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of Services for the Aging present...*

# Celebrate Age

**2018 Salute to Seniors and  
Older Americans: *A Force Awakens!***

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**CELEBRATE AGE****Celebrate Older Americans Month**

Across the country, older Americans — a rapidly growing population — are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being ac-

tive and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental and emotional well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. While the County of Delaware Services for the Aging (COSA) offers programs of service to older adults year-round, we will use OAM 2018 to focus on how older adults in our area are engaging with friends and family and through various community activities.

Delaware County's Foster Grandparent Program, which was established in 1965, celebrated its 50th anniversary in 2015. The program has 79 volunteers who spent over 75,000 hours of

service mentoring and tutoring, one-on-one, in Head Start, schools and childcare centers in Delaware County.

The Delaware County Ombudsman Program volunteers visit over 100 long-term care facilities, working to educate consumers and long-term care providers about residents' rights and good care practices, resolve complaints made by or for residents of long-term care facilities and provide information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues.

The COSA Ambassador Program relies on volunteers to promote public understanding of the programs and services available through COSA. Trained Ambassadors and

MONTH » PAGE 4

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**CELEBRATE AGE**

# Live a longer, healthier, more enjoyable life

Research has found that volunteering can help us live longer, stay well and enjoy life more. If you have time and want to get involved, then volunteering offers many rewards. Volunteering gives us satis-

faction, increases our self-worth and helps us make a difference.

Over 8,950 Delaware County residents benefited from services provided last year by the County of Delaware Office

of Services for the Aging-COSA. This wouldn't be possible without the valuable contribution made by volunteers.

A COSA volunteer is an extension of the dedicated staff and provides

a unique opportunity to serve the county, community and older adults. An important component of volunteering is educating and interacting with the community at information tables at senior ex-

pos, community fairs and health fairs. COSA Ambassadors are trained volunteers that educate the community about COSA programs and services while going about their professional and personal

life.

Anyone interested in being a volunteer or obtaining additional information about any of COSA's volunteer opportunities should call Marie Bonita at 610-490-1300.

## Month

FROM PAGE 3

volunteers are a presence at speaking engagements, information tables at senior expos, community fairs and social clubs, providing information that enable seniors to live an active, engaged life as they age in their homes and communities.

There are several opportunities to volunteer in the

community or the COSA office as well.

COSA's Health and Wellness Program has volunteer opportunities available for older adults as lay leaders to bring proven health and wellness programs to older adults in Delaware County. Clerical volunteers are also needed to assist with COSA's Health and Wellness Program functions.

Hundreds of athletes age 50 and older participate in the annual Dela-

ware County Senior Games in June. From its inception 28 years ago, the games have grown from a couple hundred participants to over 600. Athletes compete in a variety of sporting events located throughout the county. The games encourage residents to remain socially and physically active throughout the year and to maintain a healthy level of physical fitness.

Delaware County is home to eight COSA-spon-

sored senior centers. Today's senior center is a vibrant, action-packed combination of local fitness center, job and volunteering headquarters, transportation hub and tasty dining locale. Membership at the senior centers is open to all residents age 60 and over who can enjoy fun-filled trips, catch a movie, join a card game, participate in a craft group, take a whirl at line dancing or socialize over a nutritious meal. Senior

centers offer lifelong learning through classes in photography, creative writing, painting, gardening and computer and internet skills. There is something for every interest. Seniors can stay physically active with exercise classes such as yoga, Zumba, aerobics and the "Silver Sneakers" fitness program. There are also opportunities to volunteer.

For further information on any of COSA's programs or services, you may visit

www.delcosa.org or call (610) 490-1300. For information on the upcoming Senior Games, visit www.delcoseniorgames.org. For information on the Centenarian Luncheon or if you know a county resident turning 100 or older this year, contact Debbie Hedgepeth at (610) 872-1406.

— Denise V. Stewart,  
director, County of  
Delaware Services for the  
Aging (COSA)

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**CELEBRATE AGE**

# County Council encourages seniors to 'Engage At Every Age' in 2018

Delaware County Council is pleased to recognize the many contributions of Delaware County's senior citizens during Older Americans Month.

Every year since 1963, May has been designated as Older Americans Month to celebrate the vitality and achievements of senior citizens.

This year's theme, "Engage at Every Age," emphasizes that you are never too old, or young, to take part in activities that can enrich your physical, mental and emotional well-being. This month-long celebration also highlights the many ways in which older adults make a difference in our communities.

Nearly one in every five County residents is a member of the senior generation. County Council recognizes the contributions of seniors to our businesses, our volun-

teer organizations, our veteran groups, our churches and many other valuable activities.

During the month of May, we encourage our seniors to attend the Senior Living Expo on May 4 at Harrah's Philadelphia Casino & Racetrack in Chester. Residents 50 and older can come learn about the many county services that are available to them and their loved ones.

One of our favorite annual events is the Centenarian Luncheon, when we recognize Delaware County residents who are 100 years or older. That wonderful celebration is May 23 at the Drexelbrook.

Another popular event is the Senior Games, which begin on June 11. Every year, seniors compete in bowling, shuffleboard, billiards, Wii Bowling, table tennis, golf,

swimming and track and field. Please be sure to check out the Senior Games website at [www.delcoseniorgames.org](http://www.delcoseniorgames.org) for registration information.

County Council values senior citizens and is dedicated to helping them navigate today's challenging economic climate. Several county offices can provide information, referrals and resources that can be of valuable assistance to senior citizens.

Through the County Office of Services for the Aging (COSA), Council is dedicated to helping seniors who need assistance in maintaining their independence, dignity and quality of life. COSA offers many helpful programs including health insurance counseling, legal services, in-home supports and community-based services, nursing home eligibility, senior centers and much more.



There are also several programs and plenty of opportunities to "Engage at Every Age" offered through COSA. Through service programs and volunteer opportunities such as becoming a fos-

ter grandparent, seniors continue to enrich the lives of others and give back to their communities.

To learn more about how to be safe and healthy, County Council encourages senior cit-

izens and their families to contact COSA if they have a question or concern. You can visit the county website at [www.co.delaware.pa.us](http://www.co.delaware.pa.us) and sign up for the county's e-newsletter to stay informed.

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## CELEBRATE AGE

## Foster grandparent volunteers — shaping the future

Even though she's served as a Foster Grandparent Program volunteer for nine years, Ms. Jeanette Ricketts says the time has flown by.

very morning, Ms. Ricketts walks around the corner from her home in Chester, PA to SLC — Stevens Learning Center to volunteer as a mentor and tutor for children spanning second to ninth grade who have unique educational and emotional challenges.

"I feel needed here," she says as she sits with the children, helping them practice reading and writing skills.

As a self-labeled stickler for children getting an education, Ms. Ricketts enjoys helping the children learn in fun, creative ways.

"At first, she didn't like math," Ms. Ricketts says of the little girl she's paired one-on-one with. "So I made it fun. And to see her come in now and be excited to do the math

because it's fun and she can do it, that's rewarding."

But beyond encouraging them to reach for higher goals in education, Ms. Ricketts says, "I want the children to know they're loved and that they have a voice."

And because of her, they do, according to her teacher: for one autistic student who rarely speaks, "because of Ms. Ricketts' encouragement with his social skills, he is beginning to come out of his shell." When it comes to helping the children improve, her classroom teacher reports, "Ms. Ricketts is a dependable, dedicated volunteer."

So what really keeps Ms. Ricketts volunteering as a foster grandparent?

"You have to love working with children," she says. "And when you look back and see that because of you, a future generation is positioned for success, that's rewarding."

Another dedicated foster

grandparent, James Martin Garrett Sr. — known as Mr. Martin among the second-grade class at Park Lane Elementary in Darby, Pa. — gets laughter out of volunteering: "Some people go down to the comedy club, but I just come here. The daily interactions with the children, their personalities — they make me smile; they keep me feeling young!"

Like other foster grandparents, Mr. Martin uses his education and life experience to engage the students with their academics. His love for math has allowed him to teach the second-graders creative ways to learn addition and subtraction, which his teacher reports has improved students' completion of homework and overall participation in class. Over the past semester, Mr. Martin is proud to have helped one student achieve two levels of growth in reading.

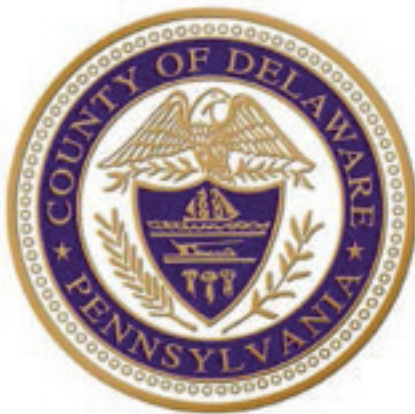
## CELEBRATE AGE

## AFGHAN DRIVE SUPPORTS OMBUDSMAN PROGRAM



The Delaware County Ombudsman Program volunteers work to educate consumers and long-term care providers about residents' rights and good care practices, resolve complaints made by or for residents of long-term care facilities and provide information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues. Neumann University's Social Work Program and Honor Society sponsored an afghan drive to benefit the Delaware County Ombudsman Program. Pictured are, from left, Rina Keller, director of field placement and assistant professor at Neumann; Rahmah Allen, Delaware County Ombudsman coordinator; Nicole Sipp, Neumann student intern and assistant Ombudsman; and Terry Levine, Ombudsman supervisor. To learn more about the Ombudsman Program or to become a volunteer, contact Rahman Allen at (610) 872-1868.

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



# Senior Games 2018



## EVENT SCHEDULE

\*NOTE CHANGE IN LOCATION

### Monday, June 11th

**Bocce** - 9:30 am  
Rose Tree Park, Media

### Tuesday, June 12th

**Singles Bowling** - 9:00 am  
Sproul Lanes, Springfield  
**Table Tennis** - 10:00 am  
Upper Darby Senior Center

### Wednesday, June 13th

**9-Hole Golf** - 8:30 am  
Clayton Golf Course, Garnet Valley  
**Singles Billiards** - 9:30 am  
Drexeline Billiards Club, Drexel Hill

### Thursday, June 14th

**Pickleball Doubles** - 8:30 am  
\*BYC's O'Donoghue Fieldhouse, Concordville  
**Doubles Billiards** - 9:30 am  
Drexeline Billiards Club, Drexel Hill

### Friday, June 15th

**Pickleball Mixed Doubles** - 8:30 am  
\*BYC's O'Donoghue Fieldhouse, Concordville  
**Horseshoes** - 9:00 am  
Veteran's Park, Broomall

### Monday, June 18th

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

### Tuesday, June 19th

**Shuffleboard** - 9:00 am  
Ridley Township Swim Club, Folsom  
**Darts Exhibition** - 10:00 am  
Redwood Community Center, Upland Park

### Wednesday, June 20th

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

### Thursday, June 21st

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

### Friday, June 22nd

**Track & Field** - 8:30 am  
\*Upper Darby High School, Upper Darby

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## CELEBRATE AGE

# Be empowered; take control of your health. COSA can get you there.

The theme for Older American's Month this May 2018 is "Engage at Every Age." The County of Delaware 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 Senior Health and Wellness Program provides tools that engage and empower adults age 60-plus to take control of their health. These offerings are "evidence-based," which means they are proven to make a difference in your life.

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

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

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

- **Chronic Disease Self-Management and Diabetes Self-Management Pro-**

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

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

- **WISE Program (Wellness Initiative for Senior Education):** Developed by the New Jersey Prevention Program, this award-winning program offers six two-hour sessions once a week that cover a wide range of topics such as the aging process and how to make healthy lifestyle choices; risk factors and behaviors you should avoid to stay healthy; how

**COSA also has opportunities for older adults to give back to others as volunteer lay leaders who bring these programs to older adults in Delaware County.**

alcohol, prescription medications and over-the-counter medications affect se-

niors differently and how you can avoid problems; how to use simple tools to help you feel more empowered about your health and the healthcare you receive; and celebrating this exciting stage of life and the benefits that come with it.

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

## CELEBRATE AGE

## Dom Care: 'More than a place to call home'

The Domiciliary Care, or "Dom Care," program offers an alternative housing option to people who are 18 years and older and cannot live independently due to a physical, cognitive or visual disability. The Domiciliary Care program depends on caring and compassionate providers who are willing to open their homes and hearts to individuals who need a little extra support with their daily activities but still wish to maintain as much independence as possible in a home-like setting.

Domiciliary Care providers do more than just give room and board. Providers help with laundry, supervise medication usage, provide three nutritious meals a day, reinforce good personal hygiene, coordinate medical appointments as well as give caring and individual-

ized attention. The Domiciliary Care providers receive a non-taxable stipend for Domiciliary Care residents.

If you have a generous spirit and an extra room in your home, consider becoming a Domiciliary Care provider. We are accepting applications for ranch-style homes and homes with an available bathroom on the first floor; access to nearby public transport essential. Homes must be located in Delaware County.

If you are interested in becoming a Domiciliary Care provider or would like to make a referral for an individual who would benefit from Domiciliary Care services, contact COSA's Housing Director Sharrisse Stanford at 610-499-1965 or visit COSA's website, [www.delcosa.org](http://www.delcosa.org), and click on the "Community Services" link.

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**CELEBRATE AGE**

# Want to stay at home as you age?

Today, most senior citizens prefer to stay in their own homes as long as possible. The choice to “age in place” is gaining popularity for many valid reasons. With medical advances, people are living and staying healthier longer than ever before. An expanded menu of in-home services available for seniors today — such as personal care and companionship, home modifications and assistive and medical devices — means that more Americans have the option to maintain their independence at home than ever before.

According to the U.S. Administration for Community Living, Americans who live to the age of 65 can expect to live an additional 20 years on average. Seven out of 10 are likely to need assistance with daily living for three of those years. This means that if — like most

Americans — you prefer to “age in place” in your own home, you are likely need home health care services at some point in your life.

Choosing to invite caregivers into your life is a big decision. The first step to making the right choice for you is to understand all available options and how they are paid. There are different levels of care available that can be customized, scheduled and delivered to meet your individual needs.

The three main specialties of home health care for seniors are:

1. **Personal care and companionship services:** These services — also known as assistive care — are for people who could use some extra help managing their activities of daily living (ADLs). Home health aides (HHAs) or certified nursing assistants (CNAs) usually provide

help with ADLs, which may include assistance with bathing, grooming, using the toilet and dressing; meal planning and preparation; light housekeeping, laundry and running errands; medication reminders and picking up prescriptions; general companionship, escorts to appointments (like the doctor), church or meetings; and help with hobbies and activities (like exercise).

This kind of care is ideal for someone living with dementia or Alzheimer’s disease because it provides the supervision and peace of mind needed for them to stay safe and independent at home. Most reputable providers offer services for two to 24 hours a day, seven days a week, including the option for live-in help.

Payment options typically include private pay, Medicaid, Workers’ Comp, Veterans’ ben-

efits or long-term care insurance.

2. **Home health care:** These short-term services are prescribed by your physician to help you with rehabilitation after an illness, injury, hospital stay or surgery, or to help manage a chronic medical condition with the goal of preventing an unnecessary hospitalization.

A clinician will visit you to assess your needs and then work with your insurance provider and your doctor to develop goals and a care plan customized just for you. Care is provided during one-hour home visits from specialized caregivers and continues until recovery goals have been met. Your visiting care professional(s) may be a nurse, physical therapist, occupational therapist, speech language pathologist, medical

social worker or home health aide.

Payment options include Medicare (provides 100 percent coverage when eligibility requirements are met), Medicaid and health insurance.

3. **Private duty nursing care:** Most seniors in the normal aging process do not need private duty nursing care. These services primarily are for people with chronic, complex medical needs or conditions, such as ALS, a spinal cord or traumatic brain injury, or a tracheostomy and ventilator to aid breathing. Registered nurses (RNs) or licensed practical nurses (LPNs) provide these clinical care services in partnership with your physicians. Depending on need, these services are available from two to 24 hours a day, seven days a week.

Payment options include health insurance, Workers’ Comp, Medicaid, veterans’ benefits and private pay.

Is it time for hospice care? If you are seriously ill and a physi-

cian has given you a life-expectancy prognosis of six months or less, home hospice care services can provide you and your family with comprehensive end-of-life medical, social, emotional and spiritual care. Care is designed to connect you with needed resources and provide comfort, support, and peace of mind for you and your family.

Choosing the right provider is key.

You’ll want to make sure the provider you choose is appropriately licensed, offers 24/7 support if you need to reach them and hires care professionals who are skilled, trained and thoroughly vetted. If your needs change over time, choosing a comprehensive care provider lets you seamlessly adjust your care plan and services without having to change providers. A reputable provider also should help you navigate your insurance coverage and payment options, manage your insurance paperwork and bill your insurance providers directly.

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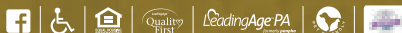
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## CELEBRATE AGE

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

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

Always Best Care Senior Services of Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware, a leader in in-home care and free assisted living referral services is just a telephone call away and can offer all of the assistance you are urgently seeking to allow your loved one to 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," states Bryant M. Greene, owner/administrator of Always Best Care Senior Services of Philadelphia, Bucks and Delaware Counties and the Main Line and Always Best Care Delaware. "By spending time with our clients before assigning a caregiver, we get a true sense of their personality. In some ways, we are like a matchmaking service because it is important that we assign a caregiver we believe will be most compatible with our seniors.

"In addition," he relates, "overall we offer the most involved in-home assessment. We go the extra mile

to match up our clients with the caregiver who will provide the best fit."

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

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 notes.

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

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

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

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

facilities until you find the best one for your loved one."

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

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

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

It is a DPW (Department of Public Welfare) Medicaid Provider, so DPW 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 No. 1 franchise in the company.

For additional information and a free no-obligation consultation, call 267-812-5744 or visit them on the web at [www.abcp PhillyBristol.com](http://www.abcp PhillyBristol.com). The company maintains offices at 1172 South Broad Street, Philadelphia, PA 19146, 668 Woodbourne Road, Suite 105 and 106, Langhorne, PA 19053, 421 Church Lane, Yeadon, PA 19050 and at 101 S. Cleveland Avenue, Wilmington, DE 19805, 302-409-3710 or on the web at [www.alwaysbestcaredelaware.com](http://www.alwaysbestcaredelaware.com).

**CELEBRATE AGE**

# Apprise Medicare program can make your spring even rosier

As the saying goes, April Showers brings May flowers, and thankfully spring has sprung from March's four nasty nor'easters, and we all are anticipating the warmth that the spring and the summer months will bring.

In comparison, Medicare enrollment can feel like a monster storm for some new Medicare beneficiaries enrolling for the first time. The Apprise program's assistance to Medicare beneficiaries during the months of spring and summer can be a warm relief as a spring day or a refreshing experience of the sweet aroma of a dozen of long-stem roses.

The Senior Community Services (SCS) Apprise Program of Delaware County can make the beginning of your maturation process into the world of Medicare blossom with five easy steps:

**Step One:** Apply for Medicare

Enrollment into Medicare begins at age 65 or if you have reach your 25th month of disability while on Social Security.

You may apply for Medicare Part A (Hospitalization) and Part B (Medical) by contacting the Social Security Administration and applying at one of the local offices in Delaware County or applying online at [www.ssa.gov](http://www.ssa.gov).

There is a seven-month window to enroll in Medicare — three months before your 65th birthday, on your birthday or three months after your birthday. For persons receiving Social Security Disability benefits, there is a similar seven-month window revolving around the 25th month of disability.

**Step Two:** Decide if you would like to have Medicare Part B

Medicare will inquire if you would like to have Part B (Medical) or whether you would like to defer or decline your Medicare Part B

because you plan to continue to work or you have an Employer Plan or spouses Employer Plan insurance. If you defer/decline your Medicare, let Social Security know or if you were mailed a Medicare Part B Enrollment Notice Card return your Medicare Part B Enrollment Notice Card back to the Social Security declining your Part B because you will continue working or have health insurance through an employer plan.

**Step Three:** Contact the Senior Community Services Apprise Program of Delaware County to meet with an Apprise volunteer counselor

Senior Community Services' Apprise Program of Delaware County has 19 locations throughout Delaware County where you may schedule a one-hour Medicare counseling appointment with a Medicare counselor to discuss whether you would like to have Original Medicare with separate Prescription Plan (Part D) vs. a Medicare Advantage Plan (HMO/PPO) with the Prescription Plan (Part D) included. In addition, you may discuss with your Medicare Counselor information about Medicare Cost Sharing Programs that could help to pay for some of your Medicare Cost i.e. (Part B Premiums, Copays, Deductibles, Extra Help Program, Medicare Savings Programs and/or Pace/Pace Net Programs). Your Apprise counselor can discuss with you how to purchase a Part D Prescription Plan and/or Supplemental Plan that covers the 20 percent that Medicare does not cover. If you have questions concerning scheduling an appointment, you may contact the Apprise Program Office at 484-494-3769, email [APPRISE@scs.delco.org](mailto:APPRISE@scs.delco.org), or visit our online website at [www.apprise.state.pa.us](http://www.apprise.state.pa.us).

**Step Four:** Decide your choice of Medicare

Decide whether you would like to use Original Medicare with a separate Part D Prescription Plan and possibly choosing a Supplemental Plan or whether you would like to use a Medicare Advantage Plan (HMO/PPO), which includes your Medicare Parts A, B and D all on one Medicare insurance card.

**Step Five:** Comfortably with confidence begin using your Medicare coverage

Once you receive your Medicare card and other insurance cards i.e. (Medicaid card, prescription plan card and/or supplemental plan card) by mail. Find a doctor who is accepting Medicare patients. Make sure if you chose a Medicare Advantage Plan (HMO/PPO) that the doctor you choose and the hospital you use are in the plan's network.

Following your choice of doctors, schedule your "Welcome to Medicare Examination Visit" with your primary care doctor. Lastly, make sure when you attend your "Welcome to Medicare Examination Visit" you bring all your insurance cards with you to the visit. If you have Medicaid or a supplemental plan, these insurance cards will help to pay your Medicare 20 percent expenses, so you want to present these cards at your initial Medicare visit, as well as all Medicare visits. Presenting these cards at each visit will help you not to be responsible for paying bills that you should not have to pay.

Following these five easy steps pertaining to Medicare enrollment will allow you to take time to smell the roses during this spring and summer season and leave your Medicare woes with the Senior Community Services Apprise Program of Delaware County.

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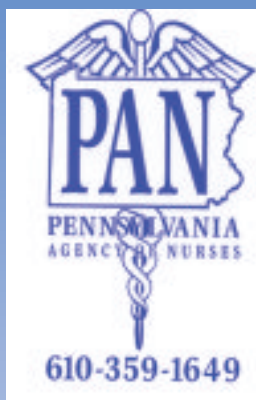


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## **CELEBRATE AGE**

# **Sterling Healthcare and Rehabilitation Center committed to standards of excellence**

Sterling Healthcare & Rehabilitation Center, located in the heart of Pennsylvania's Delaware County, not far from Philadelphia, is dedicated to serving the needs of the community with subacute rehabilitation, post-hospital recovery and long-term care.

Surrounded by manicured gardens and rolling lawns and graced by an invigorating fountain, Sterling's entrance is a majestic one. Step inside our sun-drenched interior and you will be enveloped by our elegant decor and warm ambiance. We take a holistic approach to providing quality, individualized care by embracing the mind, body and spirit of every resident.

Sterling Healthcare features a rehabilitation gym led by highly trained, specialized rehab professionals, buffet-style dining, an array of luxurious comforts and amenities and a dynamic staff. Individuals recovering from surgery or illness will find Sterling to be the ideal environment for transitioning from hospital to home.

As an integral part of the Media community, we ensure that our residents maintain a continued involvement with the outside world. Outings to local restaurants and plays occur regularly, and local volunteers participate in our Adopt-A-Resident Program, which provides a sense of fulfillment to all involved.

Sterling Healthcare & Rehabilitation Center is a proud recipient of the following awards:

- Best in Leadership Quality Improvement Award from the Pennsylvania Health Care Association (PHCA) in honor of

the extraordinary quality of care, compassion and dedication provided to residents and their families

- Winner of the Person-Centered Care Leadership Award from Quality Insights of Pennsylvania

- Awarded Best in the Nation for nursing home activity programs by the National Certification Council of Activity Professionals (NCCAP) for monthly science programs

- Winner of Creative Forecasting's 2015 National Nursing Home Week Contest

- Re-Creative Resources, Inc. First Place National Winner of Star Award for "The Great Ticket Turn-in"

At Sterling, residents and families are an integral part of their own care, which increases patient satisfaction and the overall health care experience. Sterling is committed to sustaining strong relationships with the community, hospitals, physicians, specialists, home health agencies, inpatient rehabilitation centers and other providers of care to ensure well-coordinated care plans.

In addition, Sterling proudly sponsors and participates in National Healthcare Decision Day, Alzheimer's Walk, staff education, diabetic education workshops, caregiver support group and City Team holiday food and clothing drive and ongoing monthly meals. Sterling was the first-place winner of the Best Practice Award for its monthly science program, and our Therapeutic Recreational Department, led by Nancy Newman, was the recipient of the Star Award.

Florence, one of our residents, stated, "Everything about the activities make

me feel good; I feel happy as soon as I come through the door, singing and clapping. If it weren't for my great care, I wouldn't be able to enjoy all the activities."

Sterling offers residents "Wine and Cheese" gatherings, and, in the warmer months, residents and their families enjoy luaus, complete with a steel-drum band and fruity island drinks in the beautifully manicured garden. Two Sunday worship services and other local community involvement includes: Nativity BVM, Media Presbyterian Church, Blue Church, Baptist Church of Collingdale, Neumann College, Williamson College of the Trades and Penncrest High School "Poem in Your Pocket" and the "AM Prom."

Sterling Healthcare and Rehabilitation Center is a proud member of the Nationwide Healthcare Services family. Other Nationwide Healthcare Services facilities include: Brookside Healthcare and Rehabilitation Center (Abington, Pa.), Renaissance Healthcare and Rehabilitation Center (Philadelphia, Pa.), Laurel Square Healthcare and Rehabilitation Center (Philadelphia, Pa.), Regal Heights Healthcare and Rehabilitation Center (Hockessin, Del.) and Regency Healthcare and Rehabilitation Center (Wilmington, Del.).

For more information, or to plan a visit, please contact Joan Marie Hess MSW, LSW, director of community relations, at 610-566-1400.

Sterling Healthcare is located in downtown Media and is easily accessible via public transportation.

**CELEBRATE AGE**

# How to stay mentally sharp into old age

Many people experience a natural decline in their cognitive abilities as they age. The decline can range from occasional forgetfulness, such as not knowing where you left your car keys, to more serious issues like dementia and Alzheimer's disease.

However, others continue to stay sharp well into old age. So-called "superagers" perform just as well on tests of mental abilities and memory as people who are 60 years younger than them.

So why do some people retire early and decline quickly while others continue to write books, see patients or teach classes well into their 80s?

"Older adults who stay mentally sharp share a few things in common," says Armen M. Sevag, D.O., an internal medicine physician at Rose Tree Medical Associates, part of Crozer-Keystone Health System. "They typically continue to challenge themselves throughout their lives, both physically and mentally."

## "Superagers" Have Healthier Brains

In a recent study, scientists scanned the brains of superagers using an MRI as they administered various tests of their memory and cognitive abilities. They discovered superagers show very few signs of aging in key areas that act as communication hubs throughout the brain. These parts of the brain are involved with emotions, language, stress, regulating internal organs and coordinating the five senses. While these areas were thinner in people who showed cognitive de-



cline as they aged, they remained thick and robust in superagers.

## How Do You Become a "Superager"?

"Staying mentally sharp into old age is not easy, and it may be a combination of genetics and environment," Sevag explains.

While scientists are still working to pinpoint what differentiates superagers from everyone else, studies indicate that hard work — both physical and mental — may be the key.

In the same way that a bodybuilder pushes their muscles to failure in order to experience growth, superagers have a tendency to challenge themselves beyond their current limits to keep their brains healthy. Researchers believe that easy exercise, puzzles or online brain teasers designed to keep you sharp may not be enough. Instead, it requires moderate to vigorous exercise several times a week and the type of intellectual work that can sometimes make you frustrated or unable to find a solution.

There are several things you can do to improve your chances for staying mentally sharp as you age:

- **Work on your physical fitness:** Being physically fit safeguards your memory and cognitive abilities as you age. In one study, people who were inactive were 82 percent more likely to develop Alzheimer's disease than those who performed either moderate exercise for 30 minutes a day, five times a week; or vigorous exercise for 20 minutes per day, three times per week. Plus, staying fit will help you reduce your risks for cancer, diabetes and cardiovascular disease.

- **Embrace intellectual challenges:** Studies have shown that people with mentally challenging professions — such as doctors, pilots and professors — as well as those with advanced degrees maintain higher brain function while aging. These professions and levels of education show a lifelong commitment to learning, which is essential to staying sharp. Keep an open mind and look for opportunities to learn something new.

- **Stay connected with friends and family:** Staying connected to family and friends also provides the type of intellectual stimulation needed to remain sharp. Volunteering and other activities that put you in touch with the community has also been shown to improve memory and decision-making capabilities.

Becoming a superager yourself boils down to following many of the basic principles of healthy living: Eat a nutritious diet, exercise regularly and maintain your intellectual curiosity.

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## CELEBRATE AGE

# Living a very green life at White Horse Village!

Going green at White Horse Village means living green!

Living green comes naturally for the residents of White Horse Village, a 96-acre continuing care retirement community in Newtown Square. The community's bucolic setting attracts retirees who love spending time outside — from amateur gardeners to committed conservationists.

White Horse Village has focused on using sustainable landscaping practices and designing landscape elements to improve the watershed. The community has been recognized for its innovative environmental efforts by the Chester Ridley Crum Creek Watersheds Association. The resident-run Landscape Advisory Committee oversaw the identifying and tagging of more than 1,200 trees on campus — an effort that was recognized and applauded by Scott Arboretum of Swarthmore College. Metal tags were donated by the arboretum and then residents labeled and affixed them to the trees. The labels give the common name of each tree as well as its Latin nomenclature.

White Horse Village is part of the state wide Blue Bird Trail that connects to nearby Tyler Arboretum and Ridley Creek State Park. This is the third year that resident members of the White Horse Village woodshop were asked to make over 40 bird nesting boxes for the Willistown Conservation Trust's (WCT) Bird Conservation Committee. They made boxes for Kestrels (a kind of peregrine falcon), Eastern Blue Birds and other small birds.



The lumber for the boxes is provided by White Horse Village and a donation is given to the Woodshop for each completed box. Because of the White Horse Village boxes and the conservancy's own homeowner bird box program, over 325 bird boxes have been placed in the Malvern/Willistown/Newtown Square area.

This is the second year in a row that Pennsylvania Horticultural Society (PHS) awarded the Blue Ribbon for the Gardening and Greening Contest in the category of "Combination Garden, Community" to the Harvester's Garden at White Horse Village. Several garden plots are available for residents, as well as a plot for the chefs. Resident "Harvesters" plant a number of flowers and vegetables that are sold in the summertime at the weekly

farmer's market for a reasonable fee. The herbs that the chefs grow are used in their cuisine. Penn State also awarded the Harvester's with a blue bibbon.

On Saturday, June 11, from 11 a.m. to 1 p.m., visitors are invited to White Horse Village for Garden Day. The gardens will be glorious, and one can spend the afternoon strolling through the various gardens and courtyards as well as see some of the homes and apartments. The residents of White Horse Village certainly work hard to preserve the natural beauty of the campus, but they also play hard — fully enjoying all that the picturesque location has to offer.

535 Gradyville Road, Newtown Square, PA 19073; (610)558-5000; [www.whitehorsevillage.org](http://www.whitehorsevillage.org)

**CELEBRATE AGE**

# The connection between music and memory at JEVS At Home

In a small bedroom off of a quiet South Philadelphia street, Golia Abdulmalik sits in her chair. Leaning back against the pillows with her hands clasped across her waist, she meets my eyes and smiles.

Her daughter, Marvit Khalil looks at me and says, "It's the music."

Across Golia's ears is a pair of bright, white headphones. She is listening to her favorite Arabic Christian music.

What makes the experience so unique is that Golia, diagnosed with Alzheim-

er's and dementia, wasn't always so pleasant to be around.

Marvit explained that her mother has been living with the disease for many years. In the beginning, it was manageable, but as she progressed, she became increasingly agitated and depressed. She lost her appetite and had trouble sleeping.

That's when Marvit turned to music.

We all know how we feel when a favorite song comes on the radio. It has the ability to lift our spirits as we

dance and sing along. At other times, we choose a song to help express feelings of loss or sadness. For some, the connection lies in the music; for others, in the lyrics.

Neurologists continue to research the link between music and brain functionality, from the ability to recall information to the effect it has on feelings and emotions. What doctors do know is that listening to music is good for your brain. It reduces stress and can make you feel happier, while listening to sad music

helps process grief.

Music can also be a great motivator as it causes the brain to release dopamine, the chemical that makes us feel happy. The brain also releases oxytocin, a chemical that makes us feel more

kind and giving to others. Most importantly, music helps protect against cognitive decline and memory issues more than any other leisure activity.

As I get ready to leave Golia's home she waves at

me. I turn and meet her eyes. I hadn't really been sure she had seen me when I came in. She removes the headphones, looks me in the eyes, waves and says, "Bye." Then she asked for a sandwich.



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## CELEBRATE AGE

# When home caregivers become navigators

Caring for someone in their home means supporting their independence in many ways, and that usually includes their interaction with health care professionals.

As with most parts of in-home caregiving, health care conversations and visits are more productive with a plan. We've worked with too many families already who've had the "Oops, I forgot to ask" moment. It can cause unnecessary delays in getting the answers or treatment your loved one deserves, and it's just plain frustrating for all concerned.

One good start is to write things down ahead of time. All of those little things that occur to you over the course of your everyday interaction might add up to something to discuss with the doctor. The assorted aches and pains or difficulties or changes in mobility might be symptoms of a drug interaction or other condition. It's your doctor's job to make that decision.

Take notes at the appointment. If you're not accompanying your family

member on the visit, make sure he or she is prepared with a pen and notebook so nothing on your pre-appointment list is overlooked. Most offices are very good about providing after-care notes and other instructions in printed form, but some parts of your conversation with the professionals may not result in a written order.

Even if your loved one is comfortable going to appointments alone, it's a good idea to have a backup plan, particularly if the discussion might be emotional. We've all had the experience of receiving one piece of information that seems to erase everything else that was said before or after it, so having an extra set of ears in the room can increase understanding and eliminate confusion.

We also remind families to bring their calendars to the appointment. Many people rely on digital versions on mobile devices, so you might have your own with you already. Still, a follow-up appointment or scheduling a test might require transportation or just

another person to be present, therefore, having that availability easily accessible can save time and trouble.

If the visit includes new prescriptions, be sure to ask about the potential side effects of a new medication so you'll know what to look for. Also, make sure you understand how the new meds will interact with current prescriptions and even over-the-counter preparations your loved one might use at some point.

Finally, make sure the patient and the rest of her or his caring team understands what the next step is, whether it's testing or just the next wellness check. It's important to know what to expect so you'll be confident knowing when you should notify the doctor of any changes.

Your senior's independence depends on continued health. With your support, you can be assured that he or she not only is receiving quality health care advice, but is prepared to follow the healthy living steps the professionals recommend.





## CELEBRATE AGE

# The Aetna Story

“At Aetna, we’re building a healthier world,” says Mark Bertolini, chairman and CEO, in The Aetna Story, part of Aetna’s online annual report. The Aetna Story can be found on Aetna’s website at [www.aetnaastory.com](http://www.aetnaastory.com).

From the employees working together as a powerful force for change in health care, to the technology making health care simpler and more accessible for members, to the partnerships with doctors and health care systems across the country, we are putting our customers at the center of all we do and helping them along

their health care journeys.

“Building a healthier world means creating stronger connections with our communities — making health care personal,” Mark explains. “We’re focused on improving health where our members are, in their local communities.

“It is our privilege to join our members on their journey to live healthier lives.”

Please call our Medicare community and business development specialist, Kimette Johnson, at (215)734-9105, to see how Aetna Medicare is setting the standard in your community.

## CELEBRATE AGE

# Staying mentally well as we age

Many of us think of our senior years or retirement as a time to indulge in the activities we love, pick up new hobbies, travel or spend time with friends and family.

Unfortunately, these years aren’t always what we had imagined.

Instead, seniors are often plagued by feelings of loneliness, isolation and depression as they adjust to this new phase of life. According to the World Health Organization, 7 percent of adults age 60 and over are suffering from depression and — as the number of aging adults continues to grow — so, too, will this number.

These feelings can be a result of several factors. Some people may struggle

to define what comes next after a long and successful career. One person may be recently widowed or separated and saddened by a lack of companionship. A couple may be coping with an empty nest.

Poor or declining health can also worsen these feelings. Depression is common among patients suffering from chronic health issues like heart disease, Parkinson’s disease, multiple sclerosis and cancer, while hearing and vision loss often make seniors feel more isolated and can make it difficult to connect with those around them.

If you’ve been feeling lonely or depressed, talk to your doctor. They may be able to help you manage your symptoms by recommending lifestyle changes,

**According to the World Health Organization, 7 percent of adults age 60 and over are suffering from depression and — as the number of aging adults continues to grow — so, too, will this number.**

support groups, therapy and — if necessary — medication.

It’s not always easy to recognize the signs of depression in someone you love — or yourself. Look for signs that it might be

time to talk to your doctor, like:

- Sadness
- Feelings of worthlessness and guilt
- Loss of interest in normal activities
- Difficulty concentrating
- Poor memory
- Difficulty sleeping or sleeping too much
- Significant weight loss or weight gain
- Frequent thoughts of death or suicide
- Unexplained body aches and pains

Need more information? Call Main Line Health’s Senior Care Line to connect with resources within the community or for a referral to a physician at 484-580-1234 or by visiting [mainlinehealth.org/seniors](http://mainlinehealth.org/seniors).

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

**CELEBRATE AGE****Helping you secure today and tomorrow**

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

Social Security is with you through life's journey. May is National Older American Awareness Month, and we want to talk about one of the stages of our long journey together.

Social Security wants to put you in control of the benefits you receive from us. However, there may come a time when you need help managing your benefits. If that time does come, Social Security will be there to help. Our Representative Payee Program helps millions of beneficiaries who cannot manage their So-

cial Security or Supplemental Security Income benefits. This can be a child or an adult incapable of overseeing their own funds.

When we receive information indicating someone needs help managing their money and meeting their current needs, we can assign someone to help. Our Representative Payee Program provides financial management for the Social Security and Supplemental Security Income (SSI) payments of our beneficiaries who are incapable of managing their Social Security or SSI payments.

Your representative payee receives your payments on your be-

half and must use the money to pay for your needs, which include:

- housing and utilities;
- food;
- medical and dental expenses;
- personal care items;
- clothing; and
- rehabilitation expenses (if you are disabled).

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

A representative payee is usually a trusted family member or friend of the beneficiary, but when friends

or family are not able to serve as representative payees, Social Security looks for qualified individuals or organizations to represent the beneficiary. If you live in an institution, such as a nursing home or a hospital, the payee should pay the cost of your care and provide money for your personal needs.

Providing information about a representative payee is another way we help you secure today and tomorrow.

You can learn more by watching our series of training videos on the duties of a representative payee. You can also visit our representative payee website for more information.

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## CELEBRATE AGE

# Rehab can help your heart

Leading an active, healthy lifestyle is important for your overall health, especially if you recently experienced a heart attack or other cardiac event. When compared to their younger counterparts, older Americans are typically at a higher risk of complications from an adverse cardiac event, which can lead to prolonged hospital stays and progressive loss of quality of life.

Nearly 800,000 people in the U.S. have a heart attack every year. Cardiac rehabilitation not only can help a person recover from a heart condition but also prevent another cardiac issue in the future, according to the Centers for Disease Control and Prevention.

If you recently experienced a heart attack or heart failure, or had open-heart surgery or a stent implant, your doctor may recommend a cardiac rehabilitation program to guide your return to better health. Cardiac rehabilitation is a carefully structured and monitored outpatient program combining exercise and education to increase activity and improve health and well-being in a safe environment.

Accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation, the Cardiac Rehabilitation Program at Mercy Fitzgerald Hospital offers four program components: medical evaluation, physical activity, lifestyle education and psycho-social support. The goals of the cardiac rehabilitation program are to help you regain strength, prevent your condition from worsening and reduce your



risk of future heart problems.

## Medical Evaluation

A thorough medical evaluation helps your cardiac rehab team assess your physical abilities, medical limitations and other conditions.

"You will complete a six-minute walk test, which allows the cardiac rehab team to evaluate your vital signs, including blood pressure, heart rate, blood oxygen and overall health," said Cardiac Rehabilitation Program at Mercy Fitzgerald Hospital Medical Director Peter Correnti, DO. "Following the walk test, your team will tailor a cardiac rehabilitation program espe-

cially for you, ensuring it is safe and effective."

## Physical Activity

"One of the benefits of cardiac rehabilitation is it improves your cardiovascular fitness," said Dr. Correnti. "Endurance activities, such as walking or cycling, which you can do in the dedicated cardiac rehabilitation facility, are key elements in any cardiovascular rehab program."

You can also participate in strength training to increase your muscular fitness. Your cardiac rehab team will ensure the program moves at a comfortable pace for you, even if you have never exercised before.

## Lifestyle Education

Nutrition guidance can help you shed excess weight and learn to make healthier eating choices. Your cardiac rehab team will coach you on how to manage the pain or fatigue accompanying your heart condition and inform you of additional resources, such as smoking cessation classes or diabe-

tes support groups.

## Psycho-Social Support

Emotionally adjusting to a serious heart problem often takes time, and you may experience depression or anxiety, lose touch with your social support system or need to stop working for several weeks. Counseling, group support and stress management techniques provided by your cardiac rehab team will help you build healthy coping skills.

It is important to check and see if cardiac rehab is covered by your insurance. It is also important to keep your goals in mind. They may include increasing your endurance to im-



prove your health or staying more active.

"Cardiac rehab helps you improve both your health and quality of life after an adverse heart event and helps reduce risk for future cardiovascular issues," said Dr. Correnti.

The Cardiac Rehabilitation Program at Mercy Fitzgerald Hospital of-

fers rehabilitation sessions every Monday, Wednesday and Friday. Typically, patients participate in the program for six to 12 weeks.

To make an appointment with one of our experienced cardiac rehab care team members, call 610-237-4580 or visit [mercyhealth.org](http://mercyhealth.org).

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**CELEBRATE AGE****This isn't your grandma's senior center**

There is some misconception that senior centers are a place where older people go to read the newspaper and nap during the day.

Not anymore.

Today's senior centers offer a wide variety of programs and activities that cater to almost every interest.

Like to exercise? Try line dancing, Tai Chi or yoga.

Want to see what's new in the arts and crafts world? Join a Pinterest group, and check out what's hot in the crafting and cooking world.

Enjoy the arts? There's weaving, open art studio and jewelry making.

And for the guys? How about card games, walking club, iPad classes or pool?

Being part of a community center is one of the easiest ways to age well. That's because researchers believe that exercise, staying social



and eating nutritious meals are the "rule of three" for healthy aging. Surrey centers offer daily options in all three areas. By joining a center and participating on a regular basis, you will be on your way to aging well.

In most places, you can simply drop in for an activity or participate on a trial basis. What do you have to lose? Don't let the misconception about senior centers get in the way of a fun, fulfilling experience.



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**CELEBRATE AGE****Victorias' Home Care built on foundation of love, caring**

We are proud to be a provider in Pennsylvania supporting the Aging Waiver Program that provides services to those 60 and older. We built Victorias' Home Care on the foundation of love and caring!

Here is our story:

In early 2000, while providing care for their family members, Maria Dunlevy and Victoria Cebek recognized that there was a great need for home care in our area. Both Maria and Victoria were working in other professions at the time; however, they came together to establish Victorias' Home Care in 2003.

Since that time, Victorias' Home Care has strived to provide the best quality service to our clients. We continue those efforts each and every day, as we feel our clients are our family. We are dedicated to upholding the reputation and standard of excellence for which we are recognized throughout the community.

In addition to Maria and Victoria, other staff

members include registered nurses whose experience in medicine includes Cardiac and intensive care, geriatrics, head and spinal cord injury, traumatic brain injury, oncology and home health care.

Joan Plasco, RN, is our assistant administrator. She also works in the field with clients and serves as nurse educator to our caregivers.

Administrative staff members include Karen, our administrative assistant; Peggie, our staffing director; and Beth, who is our assistant business manager. It is our hope that all of our clients and families will become very familiar with each of these ladies and feel free to call them at any time if assistance is needed.

Victorias' Home Care employs only experienced, qualified caregivers. Each employee is required to submit to annual criminal background screenings, competency testing and ongoing training at our on-site training facility. We are extremely

proud of our caregivers and their dedication to our clients. Our caregivers are also part of the Victorias' Home Care family.

Terry Hudson, RN, is the administrator of Victorias' Home Care. Terry has been a registered nurse since 1998. Her specialty was oncology for nine years at a local hospital until 2007, when she was fortunate enough to be able to join the Victorias' Home Care family. It has been her distinct pleasure to direct and oversee the services that Victorias' Home Care has provided throughout Delaware County and beyond.

We appreciate when people put their trust in our services, and we strive to do everything possible to meet the needs of all of our clients. Our professional staff will work with each client to develop an individualized care plan, which will be tailored specifically to meet the immediate needs of the person for whom we are caring. Victorias' Home Care's team of caregivers is dedicated to providing exemplary care at all times.

Victorias' Home Care looks to establish long and rewarding relationships with our clients — relationships that we hope will grow upon trust and compassion. It is this philosophy that enables us to uphold our outstanding reputation in the community. We hope you will join our family.

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**CELEBRATE AGE**

# Taylor Hospice to be renamed Asana Hospice & Palliative Care

## Taylor Community Residence to be renamed Hospice House at Ridley Park

It is with great excitement that we announce our name change!

On Feb. 1, Asana Hospice & Palliative Care purchased the Taylor Hospice operations. As a result, beginning on April 1, the Taylor Hospice program has been renamed Asana Hospice & Palliative Care, and the inpatient hospice house associated with Taylor Hospice has been renamed the Hospice House at Ridley Park.

We will continue to provide excellent care with all the familiar faces under our new name; you can also expect the same commitment to customer service.

We are excited to bring the Taylor Hospice community program under the Asana umbrella. Asana is known in its

markets for having a strong commitment to patient care and for investing in its employees.

While we feel it is important to move forward with a new brand, we also wanted to honor the roots of Taylor Hospice in Delaware County and in Ridley Park in particular. We know that the Hospice House at Ridley Park will continue to serve the local population but also be a destination for all patients and families who are searching for a tranquil and home-like environment for hospice care.

The Memorial Gardens at the Hospice House at Ridley Park will remain fully accessible and community members and families are encouraged to visit.

**CELEBRATE AGE**

# What is UPMC Health Plan?

UPMC Health Plan is owned by UPMC (University of Pittsburgh Medical Center), a world-renowned health care provider based in Pittsburgh.

The UPMC Insurance Services Division — which includes UPMC Health Plan, UPMC WorkPartners, LifeSolutions, UPMC for Life, UPMC for You, UPMC for Kids and Community Care Behavioral Health — offers a full range of group health insurance, Medicare, special needs, CHIP, medical assistance, behavioral health, employee assistance and workers' compensation products and services to more than 3.4 million members.

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**CELEBRATE AGE**

# Retirement planning – more than just money

**By Michele O'Brien**

As you contemplate retirement, do you ever consider what you will do with your time? Many people think about their financial situation, but did you ever really think about what you will do on a daily basis? Once the excitement of not setting an alarm wears off—what then? Do you have actual plans for retirement or just a general idea of how you think it will be?

Our featured volunteer

thought that she knew what retirement would look like for her and found a whole different picture once retirement was a reality.

Meet Maureen: She has been a dedicated volunteer at Senior Community Services Schoolhouse Center for two years. She came to Schoolhouse after her retirement. Maureen had always been a busy woman. She worked a full-time job and raised two children after her husband passed away at an early age. Maureen said that she was naïve when it came

to retirement. She thought that she would be traveling like other retirees she knew but soon realized her reality was different. She also thought she would stay busy with her children but found that they and her grandchildren had very hectic schedules. Maureen found herself with little motivation to do things. Maureen said that she was “mourning the loss of her professional life.”

Maureen first visited Schoolhouse to discuss volunteering in December of 2015. She wasn't really sure

what she wanted to do, she just knew that she wanted to have something to do. Maureen said that she “always had Schoolhouse in mind, but just wasn't sure of the mission.” She quickly began volunteering in the Schoolhouse kitchen. Initially, she was completely overwhelmed at what she had gotten herself in to, so she panicked and left. Ron Parra, the meal supervisor at Schoolhouse, jumped in, called Maureen and urged her to return. With Ron's support, Maureen returned

to the center and eased back in to the kitchen volunteer role, and Maureen is so very happy that she did.

Maureen said, “The people at Schoolhouse welcome you, and they become your family. I wanted to help and I found a place to do that. I needed to have some structure in my day, and now I have that.”

She also says that this was the start that she needed. She also greatly appreciates the socialization that comes with her involvement at Schoolhouse.

While urging people to really prepare for retirement, Maureen talks about the benefits she gets from volunteering. She has gained and

learned so much through volunteering.

“People have the strength to overcome some great difficulties. I see members at Schoolhouse who have gone through tremendous ordeals, yet they still come here with the best attitudes. They appreciate the smallest things.”

Maureen encourages others to volunteer — confident they will find fulfillment and life enrichment through their involvement — just like she has!

If you would like to learn more about volunteering, please contact Michele O'Brien, director of volunteers, at 484-496-2149 or [mobrien@scs-delco.org](mailto:mobrien@scs-delco.org).

**CELEBRATE AGE**

# Sweet Home Healthcare offers compassion you can count on

Sweet Home Healthcare is a licensed, bonded and insured home health care agency based in Pennsylvania specializing in live-in and live-out services from

as little as four hours a day up to 24 hours a day, short-term and long-term assignments.

We have set out to distinguish ourselves from other agencies in the quality of our people, the reliability of our screening process, our communicative approach with our customers and the experience/tenure of our management personnel.

We firmly believe that our people make the difference. We screen our care providers thoroughly. Our aim is to ensure our clients receive the best care for their loved ones. We operate under the guiding philosophy: “Compassion you can count on.”

Sweet Home Healthcare was founded in 2012 with the sole focus of improving the quality of life for the sick and disabled in Pennsylvania. Providing long-term care for a sibling inspired our founder to start Sweet Home Healthcare.

At Sweet Home, we take the care and respect



for both patients and caregivers seriously and strive to ensure both every day. Our proprietary SeekFirst program focuses on individualized care for each consumer.

Today, Sweet Home works with over 2,000 consumers and caregivers and serves over 15 counties with locations throughout Philadelphia, Scranton and Harrisburg.

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## COMMUNITY

# RSVP links volunteers with dozens of community organizations

By RSVP

Rosemary Scapellati first heard of Troopons two years ago at an RSVP information session at the Wayne Senior Center. Volunteers clip, sort and mail manufacturers' coupons for food and other items to Support Our Troops in Daytona Beach, Fla., which relays them to U.S. military bases across the world.

The program saves individual military families hundreds of dollars in living expenses.

"I thought, 'This is really important!' So I said I'll do it," said Scapellati. "Thank you for your service' gets old after a while. This is a way to prove you're grateful."

Scapellati is one of about 1,250 volunteers who participated in RSVP programs in 2017. Most of the volunteers come from Montgomery, Delaware and Chester counties. Troopons is among dozens of volunteer opportuni-

ties offered in RSVP's Community Links program.

## How To Volunteer

"As the needs of the community change, what we offer has changed," says Margaret Brenner, the Community Links coordinator.

New community volunteer needs are listed by location on the RSVP website, [rsvpmc.org](http://rsvpmc.org) (click the Volunteer tab), and include several opportunities for weekend or evening assignments that accommodate volunteers' varied work and life schedules.

RSVP, a nonprofit organization, offers volunteer information sessions several times each month throughout the area. These public meetings give potential volunteers the chance to discuss their interests with an RSVP staff member familiar with a wide array of community needs and volunteer opportunities.

At the information sessions, "we may give a presentation about our impact and community links programs, tailored to opportunities where we're visiting. If just one or two people come, then we chat informally, getting to know about the individuals and their interests," said Brenner.

In addition to the RSVP's website and the information sessions, potential volunteers can explore opportunities by email at [volunteer123@rsvpmc.org](mailto:volunteer123@rsvpmc.org) or by contacting Marguerite Cuning at 610-834-1040 ext. 123.

## Community Links

For 45 years, RSVP has matched area volunteers with community opportunities. Currently, RSVP-managed Volunteer Impact Programs address specific community needs: child and adult literacy; veterans returning to school; student mentoring and tutoring; seniors needing trans-

portation, shopping assistance or Medicare counseling; and nonprofits seeking expert help.

In addition, RSVP partners with more than 200 agencies. These volunteer opportunities comprise the Community Links program that Brenner coordi-

nates. Roles range from fighting hunger through food pantries and Meals on Wheels to assisting at a thrift shop, hospice service, hotline or area museum.

"Food insecurity is a huge area of volunteer opportunity," said Brenner. "Hungry is a feel-

ing, but if you're food-insecure, you face so many difficulties. In addition to Meals on Wheels, our volunteers help out at several food pantries" such as Loaves & Fishes Food Pantry in Prospect Park or the Loaves & Fishes Food Cupboard in Jenkintown.

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Keystone First VIP Choice is a health plan that contracts with both Medicare and Pennsylvania Medicaid to provide benefits of both programs to enrollees. We are in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties.



[www.keystonefirstvipchoice.com](http://www.keystonefirstvipchoice.com)

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