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# CELEBRATE AGE

*2022 Salute to Seniors  
and Older Americans*

*Age my way!*

*Free*

**Senior Living Expo**

Friday, May 6 • 9am to 1pm  
Harrah's Philadelphia Casino & Racetrack  
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DELAWARE COUNTY COUNCIL

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**A MESSAGE FROM THE DIRECTOR**

# May is Older Americans Month with a theme of Age My Way

**By Barbara S. Nicolardi**

Older adults play vital, positive roles in our communities — as family members, friends, mentors, volunteers, civic leaders, members of the workforce



Barbara S. Nicolardi, director of the Delaware County Office of Services for the Aging

and more. Just as every person is unique, so too is how they age and how they choose to do it, and there is no right way. That's why the theme for Older Americans Month 2022 is Age My Way.

Every May, the Administration for Community Living leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

**Planning**

Think about what you will need and want in the future, from home and community-based services to community activities that interest you. The Delaware County Office of Services for the Aging (COSA) offers a range of programs designed to allow older persons the choice to remain in their homes with supportive services.

A free assessment to determine eligibility for these programs is available by calling 610-490-1300.

**Engagement**

Remain involved and contribute to your community through work, volunteer and/

or civic participation opportunities.

COSA encourages volunteerism and volunteers are critical to the success of several COSA programs: the Ombudsman Program volunteers advocate for the rights of residents living in long-term care facilities and help to resolve issues regarding residents' rights; the Americorps Seniors Foster Grandparent Program volunteers tutor and mentor youth in schools, day care centers and Head Start centers; the Health and Wellness Program volunteers educate others on ways to enrich themselves and promote physical, social, intellectual, spiritual, emotional and/or vocational health and well-being.

COSA's volunteer coordinator connects those interested in volunteering with opportunities which are suited to their interests. If you are interested in volunteering or would like more information on volunteer opportunities, call 610-490-1300.

**Access**

Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Home modifications may be offered by some in-home service programs. A free assessment to determine eligibility is available by calling 610-490-1300.

The Link to Aging and Disability Resource Center (ADRC) is a network of agencies utilizing collective resources to most efficiently connect seniors and those with disabilities to the best possible programs and services to meet their individual needs. To reach the Delaware County Link coordinator, call 610-490-1300.

**Connection**

Maintain social activities and relationships to combat social isolation and stay con-

nected to your community.

Delaware County is home to eight COSA-sponsored senior centers. Senior centers offer a vibrant, action-packed combination of fitness center, lifelong learning and tasty dining locale. They provide a continued means of social engagement which is critical in helping reduce social isolation among seniors.

To locate a senior center near you, call 610-490-1300 or visit [www.delcosa.org](http://www.delcosa.org)

This year, COSA is excited to celebrate OAM with our partners in the aging community.

A free Celebrate Age Senior Living Expo will be held at Harrah's Racetrack & Casino in Chester on Friday, May 6. There will be entertainment, raffles, giveaways and snacks. Vendors at the expo provide valuable information and resources for seniors. For information about the expo, call 610-490-1300.

The Delaware County Centenarian Luncheon will be held on Monday, May 16. The event is open to all residents turning 100 or older in 2022. This event will be held at the Drexelbrook Banquet Center. If you know a centenarian who would like to attend, or for more information, call 610-490-1300.

The Delaware County Senior Games will be held from June 13-24. Athletes age 50 and older participate in two weeks of sporting events located throughout the county. There are events for every skill level. For more information about the Senior Games, call 610-490-1300, 610-891-4663 or visit [www.delcoseniorgames.org](http://www.delcoseniorgames.org)

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join COSA in strengthening our community by becoming a volunteer, attending a senior center, or participating in any of our Older Americans Month activities as you Age Your Way.

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## AGE MY WAY

# Message from the Delaware County Council

## Delaware County Council

In Delaware County, we are grateful for the thousands of older residents who contribute their time, talent, and wisdom to enhance the lives of people in our communities. We value them every day, but in May we shine a spotlight on their contributions as we celebrate National Older Americans Month.

In 1963, May was designated as National Older Americans Month, a month to celebrate the vitality and achievements of older residents. The 2022 theme is Age My Way and focuses on the many ways older adults can be involved in their communities.

Nearly one in every five county residents is a senior. County Council recognizes the contributions of seniors to our businesses, our volunteer organizations, our veterans' groups, our churches, schools and many other valuable organizations where they invest their time. More than ever before, older Americans are

working longer and engaging in their communities. Our seniors are striving for wellness, focusing on independence, and advocating for themselves and others.

During the month of May, we encourage seniors to attend a variety of events hosted by the County Office of Services for the Aging (COSA) including:

The Celebrate Age Senior Living Expo at Harrah's Racetrack & Casino in Chester on May 6 from 9 a.m.-1 p.m. Vendors will provide valuable resources and information for seniors.

The Centenarian Luncheon will be held on May 16 at the Drexelbrook Banquet Center. Any resident turning age 100 or older in 2022 is invited to attend.

The Delaware County Senior Games will be held June 13-24. The games feature two weeks of sporting events for every skill level at venues across the county.

Information on these events as well as services provided by COSA can be found at [www.delcosa.org](http://www.delcosa.org).



The Delaware County Council, from left, Richard R. Womack Jr.; Christine A. Reuther; Dr. Monica Taylor, chair; Elaine Paul Schaefer, vice chair; and Kevin M. Madden.

## AGE MY WAY

## Celebrate Age Senior Living Expo set for May 6

### For Media/News Group

Delaware County Council and the Delaware County Office of Services for the Aging (COSA) will once again host the Celebrate Age Senior Living Expo at Harrah's Philadelphia Casino & Racetrack, 777 Harrah's Blvd., Chester, on May 6 from 9 a.m. to 1 p.m.

The theme for the expo this year is Age My Way, an opportunity for all of us

to explore the many ways older adults can remain in and be involved with their communities.

Vendors at the expo include home care agencies, health care systems, county agencies, senior centers, attorneys and more.

The Delaware County Senior Games booth will feature Cornhole, a newly added Senior Games sporting event, and interested Delaware County seniors

age 50 and older can receive information on how to register for the 2022 Senior Games to be held from June 13-24.

Guests will be able to "Ask a Pharmacist" from PerformRx questions regarding medications. SEPTA will be available to assist with obtaining/renewing a SEPTA Senior Fare Card, which enables senior citizens age 65 and older to ride free on all transit routes and regional

rail in Pennsylvania.

If interested in obtaining a Senior Fare Card, bring proof of age.

There will be a DJ, Zumba, bingo, raffles and refreshments.

Local senior centers will share information about their activities and programs.

The Delaware County Health Department will be offering free COVID-19 vaccinations and booster shots for expo attendees.

Anyone who has already received their initial vaccination should bring along their vaccine card.

There is no appointment needed, and no insurance or ID required.

Contact the Delaware County Health Department Wellness Line at 484-276-2100 with any questions or visit the COVID website [DelcoPA.gov/COVID](http://DelcoPA.gov/COVID). The Pennsylvania Department of Health will distribute free COVID at-

home test kits..

The Delaware County district attorney's office will have a prescription medication drop box where unused or expired prescription medication can be properly disposed.

The community is welcome to attend this free event.

For more information about the expo, contact Elaine Lawley at 610-499-1962.

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## VOLUNTEERING

# RSVP's senior volunteers find purpose and pleasure

RSVP

Well before her retirement as a paralegal in 2020, Barbara Krumbhaar began volunteering.

"I didn't really have hobbies," she said. "When I stopped working, I didn't want to feel like I'd fallen off a precipice."

So in 2016, she volunteered through RSVP as a Plymouth Elementary School reading coach with the American Reads program.

"You're helping children who need some boosting and reinforcement," she said. "It's great to see the kids make progress and to make reading fun and see them enjoying it."

When COVID-19 shut down the in-person reading program, RSVP trained Krumbhaar as a virtual reading tutor for its Vello program, offered in cooperation with United Way. She also volunteers for a nonprofit that distributes used books to Philadelphia schools.

RSVP links volunteers like Krumbhaar to numerous programs that center on education, wellness and support for other nonprofits in Montgomery, Delaware and Chester counties and the city of Philadelphia. The organization be-

gan in 1973 under a federal program to place seniors in nonprofit agencies. Anyone age 18 and older may participate, though nearly 70% of RSVP's 1,200 volunteers are age 55 or older.

Of these senior volunteers, "the largest group is age 70 to 79," said Kathy Stocker, RSVP's community outreach and volunteer coordinator. "That's probably because to get full Social Security, you have to work until at least 66 or 67 and more people are staying in the workforce."

She said 16 RSVP volunteers are age 90 or older.

## Purpose in retirement

"I'm not a sit-around-and-relax retiree," said Diane Duda, who retired last year as a corporate chief actuary. "I found that I needed to inject some purpose in my life."

Duda is now a volunteer Medicare counselor for the PA Medi program, which RSVP coordinates for Montgomery County. The program is free to anyone enrolling in or needing help with Medicare.

"I really enjoy it. It feels like I'm using the skills I honed in my career in terms of problem-solving and explaining to others," said Duda, who also volunteers as an academic sup-



Diane Duda

port coach and tutor.

After Noah Borenstein retired in 2007 as a manager for Rohm & Hass Corp.: "I did all the

fixing up around the house I wanted to do and my wife said I'd better find something else to do. I Googled 'volunteering' and RSVP showed up on the screen."

Thus began a 15-year relationship in which Borenstein helped to develop the My Free Tutor virtual math program that now serves elementary to college-age students.

"It's very gratifying to be able to apply what you've learned to help young kids develop a skill," he said. "A lot of lightbulbs go on. I really enjoy my time with students. Tutoring is a labor of love."

Borenstein also served as a GED instructor and joined and became an officer of the RSVP board of directors.

"It's almost like a new career," he said. "Not having enough to do doesn't happen!"

## Helping those in need

After the pandemic struck in 2020, RSVP stepped up its involvement



COURTESY OF RSVP

Sandy Fryer, left, and Jim and Sandy Bahn volunteer with Meals on Wheels.

with Meals on Wheels, food pantries, food distribution events and grocery pickups for stranded seniors. Stocker said there is a current need for food pantry volunteers and Meals on Wheels drivers.

"With prices going up, even if folks have a SNAP benefit, it doesn't go as far," she said. "Drivers are hard to find because gas is so expensive."

Retirees Jim and Sandy Bahn have distributed Meals on Wheels prepared by the Colonial Neighborhood Council in Coshohocken since 2019.

"Jim and Sandy were a great find," said Sandy Fryer, the council's executive director. "When there's a hiccup and someone can't come in, I call them and they say, 'Where are we going today?'"

"There's a lot of reward in assisting people in need," Jim Bahn said.

"Meals on Wheels gives you the opportunity to interact with people who are lonely," Sandy Bahn said.

"They like to chat. It's interesting and rewarding. Being out and about with people uses your brain, and when more in-person volunteering programs open back up, I'm confident I can find additional ways to help out."

Maxine Topping, a retired nonprofit staffer, works with Mitzvah Circle in Norristown to provide non-food items to people in need.

"I select and pack requested items such as clothing, diapers, school supplies — essential daily items," she said. "When I arrive, one of the volunteer coordinators says, 'Hi Maxine, Thanks for coming today. It really makes a difference.' I certainly didn't get that when I was working!"

Topping authored a self-help book, "U Owe You: Taking Responsibility for Creating the Life You Decide." She credits Mitzvah Circle clients for "taking the initiative to seek help and not giving up on the possibilities for a better

life."

Volunteering, she says, "allows me to savor the senior season of my life and play a small role to make a difference for those in need."

## It's a pleasure

Perky Cohen, 91, was a longtime English as a second language (ESL) volunteer before she and her late husband moved to the Rydal Park senior living community in Jenkintown, Montgomery County. There, Cohen, a wood carver, volunteered to create an art program that now includes two galleries.

"I get a lot of pleasure from volunteering," she said. "It enriches the community. It's very important to volunteer."

As for her nickname, "When I was on my basinet, my mother said I was a perky little thing."

Le Chang came to the U.S. at age 15 as a refugee from Vietnam. At

## Volunteers

FROM PAGE 6

Drexel University, where she studied software engineering, she met her husband and returned with him to his native city, Hong Kong. There, she learned three Chinese dialects and taught English, setting the stage for her current volunteer work as an English as a second language volunteer with the Chester County Opportunities Industrialization Center.



Le Cheng

ization Center.

“It’s a great joy, being able to help others,” she said. “It makes me happy that I can contribute. Helping others helps yourself. It helps you to be happier and healthier physi-



COURTESY OF RSVP

Maxine Topping

cally and psychologically.” Data from the Corporation for National and Community Service confirms “an association between volunteering and mental and physical health benefits. In particular, older volunteers report lower mortality rates, lower rates of depression, fewer physical limitations, and higher levels of well-being.”

Nonprofit RSVP connects volunteers to dozens of community service opportunities. Its programs improve the lives of vulnerable populations by focusing on education and wellness. For information on volunteering, visit [rsvpmc.org](http://rsvpmc.org), email [volunteer123@rsvpmc.org](mailto:volunteer123@rsvpmc.org) or call 610-834-1040, ext. 123.

## AGE MY WAY

# Free mortgage and housing-related financial assistance available for eligible homeowners

For MediaNews Group

The Pennsylvania Homeowner Assistance Fund (PAHAF), administered by the Pennsylvania Housing Finance Agency (PHFA), assists Pennsylvania homeowners facing COVID-19 pandemic-related financial hardships. The program provides financial assistance to homeowners for qualified mortgage and housing-related expenses to avoid delinquency, default, foreclosure, or displacement.

Applicants who are eligible meet the following criteria:

- Household income is equal to or less than 150%

area median income (AMI), which varies by locality. Note: PAHAF Program priority will be given to households at or below 100% AMI.

- Homeowner owns and occupies the property as their primary residence

- Property is in Pennsylvania

- Homeowner experienced a financial hardship as a result of the COVID-19 pandemic after Jan. 21, 2020, (including a hardship that began before Jan. 21, 2020, and continued after that date)

- Homeowner cannot receive the same assistance for mortgage payment, mortgage reinstatement, property charges and/or

utility payment from another federal, state, local, nonprofit or tribal source

- Homeowner’s first mortgage is a conforming loan and meets the federal limits for the year in which the loan was taken

Homeowners may be eligible for assistance with:

- Mortgage reinstatement

- Forward mortgage payment

- Property charges

- Delinquent utilities

Apply Now by visiting [www.pahaf.org](http://www.pahaf.org) or calling 888-987-2423. The call center is open Monday through Friday from 8 a.m. to 8 p.m. and Saturday 8 a.m. to 5 p.m.

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Granny's Helping Hands

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## AGE MY WAY

# The Community Foundation's mission is to enhance community's quality of life

For MediaNews Group

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

TCF's three primary programs are a grants program, a scholarship program and an advised fund program. Collectively, these programs have distributed more than \$7.7 million dollars into your community. We are proud to offer services that both support and empower Delaware County's seniors.

## Grants

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

that benefit your community.

"We have a long history of funding senior-serving organizations such as Senior Community Services and Surrey Services," said TCF President Heather Finnegan. "We recognize that these organizations provide a valuable social outlet and service to our community."

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

## Scholarships

The Community Foundation has scholarship programs that benefit students from local school districts.

TCF's largest scholarship program funds students who plan to pursue a career in the health professions

"TCF now has over 300 Allied Health Scholars and Scholar Alumni that are working every-day to improve the quality of life in Delaware County," Finnegan said. "If you or a loved one has been treated by any of the five largest employers of TCF's Health Professions Scholars: Penn Medicine, Main Line Health, Prospect-Crozer, CHOP or Jefferson, then there is a fair chance that you have benefited from the skills and expertise of a



COURTESY OF THE COMMUNITY FOUNDATION

The Community Foundation's Play for the A's lacrosse tournament raises funds to support those caring for loved ones with Alzheimer's or dementia.

TCF Scholar."

## Advised fund program

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

TCF's advised fund program empowers everyday citizens to take philanthropy into their own hands. For instance, individuals may create a Donor Advised Fund, a

tax advantaged giving vehicle that is designed for long-term impact.

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

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



COURTESY OF THE COMMUNITY FOUNDATION

The Community Foundation has a long history of funding home delivered meal programs.

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## AGE MY WAY

# Always Best Care Senior Services help seniors with aging in place

For MediaNews Group

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

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

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

"Only after extensive interviews with family members and a completion of a total in-home care safety and personal assessment do we assign the most suitable in-home care provider to implement the personalized program," said Bryant M. Greene, owner/administrator of Always Best Care Senior Services of Philadelphia, Bucks, Delaware, Montgomery Counties and the Main Line and Always Best Care Delaware. "By



COURTESY OF ALWAYS BEST CARE SENIOR SERVICES

Bryant M. Greene, center, host of the "Did You Know Show" on Radio WURD-900 AM and 96.1FM and on television on Channels 25 and 791HD on Comcast and Verizon on Saturdays at 7 a.m., with Dave Tiberi, left, former middleweight champion, and Dr. Kirill Alekseyev upon arrival at his show to discuss their collaborative efforts to support the victims of the war in Ukraine and how people can help on Donate Delaware or PAM. The show is centered around connecting people with community and business resources people wouldn't ordinarily know about. Greene also is owner/administrator of Always Best Care Senior Services of Philadelphia, Bucks, Delaware, Montgomery Counties and the Main Line and Always Best Care Delaware.

spending time with our clients before assigning a caregiver, we get a true sense of their personality. In some ways we are like a match-making service because it is important that we assign a caregiver we believe will be most compatible with our seniors.

"In addition, overall we offer the most involved in-

home assessment. We go the extra mile to match up our clients with the caregiver who will provide the best fit."

Always Best Care offers a full range of services, both companion and personal in nature. They offer care for Alzheimer's, dementia and cancer patients and are available week-

ends and holidays. In addition to comfort and companionship, their range of services includes dressing, escort/transportation, errands, bathing and grooming, incontinence care, light housekeeping, grocery shopping and meal preparation, laundry and medication reminders.

Always Best Care ad-

ditionally offers in-home skilled care with a full range of professional services including, physical therapy, occupational therapy and speech therapy.

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

"All of our team members and care givers receive comprehensive training before being assigned to a care plan," Greene said. "We look for kind and compassionate caregivers who will treat our clients with dignity and respect. We reaffirm our commitment to service by conducting routine wellness visits to ensure our clients are pleased and happy with their care."

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

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

"Based on financial needs and geographical preferences, we will seek out an assisted living facility that best meets your family member's care requirements," Greene said. "We'll set up tours and transport you to various facilities until you find the best one for your loved one."

Always Best Care also handles transitions for seniors returning home from temporary stays at in-patient rehabilitation facilities or nursing homes.

"We manage the case by

first sending a nurse to start the transition process and ultimately assure that your loved one will have everything they need upon their arrival at home," Greene said.

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

It is a DHS (Department of Human Services) Medicaid Provider, so DHS might pay for clients who cannot afford services, depending on physical and affordability eligibility.

Since its inception in 2010, Always Best Care Senior Services in Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware has become the number one franchise in the company. For additional information and a free no-obligation consultation, call 267-909-9248 or visit them on the web at [www.teamgreeneabc.com](http://www.teamgreeneabc.com). The company maintains offices at 1172 S. Broad St., Philadelphia; 427 W. Girard Ave., Philadelphia; 668 Woodbourne Road, Suite 105 and 106, Langhorne; 133 W. Main Street, Norristown; and 1905 N. Market St., Wilmington, Del., 302-409-3710 or on the web at [www.alwaysbestcaredelaware.com](http://www.alwaysbestcaredelaware.com); and at 624 Mulberry St. in Milton, Del. You also can follow them on Twitter and Instagram @abc\_philly and abc\_delaware.

## AGE MY WAY

# Dedicated Senior Medical Center cares for over 5,000 area seniors

*For MediaNews Group*

Dedicated Senior Medical Center is proud to be a member of the Philadelphia community. Opening in the summer of 2018, Dedicated Senior Medical Center now cares for over 5,000 seniors in our five Philadelphia-area Dedicated Senior Medical Centers.

At Dedicated, we believe that every senior deserves the highest quality healthcare regardless of their circumstances.

Our unique business model, led by primary care physicians, allows us to spend more time with our patients, about 10 times more than the national average, because our doctors see about 450 patients or less. The national average is around 2,200.

What that means to our patients is that we get to spend more time with them each visit. It allows us to listen to our patients concerns and get to know them personally. Our pa-

tients even get their doctor's cellphone number and are encouraged to call anytime they feel the need.

Our state-of-the-art medical centers have services such as laboratory, X-ray, EKG, medication services and podiatry right on site. That makes it convenient for seniors to access all the care they need in one location. We offer same-day, walk-in and telemedicine appointments. We even have door-to-doctor transpor-

tation available. Our doctors can coordinate all our members' health care needs, right in our center—even if they need referrals to a specialist.

We understand that even if healthcare for our neediest seniors is accessible, it must be affordable. By working with the leading Medicare Advantage health plans in Pennsylvania, most of our patients have little to no co-pays for their care.

Healthcare that's accessible and affordable, it's a

winning formula, and our results demonstrate this.

Ninety-two percent of our patients say they 'feel genuinely cared for, and four out of five patients would recommend us to a friend.

Dedicated Senior Medical Center is a privately owned medical, management and technology company that delivers high-touch and personalized primary care for Medicare-eligible seniors. A provider of choice for some 20 Medicare Ad-

vantage health insurance plans, ChenMed (our parent company) is one of Fortune Magazine's 2020 "Change the World" companies "taking on society's unsolved problems." ChenMed operates nearly 100 senior medical centers in 12 states.

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## AGE MY WAY

# Patina Health brings the clinic to your home

By Dr. Neil Patel

I've spent years working in hospitals and clinics. Over countless hours I've learned from amazing professors and physicians. But after all of this medical training, I learned my most important lesson in medicine from my father.

On the one-year anniversary of his death, the lesson I learned from his life is this: In care, the examination room is a fine place for a doctor to lead his patient; but the living room is a much better place for a patient to lead his doctor.

My father was a large man in a 5-foot-2-inch frame. He filled the room with his quick wit and laughter. The first in his family to attend



COURTESY OF PATINA HEALTH

Dr. Neil Patel, right, with his father.

college and immigrate to the US, he credited his success in life to his scientific approach and education as

a research chemist.

Science enabled him to control chemical reactions and discover new drugs. Precision gave him confidence. Exactness gave him power.

As my father grew older, he developed chronic conditions: hypertension, then diabetes and ultimately ALS. As a chemist, he approached these challenges with scientific rigor. He titrated his medications against precisely measured blood pressure and blood sugar. He monitored his breathing and muscle strength, plotting graphs in his mind like results from experiments. Even when his handwriting became shaky, he kept careful notes in a small notepad the size of his shirt pocket.

Over time, I became his partner, accompanying him on his medical visits like a lab assistant. There, I observed an odd phenomenon. On the drive to the doctor, he was brimming with questions and feedback on his treatments, his notepad secured in his shirt pocket. But in the exam room, those notes stayed close to his chest.

Filled with respect for his

caring physicians, his confidence melted in grateful deference. Perched on a wax-papered exam table in his underwear and gown, he became a passenger of care, no longer a driver. His observations often went unshared. His questions were often left unasked.

As we shared his journey, as father and son, we learned. We learned that decisions about care — whether to have surgery on a neck artery or whether to enroll in a clinical trial — are not best made on an exam table. Decisions are better made across the kitchen table, over a cup of tea, advised by doctors but determined by values and commanded by the patient at home.

Even as I gained professional confidence as a physician, for my father, my real value was at the kitchen table or over a phone call, as a son and caring supporter.

In this spirit, we build Patina with you, in your home. Because you ought to drive your own care, we meet you where you are. Because we believe in your strength, we see you where you are strongest, in your home.

We can be with you in your living room within minutes, helping you over a video call exactly when you need us. We can check in over a chat message, making sure you feel better and have everything you need. We can visit when you need us, a familiar face bringing a stethoscope to you at home.

Honoring your values delivers meaning as well as medicine. Choices on how to live, how to love and how to age can be informed by experts in care of adults over 65 who partner with you. Our priority is not just each appointment, but authentic relationships, built over time through listening and learning. Our priority is not just

drugs or diagnostics, but decisions and dignity.

This is the type of care my father, the scientist, learned to conduct for himself. He respected his doctors and specialists as the best experts in his conditions, but he made his own decisions as the best expert in himself. He did it with the support of his family. He did this on his own terms, in his own home, the place where he lived and died. This is the care experience we all deserve.

Patina Health is an exceptional primary care experience designed just for people 65+. Patina is reinventing primary care from the ground up to provide the healthcare and aging experience that older adults and their loved ones deserve. Each person we serve gets a dedicated care team built around them composed of primary care clinicians, a health champion and behavioral health and other specialists.

Patina Health is much different from other medical practices:

- We come to you: primary care in the comfort of your home.

- Personal attention: a dedicated team who really gets to know you.

- No long waits: appointments are always available, and are never rushed.

We're on a mission to deliver the very best care for you and your loved ones, helping you live and age well.

Now welcoming new patients in the Philadelphia area. Call 855-478-8310 or visit [patinahealth.com/get-started](http://patinahealth.com/get-started) to schedule a time to meet our care team or get a free information kit. Or visit [patinahealth.com](http://patinahealth.com).

*Dr. Neil Patel is the chief health officer at Patina Health.*

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## AGE MY WAY

# Surrey Services for Seniors launches a new program to train caregivers

For MediaNews Group

Caring for a loved one is challenging and rewarding.

“I do everything for my mother — help her get dressed, make all her meals, care for her PICC line, take her to appointments, file all her insurance paperwork,” Sarah said. “I wouldn’t have it any other way, but I’m exhausted — I never get a break.”

Sarah is not alone. Nearly half of family caregivers provide medical care, from wound



COURTESY OF SURREY SERVICES FOR SENIORS

Hands-on training provided by Surrey staff nurses, from left, Cathleen Callaway, Lisa Smrek and, Anne Imhof

care to managing catheters, according to a study by AARP. Among that group, only 47% say they have received adequate training to perform those tasks.

In addition to medical care, family caregivers often are assisting with activities of daily living such as bathing, dressing, toileting and feeding. It’s not surprising that caregivers frequently report feeling stressed and overwhelmed.

Having a support system can help. Friends

and family might be able to provide a few hours of respite care so the primary caregiver can take a walk, go out to dinner or see friends. Community organizations, such as senior centers, also offer support groups, meals, skills training and resources for the family caregiver.

Surrey Services for Seniors, a nonprofit with senior centers in Broomall, Havertown, Media and Devon, has launched a new program for caregivers, The Surrey Academy, thanks to a gener-

ous grant from Haverford Township.

Caregivers receive hands-on training, information and support from health care professionals. In addition to helping family caregivers gain the skills needed to care for a loved one, The Surrey Academy will provide training for individuals to begin a career path in senior services or healthcare.

For more information, contact Kristin Kingery at 610-647-9854 or kkingery@surreyservices.org.

There are so many great changes happening at Riddle Village and we would love for you to be a part of it!



Ask us about our veteran's discount!



It has been an eventful time here at Riddle Village, and now that spring has arrived our residents are enjoying the newly enhanced courtyard, which features an expansive putting green and a new tranquil butterfly garden.

We recently celebrated the grand opening of our Thoroughbred Lounge. The new Thoroughbred features a bar, lounge area and restaurant that overlooks our courtyard. With this addition, our residents now enjoy three restaurant options to dine in every night!

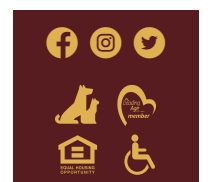
It is a great time to become part of the Riddle Village community and enjoy the excitement that is happening.

If you have been thinking about making a move, please reach out to learn more. We would love the opportunity to discuss your options and show you what is new at our community!



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## AGE MY WAY

# Help your community by helping the children

For MediaNews Group

The AmeriCorps Seniors Foster Grandparent Program is for individuals 55 and over who mentor and tutor youth and at-risk children in schools, childcare centers and Head Start centers.

Foster Grandparent volunteers have the power to help a child who needs them. Children receive individual attention, and their confidence and self-esteem are raised enabling them to succeed in school and to develop socially, emotionally and cognitively.

Foster Grandparents have a positive effect on the next generation by helping one child at a time. Fos-

ter Grandparents help children prepare for the future by sharing wisdom and life experiences. Foster Grandparents assist children to improve their educational and social skills in an atmosphere of love through encouragement and friendship. Children's lives are forever changed as a result of a Foster Grandparent.

Volunteering as a Foster Grandparent not only benefits the life of a child, but as a volunteer you will encourage, guide and mentor children.

As a volunteer, you are not just helping others, you are helping yourself. Studies show that volunteering helps you live longer and promotes a positive outlook

on life. Volunteering leads to new discoveries and new friends.

Foster Grandparents will experience joy knowing that they are making a difference in the life of a child. As a Foster Grandparent you will receive love and admiration from a child, receive support and respect from teachers and peers. You will obtain personal satisfaction knowing that you share your wisdom and guidance with those who need it most.

Benefits you receive are transportation and a tax-free stipend. If you are interested in serving as an AmeriCorps Seniors Foster Grandparent, call 610-490-1498.

## AGE MY WAY

## COSA earns SAGECare credentials

For MediaNews Group

The Delaware County Office of Services for the Aging (COSA) is proud to announce it has earned Platinum level SAGECare credentials for 2022.

SAGE is a national advocacy and services organization for LGBT elders. SAGECare provides LGBT competency training and consulting on LGBT aging issues to service providers.

Topics of training include Supporting LGBT Older Adults, Caregiving in the LGBT Community, Preventing and Responding to Bullying Between Older Adults and more.

COSA began LGBT competency training in 2019 in an effort to ensure it was serving, respecting and including all of Delaware County's senior population.

According to a publica-

tion by SAGE and the National Resource Center on LGBT Aging, the U.S. Census has never measured how many LGBT people live in America, but reports estimate that there are currently around 3 million LGBT adults over age 50. That number is expected to grow to around 7 million by 2030.

The Platinum SAGECare credential signals COSA is a safe place for LGBT seniors to access services and receive culturally competent care.

COSA is continuing its education and awareness of LGBT aging issues and strives to develop and improve its services and programs so all seniors feel respected, safe and that they have a voice regarding their needs and care.

Most recently, the Pennsylvania Department of

Aging has updated its assessment forms to be more LGBT affirming, and COSA is in the process of doing the same with its referral forms. Several of COSA's sponsored senior centers have received SAGECare credentials as well.

COSA has over 30 programs of service for county residents age 60 or older and is an information resource for persons of any age or income needing information on benefits and services available to older or disabled persons. Discrimination due to race, color, religion, gender, gender identity, age, national origin, disability, marital status, sexual orientation or military status is prohibited.


For more information about COSA and its programs and services, visit [www.delcosa.org](http://www.delcosa.org) or call 610-490-1300.

## Celebrating Grandparents!

Join us at the COSA Senior Living Expo on May 6th as we celebrate the special role that Grandparents play in families. Lots of fun activities including:

- Create a photo gift
- Build your family tree
- Get gifts and prizes
- And more!

We are excited to meet you!

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## AGE MY WAY

# Senior Community Services and COSA team up to support Delco caregivers

For MediaNews Group

No matter why a loved one needs care — accident, illness or aging — navigating the unfamiliar world of caregiving can be daunting. But Delaware County's caregivers do not have to do it alone, thanks to SCS' Caregiver Support Program (CSP). CSP strengthens and uplifts Delaware County's caregivers by offering financial reimbursement, emotional support, and educational resources.

SCS administers reimbursement to eligible Delaware County residents with low or moderate incomes who are providing care for someone over the age of 60, for grandchildren under the age of 18 or for a disabled relative between the ages of 18 and 59.

While the financial reimbursement administered by SCS rarely covers all of the costs of caregiving, it relieves some of the financial burden that caregivers face. More importantly, qualifying for reimbursement opens the door to training in the use of assistive and caregiving technology, emotional support groups and educational programs that help caregivers manage mental health issues and concerns about family dynamics that accompany the financial stress of caregiving.

A caregiver who has participated in the CSP since 2018 described his experience, "The role of a caregiver takes on new meaning as you witness the changes that occur as an elderly loved one ages.

"With this tremendous change, the responsibility

of the caregiver grows and affects their lives. This is mostly realized while the changes are occurring, and the caregiver is adding these responsibilities to our already busy lives.

"The help from COSA (Office of Services for the Aging) is greatly needed and appreciated. This help aids in maintaining the new version of what 'Normal' is. It provides help with the time and cost associated with the care and safety of our loved ones."

"Decades of research show that social support helps people cope," said psychologist, caregiving expert and SCS friend Dr. Barry J. Jacobs in a recent column for the AARP website. "Caregivers often can't speak openly with family members about their emotional reactions, and a support group provides a relative degree of anonymity."

SCS' expert care managers facilitate caregiver support groups that are open to all interested caregivers. Studies show that these types of group and technology support have positive impacts on the ability of caregivers to cope with the financial, physical and emotional stress of their situations, reducing depression and anxiety. SCS care managers strive to increase the resilience and coping ability of caregivers, especially in times of uncertainty.

For eight years, the staff of the CSP have produced Caregiver Academy, an annual series of educational seminars supported by PA's Link to Aging and Disability Resources Center (Link/ADRC).

"Great motivational and

## CAREGIVER ACADEMY

- Sponsored by PA Link/ADRC
- All presentations will be held from 4 to 5:30 p.m. at Friendship Circle Senior Center, 1515 Lansdowne Ave., Darby, and via Zoom. Register by emailing [csp@scs-delco.org](mailto:csp@scs-delco.org) or calling 484-540-0372.
- May 5: "Depression, Anxiety and Social Isolation" by Barry J. Jacobs, Psy.D
- May 19: "The Importance of Having a Support System" by Sharon White, MSS, LCSW
- June 2: "When Is It Time for Hospice and Palliative Care?" by Compassionate Care Hospice
- June 16: "Relaxation Techniques" by Barbara Gambrill, CCH, LMT

helpful presentations from exceptional resources," caregiver Anthony Cellini said. I highly recommend it!"

The ninth annual Caregiver Academy offers valuable, expert-led lectures and discussions about caregiving issues in person and via ZOOM, every other Thursday at 4 p.m. through June 16.

SCS' Friendship Circle Senior Center, located at 1515 Lansdowne Ave. in Darby, on the campus of Mercy-Fitzgerald Hospital, is hosting this year's series. SCS is committed to sustaining the Caregiver Support Program as a crucial resource for caregivers throughout Delaware County.

## AGE MY WAY

# Ombudsmen advocate for rights of those in long-term care facilities

For MediaNews Group

The Ombudsman Program in Delaware County is designed to support and empower people by resolving individual complaints involving long-term care service, while working to improve and enhance the long-term living system for the residents and their families.

Ombudsmen advocate for and protect the rights of older adults receiving long-term care services in nursing homes, assisted living, adult day centers, domiciliary care homes and personal care boarding homes. Ombudsmen are resident-driven and directed. Serving as an advocate, they act

on the wishes of the resident.

The Ombudsman program is authorized under the Older Americans Act and administered by the Administration on Aging. The program also provides information on how to find a facility, conducts community education sessions and supports residents, their families and the public with one-on-one consultation regarding long-term care.

The Nursing Home Reform Law, passed in 1987, guarantees nursing home residents their individual rights, including but not limited to: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to com-

plain and the right to make independent choices.

The goal of the act is to ensure that residents in nursing homes receive high quality care. The act protects residents from physical, emotional and social abuse and neglect. Residents who have made their home in other types of facilities such as personal care homes, assisted living facilities and continuing care communities maintain their rights as citizens.

To learn more about what an Ombudsman does or if interested in becoming a volunteer Ombudsman, call the Delaware County Office of Services for the Aging (COSA) at 610-490-1300.

## Age Your Way



AGE MY WAY: MAY 2022



Wayne Senior Center

a program of Main Line Senior Services

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## AGE MY WAY

# Step back into the center of activity: SCS centers are open again

For MediaNews Group

Senior Community Services (SCS), Delaware County's oldest and largest non-profit aging services provider, continues to offer the county's older adult population life-enhancing programs that preserve the dignity of seniors throughout the aging process.

As our centers recover from the pandemic, day-to-day operations are beginning to look more normal with the help of resilient volunteers, staff, board and center members.

"SCS never closed per se," said SCS Executive Director Arthur Weisfeld. "Our team has worked tirelessly to continue providing Delaware County's seniors with

safe alternatives to our traditional in-person programming throughout the ever-changing COVID-19 situation.

"We have always prioritized the safety and satisfaction of our center members, and we're planning to move forward with a hybrid approach to cater to any concerns members have about the ongoing battle against COVID-19."

SCS senior center directors, meal supervisors and other staff members provided essential services without pause throughout the lockdown and subsequent public health emergency. Home-delivered meals reached frail seniors, while active seniors in need of nutritional sup-

port picked up to-go meals at senior centers.

The experienced social workers in SCS' long-term care management department sustained care management and caregiver support services, PA MEDI Medicare health insurance counseling and information and referral services.

Now that SCS' four nationally-accredited senior centers are open Monday-Friday, center directors and other staff members are on-site daily, providing older adults with to-go and congregate meals, offering information on valuable social services and other resources and running a number of life-enhancing programs — games, sports, arts and crafts, health, exer-

cise and wellness programs and adult lifelong learning classes and lectures. Center staff members are committed to providing hybrid options for select programs, allowing seniors increased flexibility, depending on their personal situations.

To further protect members' health and wellness, SCS requires all employees and volunteers to be fully vaccinated and strongly encourages center members to be fully vaccinated. While masks are no longer required at senior centers, members have been asked to respect the choices of those who continue to wear masks.

SCS' management and staff have been inspired by the patience, resolve and re-

## CONNECT ONLINE

Facebook:

@seniorcommunityservices (main)  
 @Schoolhousecenter (Schoolhouse Senior Center)  
 @scsfriendshipcircle (Friendship Circle Senior Center)  
 @chesterseniorspa (Chester Senior Center)  
 @SCSGoodNeighbor (Good Neighbor Senior Center)  
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 Visit our website and register for our e-newsletters: [www.scsdelco.org](http://www.scsdelco.org)

silience that the older adults we serve have demonstrated over the last two years, and we are grateful for the opportunity to welcome members back, providing us with the opportunity to fulfill our mission. SCS urges all Delaware County seniors to step back into their favorite centers of activity, and to bring a friend!

## AGE MY WAY

# Take control of your health with COSA's Health and Wellness Program

For MediaNews Group

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

COSA's Health and Wellness Program provides tools that connect adults age 60-plus and empower them through learning, skill building and taking control of their health.

COSA's Health and Wellness Program offerings are evidence-based, which means they have been proven to make a difference in people's lives. COSA also has opportunities for older adults to contribute and give

back to others as volunteer lay leaders who bring these programs to other older adults in Delaware County.

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

- **A Matter of Balance:** Developed at Boston University, A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance.

- **Active Living Every Day:** Developed by Human Kinetics, this program helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being. Participants learn to set goals, overcome barriers and find activities they enjoy to add physical activity into their daily lives.

- **Chronic Disease Self-Management, Diabetes Self-Management and Chronic Pain Self-Management Programs:** Developed by Stanford University in partnership with the U.S. Administration on Aging, these programs teach you

skills to help you gain self-confidence in your ability to manage your symptoms and chronic conditions, improve your quality of life, provide group support and lower health care costs.

- **Healthy Steps for Older Adults:** This Pennsylvania Department of Aging program raises fall awareness, reduces falls incidence, improves overall health, provides you with resource and referral information and includes a fall risk assessment screening.

- **Walk With Ease:** This Arthritis Foundation walking program is offered one hour, three

times a week for six weeks. This program has been proven to reduce the pain of arthritis, increase balance, strength and walking pace, build confidence in your ability to be physically active and improve your overall health. Information is shared at each session and then the group walks.

- **WISE Program (Wellness Initiative for Senior Education):** Developed by the New Jersey Prevention Program, this award-winning program celebrates aging and offers six two-hour sessions once a week that cover a wide range of topics using fun and interactive activities including things to know about

the aging process, making healthy lifestyle choices, risk factors and what to avoid to stay healthy and avoid problems, how to empower yourself using simple tools to ensure your optimum health and celebrating this exciting stage of life and the benefits that come with it.

For more information regarding these programs, to be placed on an e-mail distribution listing of upcoming program offerings or to bring one of these great programs to your community group, contact Ellen Williams, COSA Health and Wellness Program Manager, at [williamse@co.delaware.pa.us](mailto:williamse@co.delaware.pa.us) or call 610-499-1937.



## AGE MY WAY

# Spring into wellness at Wayne Senior Center

For MediaNews Group

Spring has sprung, and Wayne Senior Center is blossoming with new programs and activities to help seniors Age My Way during Older American's Month.

With programs taking place indoors at the senior center, outdoors in local parks throughout the community and virtually, there are plenty of ways to participate however you are most comfortable.

Social connections, stimulating your mind

## FYI

Since 1975, the Wayne Senior Center, 108 Station Road, Wayne, has led the effort to provide a place for older adults to have active friendships on the Main Line. The mission of the Wayne Senior Center is to provide community, friendship and resources which enrich the lives of older adults.

to help improve your health, minimize the effects of depression and help you live longer.

There are lots of opportunities to get moving, connect with peers and explore new interests at Wayne Senior Center, including classes in mindfulness, tai chi, lifelong learning and even flower arranging.

The senior center will begin offering trips again, with a local trip to Valley Forge National Historical Park on Tuesday, May 31. The trip will include a private

park ranger guided tour of the new visitor center exhibits, exploration of the grounds and a picnic lunch.

For more information about trips, programs and services, contact Wayne Senior Center at 610-688-6246 or visit the website at [www.wayneseniorcenter.org](http://www.wayneseniorcenter.org).

COURTESY OF WAYNE SENIOR CENTER

Wayne Senior Center member Ruth Kromer participates in a flower arranging class.



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610.497.3550

**Friendship Circle Senior Center**  
1515 Lansdowne Ave. (on the  
Mercy-Fitzgerald Hospital Campus)  
Darby (Yeadon), PA 19023  
610.237.6222

**Good Neighbor Senior Center**  
1085 Hook Rd, Studevan Plaza  
Sharon Hill (Darby Township), PA 19079  
610.586.8170

**Schoolhouse Center**  
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SERVICES

### AGE MY WAY

## Victorias' Home Care about people helping people

For MediaNews Group

It certainly seems that more and more people are burning the candle at both ends, relying on sophisticated electronics to function with everyday living. Fewer people are interacting with other people because of modern technology. These are the times in which we live.

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

Through their own personal experiences, Maria Dunlevy and Teresa Hudson, co-owners of Victorias' Home Care LLC, recognized the devastation and desperation that families can experience when faced with difficult situations. They also realized that old-fashioned values in today's world go a long way.

People helping people get through the troubling times! It's as simple as that!

Victorias' Home Care, LLC was established in Swarthmore. The partners felt strongly about the type of service that they planned to provide to their clients. The mission of Victorias' Home Care is to provide the highest quality of care through a comprehensive system of compassionate care, promoting dignity, independence and health to cli-

ents in the comfort of their homes.

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

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

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

Victorias' Home Care has a strict screening process when selecting caregivers as staff members. Each candidate is given a telephone interview, along with a personal one-on-one interview. Criminal background checks and child abuse clearances are conducted on each staff member.

A detailed orientation process and ongoing training follow for candidates who fit the needs of Victorias' Home Care and our clients. Our on-

site training room is utilized daily for continuing education with all of our in-home caregivers. We are licensed by the state of Pennsylvania. We are bonded and insured.

Our staff, including both our scheduling and nursing department supervisors, are available 24 hours a day/seven days per week. Victorias' Home Care does not have an answering service.

Again, we believe in people helping people. When calling our office, knowledgeable staff members assist you.

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

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

We are people helping people. We are genuine. It's that simple. And let's face it, there's no place like home!

Hours: Monday through Friday, 7:30 a.m. to 3:30 p.m. After hours emergency line, 610-544-4781, is answered by a knowledgeable staff member. Visit our website at [www.victoriashomecare.com](http://www.victoriashomecare.com) or call 610-544-3037 for more information.

## AGE MY WAY

# Main Line Health offers array of health care services

For MediaNews Group

As we get older, we all desire to live as healthy and as independently as possible, and yet, adjusting to a new phase of life often requires support and guidance. Main Line Health is here to serve as your dedicated partner, offering access to an array of health care services and community-based resources. We are committed to serving seniors, their families and caregivers by providing free information and friendly assistance that meets your specific needs or preferences.

If you have a health care need or question for yourself or a loved one, contact Main Line Health's Senior Care Line at 484.580.1234 or email to mlhseniors@mlhs.org. Our social workers serve as a resource for seniors and their caregivers to address questions, provide guidance and connect you with health care services and community organizations, including:

- Physician referrals and appointments
- Social and behavioral health support
- In-home care
- Senior day programs
- Educational and screening programs

Founded in 1985, Main Line Health is a not-for-profit health system serving portions of Philadelphia and its western suburbs. Main Line Health's commitment — to deliver advanced medicine to treat and cure disease while also playing an important role in prevention and disease management as well as training physicians and other health care providers — reflects our intent to keep our community and ourselves well ahead. A team of more than

10,000 employees and 2,000 physicians care for patients throughout the Main Line Health system.

At Main Line Health's core are four of the region's most respected acute care hospitals — Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital and Riddle Hospital — as well as one of the nation's recognized facilities for rehabilitative medicine, Bryn Mawr Rehabilitation Hospital.

Main Line Health also includes Mirmont Treatment Center for drug and alcohol recovery; Main Line Health HomeCare & Hospice, which includes skilled home health care, hospice and home infusion services; Main Line Health Centers, primary and specialty care, lab and radiology and other outpatient services located in Broomall, Collegeville, Concordville, Exton and

Newtown Square; Lankenau Institute for Medical Research, a biomedical research organization; and Main Line HealthCare, one of the region's largest multispecialty physician networks.

Main Line Health is the recipient of numerous awards for quality care and service, including System Magnet designation, the nation's highest distinction for nursing excellence, and the Mid-Atlantic Alliance for Performance Excellence (MAAPE) Excellence Award. Main Line Health is committed to creating an environment of diversity, respect and inclusion and has proudly embraced the American Hospital Association's #123forEquity Pledge to Act to eliminate disparities in care. We are dedicated to advancing patient-centered care, education

## AGE MY WAY

# Keystone First VIP Choice: your health, our mission

For MediaNews Group

Keystone First VIP Choice (HMO-SNP), a Medicare Advantage special needs plan for individuals enrolled in Medicare and Medicaid programs (dual eligibles), serves Bucks, Chester, Delaware, Montgomery and Philadelphia counties.

Who can enroll?

- Beneficiaries of Medicare with Part A and Part B.

- Residents of our service area.

- Beneficiaries of the state Medicaid program.

As a member, you have:

- \$0 copay for primary care provider (PCP) and

specialist visits.

- \$0 monthly premium.

- \$0 yearly deductible.

- Hearing

- \$0 copay for up to one supplemental routine hearing exam every year.

- \$1,500 allowance for hearing aids every three years.

- Vision

- Up to one supplemental routine eye exam every year.

- \$350 plan coverage limit on eyewear every two years.

- Dental

- \$1,000 plan coverage limit for preventive dental benefit that includes cleanings, oral exams, fluoride and dental X-rays.

- \$3,000 allowance for

comprehensive dental every year that includes minor restorations, dentures, denture repair and oral surgery.

- \$300 every three months, which may be spent on specific over-the-counter drugs and other health-related items.

Your Health is our mission, we help people get care, stay well and build healthy communities.

Keystone First VIP Choice is an HMO-SNP plan with a Medicare contract and a contract with the Pennsylvania Medicaid program. Enrollment in Keystone First VIP Choice depends on contract renewal.



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## AGE MY WAY

# Benefits to hiring Lisette Home Care Services

For MediaNews Group

Here are some benefits to hiring Lisette Home Care Services. With our services, you can remain in your home and independent longer.

Peace of mind that your loved one is safe when you can't be with them:

- Are they a fall risk and still climbing stairs to do laundry?

- Do they turn the stove on to cook something and then forget they did so?

- Are they eating? Do they have food in their home to eat?

- Are they showing signs of confusion or forgetful-

ness?

- Have they been experiencing difficulty with walking, balance, mobility?

- Unexplained weight loss or bruises been observed?

Alleviate feelings of stress or burn out resulting from caring for and keeping up with the needs of your loved ones. Don't let feelings of guilt, or having to be responsible for everyone's needs, push your needs aside.

Realizing that you don't have enough hours in a day to get everything done? Let us take some of the responsibility of caring for an elderly relative so you can

better focus on your kids, job, health, etc.

- If you recently had surgery and need temporary help while you are recuperating.

- When you or a loved one are disabled and need help getting through the day.

- Assistance so that an individual isn't neglecting their grooming habits and are clean in all aspects (bathing, dressing, and personal hygiene) of their daily lives.

- Keeping a home clean and free of clutter as to prevent a fire or safety hazard as well as to help prevent bugs or rodents entering

the home.

- Companionship visits and regular interaction to ward off depression and loneliness.

- Health and well-being for everyone involved. If you are sick, how can you be of assistance to anyone else?

We can help turn visits into pleasant experiences instead of opportunities where you are given a list of what needs to be done each time you stop by. Call us to see how we may be of assistance to you or a loved one now before a crisis occurs.

Lisette Home Care Services, 484-480-6669, servicing non-medical in-home needs since 2008.

## AGE MY WAY

# Delaware County Council is searching for centenarians

For MediaNews Group

Delaware County Council is searching for centenarians to honor at its annual Centenarian Luncheon, which will be held on Monday, May 16.

This will be the 20th year for this event and is always one of the highlights of the year.

Anyone turning 100 or older in 2022 is welcome to attend this luncheon at the Drexelbrook Banquet Center, 4700 Drexelbrook Drive, Drexel Hill.

In 2021, 26 centenarians attended the luncheon. Staff of the Delaware County Office of Services for the Ag-

ing (COSA) visited five centenarians in the community and mailed an additional 20 proclamations to centenarians' residences.

Centenarians and one guest are admitted for free. Additional guests may purchase tickets for \$25 each. Guests also receive a commemorative photo from the day along with a special proclamation from Delaware County Council.

The organization or facility that brings the most centenarians to the luncheon will receive a cash prize.

For more information or to register to attend the luncheon, contact Debbie Hedgepeth at 610-872-1406.

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## AGE MY WAY

# The importance of a primary care physician and how to find one

By Dr. Sophia Chang

As a primary care physician and someone who also trains young physicians in primary care, I believe very deeply in the importance of a meaningful doctor-patient relationship — particularly for seniors and those living with chronic conditions.

The relationship between a primary doctor and patient is so much more than just seeing the same person every year for your annual physical exam — it's a partnership in managing your health. Primary care gives us as doctors the opportunity to know you, understand what's important to you, and provide the best possible care for your specific needs and situation.

Having a primary doctor has been especially important during the pandemic, when in-person visits have been more difficult. Having a doctor who knows you and understands your needs makes telehealth (video and phone) visits easier and more convenient — they can help you stay on top of managing your chronic conditions and prescriptions.

Here are just a few of the many reasons having a primary care doctor is so important.

## Why you should have a primary doctor

1. They'll know you and what's important to you. Having someone who knows you, your medical

history, your preferences, and how you care for yourself is incredibly important. Your primary doctor sees you as the whole person you are — not just your medical conditions, or the one issue you're facing in that moment. They understand the role you play in your family, your history, your stressors, and your what brings you joy. Sharing your story and understanding both your physical and mental health, you and your doctor can work together to decide on the best care plan for you. Your primary doctor can help personalize that plan because they know you.

2. They can help manage chronic conditions long-term. Your primary doctor can treat and help you prevent a wide range of conditions. When needed, they also help coordinate the recommendations and care you receive from specialists. They're a key member of your health team who knows the chronic conditions you manage every day and understands the best way to help you manage the multiple issues that affect your health. If chronic conditions worsen or you experience an injury, having a doctor who knows the history of your condition is really important and helpful.

3. You'll feel comfortable with them. Choosing a primary doctor and seeing them regularly will help build up a relationship over time. You'll feel more comfortable each visit and will know you're seeing the same doctor every time. That element of com-

fort and trust will allow you to freely ask questions and have open and honest conversations about your health and lifestyle. Your primary doctor can also make trusted recommendations for other doctors and specialists as needed. Ultimately, you will receive a higher quality of care and will have a higher level of satisfaction.

At Clover Health, we work hard to reinforce a good, strong clinical relationship between a primary care provider and our members because we know the positive impact it has on health outcomes. To help strengthen that relationship further, we provide our doctors with a wonderful software tool called the Clover Assistant.

## What is the Clover Assistant?

The Clover Assistant is a technology tool that organizes all of our members' health information in one place, giving our doctors a full-picture look at their health and healthcare. Clover Assistant also makes personalized recommendations during each visit based on current treatment, medications, and clinical guidelines.

Doctors take in so much information — keeping up with the latest scientific recommendations and navigating through electronic health record systems — that they have less time to care for each patient. Clover Assistant makes it easier by organizing all of this

PHYSICIAN » PAGE 7

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## AGE MY WAY

# Edmacy Home Health Care helps seniors live independently

For MediaNews Group

At Edmacy Home Health Care, our professional caregivers can assist you or your loved ones when you want to stay in your own home safely and comfortably. Don't let age or disability keep you from living independently. We will provide you with the support you need and deserve!

Do your loved ones need services, such as personal care, homemaking, private duty, respite care, living-in services and relief care? Our professional caregivers are ready to address your specific home care needs. Contact us at 484-494-6070.

When you choose Ed-

macy Home Care, you can be sure:

- Our services are tailored to meet your individual needs.

- The quality of our services meets the highest standards.

- 24-hour service, including all holidays and weekends.

Your loved one can stay in the place that is most comfortable and familiar to them. Instead of adjusting to the schedules and routines of a care facility, a home care plan is customized to fit your family's needs.

Research shows that patients recover from surgery and illness faster and more successfully in the comfort of their own

home.

The personal nature of home care allows your loved one to be the primary focus of the caregiver. You won't have to worry about your loved one being alone and falling or getting injured while performing daily activities.

Our commitment lies in making your health and wellness our utmost priority. We have a team of dedicated and reliable home health aides and caregivers who are always ready to ease your burden and give you some peace of mind. So, if you need any of the aforementioned services, Edmacy Home Care is the right place for you.

## Physician

FROM PAGE 21

information so your doctor can focus more on you.

### What are the benefits of the Clover Assistant?

In the Clover Assistant, your doctor can easily see exactly what they need to know about you. With the right information available right at their fingertips, the focus can be on creating your personalized care plan.

Another thing doctors spend a lot of time on: figuring out health benefits to keep your costs low — and help prevent you from getting a big bill, especially at the pharmacy. The Clover Assistant shows doctors which drugs are covered and how much they'll cost, so they can prescribe the drugs that are most affordable for you.

The Clover Assistant also makes it easy to have a virtual (video) visit with your doctor.

You can have your doctor's appointment from the convenience and safety of your home.

### How to find a primary care doctor

In Clover Health's provider directory, you can find a primary doctor who is conveniently located in your neighborhood. You can also see if they're using the Clover Assistant. We believe that having a primary doctor is so important that we make sure cost isn't an issue for our members. Clover has a broad, open network, so it's easy to find a doctor nearby that's right for you with a low or \$0 copay — whether they're in or out of network.

In addition, we're constantly working to improve the Clover Assistant to make it even easier for the primary doctor to do a great job, which is why we recommend that primary care doctors use the Clover Assistant.

If you don't yet have a primary doctor and are a Clover

Health member, use our provider directory to find a primary doctor who uses the Clover Assistant today. If you already have a primary doctor you love and they're not using the Clover Assistant, you may want to recommend it to them to improve your care even further.

If you want to learn more about Clover Health, our Medicare Advantage plans, and our broad network of primary care doctors, give us a call today at 800-836-6890 (TTY 711) between 8 a.m. and 8 p.m., seven days a week, to speak with a member of our team. We're happy to help answer any of your questions.

Dr. Sophia Chang is the former Chief Clinical Informatics Officer at Clover Health, a tech company that manages care for its members as a Medicare Advantage plan. Chang continues to practice general internal medicine at San Francisco General Hospital as a UCSF faculty member. This blog was originally published on Clover Health's website, [www.clo](http://www.clo)

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



# Senior Games 2022



## EVENT SCHEDULE

### Monday, June 13th

**Pickleball Doubles-** 8:30 am  
Upper Chichester Field House  
8500 Furey Rd.  
Aston, PA 19013  
**Bocce-** 9:30 am  
Rose Tree Park, Media

### Tuesday, June 14th

**Pickleball Mixed Doubles-** 8:30am  
Upper Chichester Field House  
8500 Furey Rd. Aston, PA 19013  
**Singles Bowling-** 9:00am  
Sproul Lanes, Springfield

### Wednesday, June 15th

**9 Hole Golf-** 8:30am  
Clayton Park, Garnet Valley  
**Corn Hole-** 9:00 am  
Rose Tree Park, Media

### Thursday, June 16th

**Horseshoes-** 9:00am  
Governor Printz Park, Essington  
**Table Tennis-** 10:00 am  
Upper Darby Senior Center,  
Upper Darby

### Friday, June 17th

**Juneteenth Holiday**

### Monday, June 20th

**Wii Bowling-** 9:00 am  
Redwood Center, Upland Park  
**Swimming-** 12:30pm  
Ridley High School, Ridley

### Tuesday, June 21st

**Shuffleboard-** 9:00 am  
Ridley Township Swim Club, Folsom

### Wednesday, June 22nd

**18 Hole Golf-** 7:45am  
Paxon Hollow, Broomall  
**Doubles/Mixed Doubles Bowling-** 1:30pm,  
Sproul Lanes, Springfield

### Thursday, June 23rd

**Miniature Golf-** 9:00am  
Putt-Putt, Clifton Heights  
**Team Bowling-** 1:30pm  
Sproul Lanes, Springfield

### Friday, June 24th

**Track and Field-** 8:30 am  
Garnet Valley High School,  
Garnet Valley

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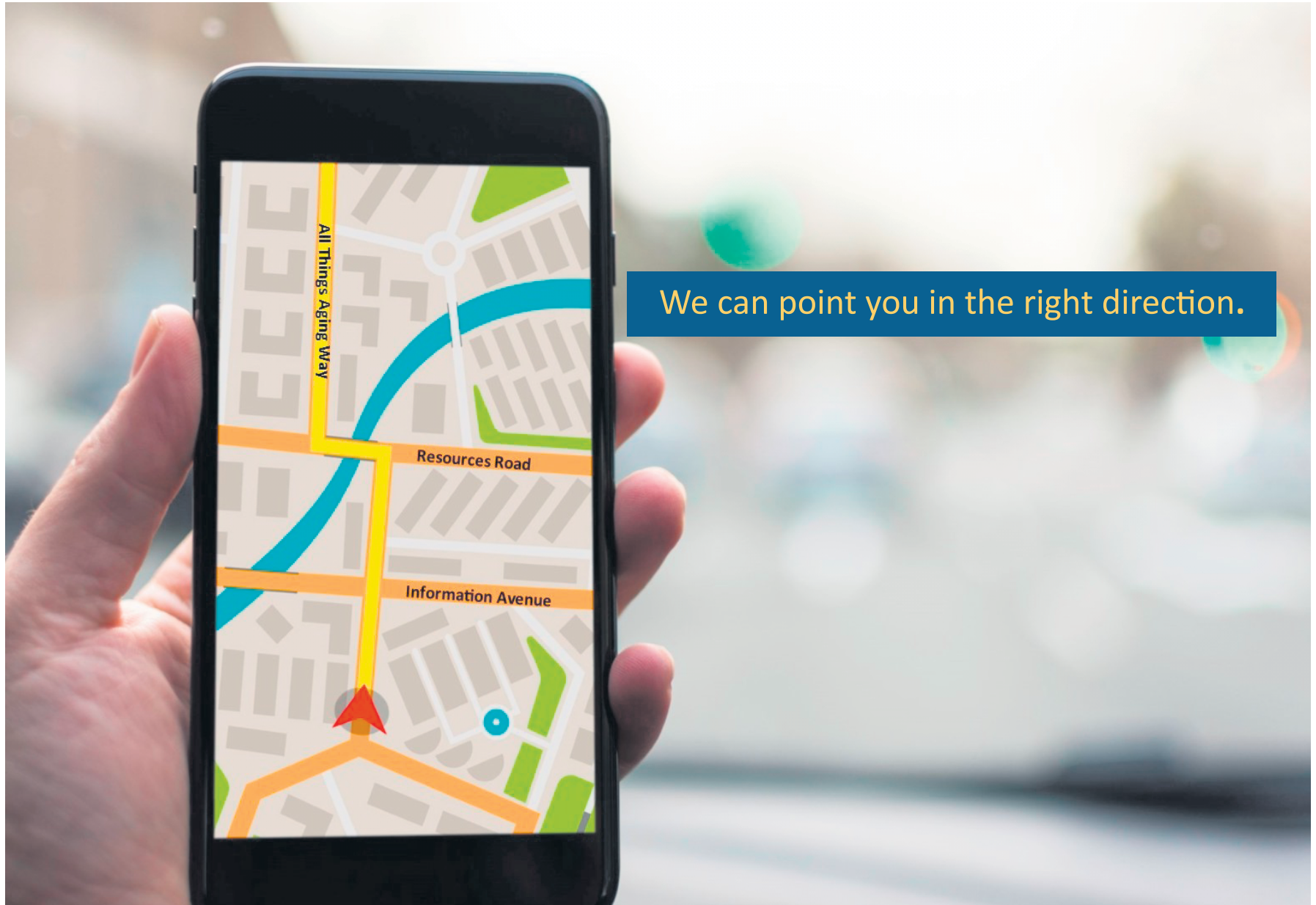
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Email: [info@edmacyhomecare.com](mailto:info@edmacyhomecare.com)  
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824 Main Street, Darby, PA 19023

# Have Questions About Aging?



610-490-1300



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

 Delaware County Office of Services for the Aging

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