety — and with a sense they are considered expendable in efforts to reopen the economy.

"We've become a throw-away generation," said Norm Wernet, 74, an advocate for retiree causes in Ohio. "It infuriates us."

It's upsetting to see so many younger people going maskless around older people, Wernet said, even as federal disease experts say wearing masks helps protect vulnerable people. Boomers, he said, aren't getting to enjoy the golden years they worked decades to reach.

Meanwhile, a string of newspaper and magazine stories have dubbed millennials "the unluckiest generation."

Richard Fry, a senior researcher for the Washington-based Pew Research



THE ASSOCIATED PRESS

Sen. Rob Portman, R-Ohio

Center, says early studies of pandemic attitudes have shown that older people see it more as a health crisis, while young adults worry

more about economic impact. But researchers are finding older Americans have been hit harder by job

**PAIN** » PAGE 11



When you're here, you're home.

The *Hickman*

Friends Senior Community of West Chester

400 N. Walnut St., West Chester, PA 19380

[www.TheHickman.org](http://www.TheHickman.org)

(484) 760-6300

[info@thehickman.org](mailto:info@thehickman.org)

Personal Care | Memory Care

Keeping your body, mind, and spirit active are keys to healthy aging. Our diverse calendar of events provides plenty of opportunities for learning, creating, and enjoying life. Wellness and exercise programs are complemented by stimulating intellectual programs. Plus, the security of knowing quality care and services are close at hand.



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.

Call about our

**CELEBRATION RATES!**

877-865-5568.



Daylesford Crossing

THE MAIN LINE'S FAVORITE SUPPORTIVE LIVING & MEMORY CARE

[DaylesfordCrossing.com](http://DaylesfordCrossing.com) | 1450 Lancaster Avenue, Paoli

SAGELIFE | Living to the Power of You





The Associated Press

Buck Newsome, left, a baby boomer, and his son, Chris Newsome, of the millennial generation, have lunch together in Newtown, Ohio.

## Pain

FROM PAGE 10

loss, too, in this recession.

Having lunch together on a restaurant deck in suburban Cincinnati, a father and son recently discussed differences in generational views of 2020.

"I've had friends that have been laid off. I've been partially furloughed along the way; I'm not accustomed to that," said Chris Newsome, 36, a millennial who went to college under the G.I. Bill after serving two tours of Army duty

in Iraq and one in Afghanistan.

That helped his finances through the Great Recession, but he's "certainly feeling the sting" of this downturn.

"We haven't seen something exactly like this before," Newsome said. "We don't really know what we're walking into. ... It's complicated everybody's personal and professional lives."

Newsome, who works in job placement, said some businesses he worked with stopped hiring or shut down. His family and peers had to suddenly work from home, leaving many

to manage day care and schooling. Gbenga Ajilore, a senior economist at the Center for American Progress, said the pandemic has forced one parent in some two-income families to drop out of the work force.

Chris' father, Buck Newsome, 64, president of Cambridge Financial Group, said he felt the Great Recession was "more visceral for me and my peers."

Many boomers were in peak earning years, "sailing along" toward retirement, when underlying problems with the economy highlighted by the housing bubble finally popped. But the current recession was self-

inflicted, caused by shutdowns and quarantines for public health, he said.

He thinks the underpinnings remain to get the economy moving again, though that's clouded by uncertainty. Newsome hears from many peers who got so "clobbered" in 2008 and 2009 that they have sold off.

"Emotion comes into play," he said. "They say, 'I can't take that kind of hit again.'"

U.S. Sen. Rob Portman, R-Ohio, 64, had been raising alarms about insufficient retirement savings among older Americans before the current downturn. He and Sen. Ben Cardin, D-

Maryland, have pushed legislation aimed at the one-fifth of Americans nearing retirement who have little or no savings.

"A lot of people are low in terms of retirement savings, particularly baby boomers," Portman said, with recent pay cuts and layoffs aggravating that.

Congress' first COVID-19 relief package allowed people to withdraw money from their 401(k)'s without the usual penalties, but that has further drained retirement savings.

Brian Bascom, 30, said fellow millennials — already dealing with a sluggish economy — weren't

positioned to weather job loss or furloughs. Many are carrying college debt; some had been wary about the stock market after seeing parents' and grandparents' savings hammered during the Great Recession.

"This may have shaped their ideals and perspectives about the investing marketplace," said Bascom, a financial adviser with Morgan Stanley in Cincinnati.

He said it's important for his generation to trim unnecessary expenses — cutting Starbucks runs, frequent restaurant dinners or that extra streaming ser-

PAIN » PAGE 12



## Assisted Living & Memory Support

We invite you to visit us and see why so many people have chosen our senior living community.

*Call Today for More Information or to Schedule a Personal Tour!*

**Lisa McDonough, Executive Director**

**267-408-4090**

**1730 Buck Road, Feasterville-Trevose, PA 19053**

**www.smfeasterville.com**





THE ASSOCIATED PRESS

Maddy and Brian Bascom, both members of the millennial generation, with their son, Jack, in their backyard in Cincinnati.

### Pain

FROM PAGE 11

Adding to uncertainty have been the widespread protests sparked by deaths of Black men and women at the hands of police. Ajilore

sees “the same line of unequal treatment” running through the nation’s COVID-19 response.

“These protests may ac-

tually benefit and give an impetus to create a more inclusive recovery,” Ajilore said.

“We’re a resilient coun-

try, and right now we’re pretty divided,” said Buck Newsome, boomer. “But if history is any indication, we’ll somehow pull this to-

gether.”

He added, laughing: “I hope I’ll be around to see it.”

PRICES STARTING AT JUST

# \$2,495

## A MONTH!

EVERYTHING IS INCLUDED EXCEPT  
PERSONAL PHONE

For more information on our gracious retirement lifestyle, please call us at

### 610-839-8816

## Ivy Creek

Gracious Retirement Living

300 Franklin Drive, Glen Mills, PA 19342



Use this  
**GIFT**  
towards your  
preferred suite  
today!

WRITING

# Heritage of Green Hills resident wins writing contest

Reading Eagle

Tanya Russ, a resident of The Heritage of Green Hills, received a \$1,000 check from Executive Director Doug Walther as a reward for winning the Heritage of Green Hills Writing Contest.

Russ's short story, "Boots and Boats," about the aftermath of the capsizing of a small boat in the Ca-

ribbean, began with an intriguing first line: "You drowned like this before, Miss?"

Pat Kostenbader and Paul Laincz, also residents at the healthy life plan community in Cumru Township, wrote stories that received honorable mentions in a field of more than 12 entrants.

The pieces were limited in length — two pages — but could be in any style, and nonfiction or fiction.

"The stories were all so interesting," said Marketing Director Sandy Shirk. "We have so much talent here!"

The judges included two professors and one student from Reading Area Community College and several readers from The Heritage of Green Hills' owner, Lapis Advisors.

Lapis proposed and sponsored the contest as a way to keep residents' spirits up in this uncertain time.



COURTESY OF THE HERITAGE OF GREEN HILLS

Tanya Russ, a resident of The Heritage of Green Hills, receives a \$1,000 check from Executive Director Doug Walther as a reward for winning the Heritage of Green Hills Writing Contest.

SENIOR LIFE

# Seniors make a difference with community project

Reading Eagle

Medical staff, grocery clerks and first responders have been the face of the front lines during the coronavirus pandemic; however, behind the scenes is a different group of helpers.

Like those making face masks and similar contributions, residents from an independent living community in Amity Township work together, while apart, to make a difference.

Several dozen residents from Keystone Villa at Douglassville have bagged over 2,000 Lifesavers, the iconic candy with the hole shape, for distribution to essential workers of local businesses. The materials were provided to the residents and assembled inside their apartments under social distancing guidelines.

"It was a great way to spend my time while giving back to the community," said resident Betty Hampton.

The Lifesavers Project was a collaborative idea by residents and management staff.

"During these uncertain times, it's necessary to show our gratitude to those working hard to keep us going and keeping us safe," said Sue Seanor, executive director of independent liv-

ing. "I'm very proud of our residents' efforts. Putting together over 2,000 bags is fantastic."

Many businesses in Douglassville and the surrounding area received the minty-fresh token of appreciation along with a special poem.

Those locations include Berks Family Care; CVS, Douglassville; Kimber-ton Whole Foods; Rite Aid, Douglassville; Internal Medicine — Tower Health Medical Group, Douglassville; Amity Township Municipal Offices; Amity Township Police Department; Birdsboro Pharmacy; Encompass Health Rehabilitation Hospital of Reading; Reading Hospital Rehabilitation at Wyomissing; Pottstown Hospital — Tower Health; The Medicine Shoppe Pharmacy of Boyertown and Wyomissing Optometric Center.

Keystone Villa at Douglassville offers all-inclusive, spacious studios, one-bedroom or two-bedroom apartments designed to suit your style. There are no buy-in fees or hidden costs, and the apartments are leased on an affordable month-to-month basis. To learn more, visit [www.keystonevillaat-douglassville.com](http://www.keystonevillaat-douglassville.com).



COURTESY OF KEYSTONE VILLA AT DOUGLASSVILLE

Residents and staff at Keystone Villa at Douglassville bagged more than 2,000 Lifesavers as a way of thanking essential workers during the coronavirus pandemic.

Simplifying digital marketing for businesses everywhere.

**adtaxi**

for more info email: [paadvertising@adtaxi.com](mailto:paadvertising@adtaxi.com)



When you're here, you're home.

The **Hickman**

Friends Senior Community of West Chester

400 N. Walnut St., West Chester, PA 19380

[www.TheHickman.org](http://www.TheHickman.org)

(484) 760-6300

[info@thehickman.org](mailto:info@thehickman.org)

Personal Care | Memory Care

Keeping your body, mind, and spirit active are keys to healthy aging. Our diverse calendar of events provides plenty of opportunities for learning, creating, and enjoying life. Wellness and exercise programs are complemented by stimulating intellectual programs. Plus, the security of knowing quality care and services are close at hand.

Connect with  
the right  
consumers.  
It's simple.

adtaxi

paadvertising@adtaxi.com



## 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:**

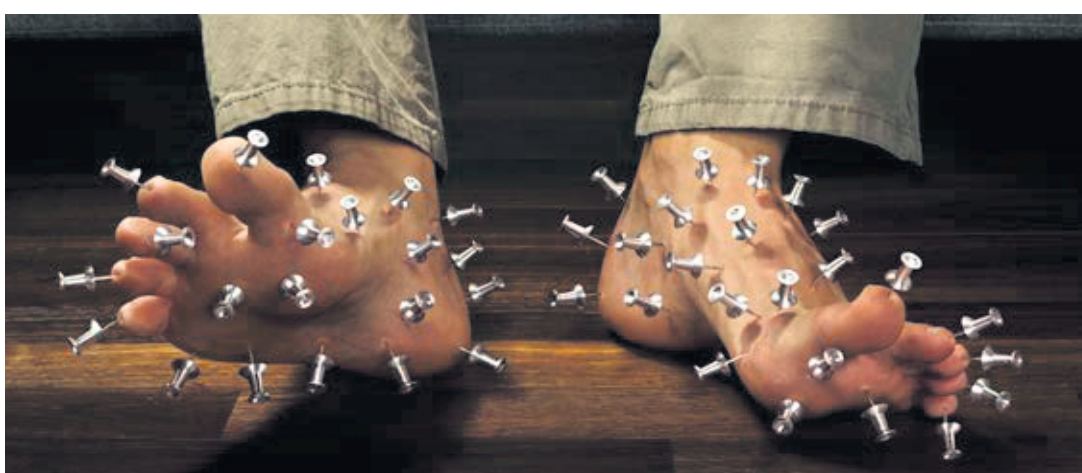
1. Increasing blood supply to your nerves.
2. Repairing and re-educating your nerves.
3. Increasing the blood flow in your feet or hands.
4. Increasing your balance and mobility.



*Beacon of Life Chiropractic  
& Neuropathy Specialists*

70 Buckwalter Rd., Suite 412  
Royersford, PA 19468

Doctor supervised program

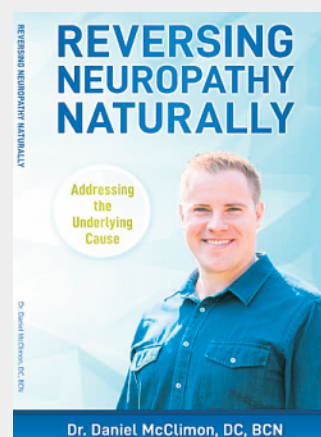


**Get Relief with No Surgery, Shots, or Addictive and Dangerous Medications**  
**100% Non-Invasive – No Side Effects**

*"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.*



**Attendees Receive Dr. McClimon's Book**  
**Date: Tuesday, August 4, 2020 Time: 11:30 am**

**(610) 906 - 0636**

**SEATING IS LIMITED  
CALL TO MAKE YOUR RESERVATION TODAY**

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