

May 2022



From the Desk of Executive Director, Julie Gaudan

A big thank you to those who visited in April for our “soft opening”. It was so nice to see people coming back, joining us for lunch and activities. We have had questions about booster shots. There are no plans this spring to host a booster clinic at the Center, please contact your favorite pharmacy like Gateway for information. The booster shots are available for those over 50.

Happy Older Americans Month! This year, more than ever, we have something to celebrate. In addition to our normal activities, there will be many special events. May 4th is our Derby Day hosted by United Healthcare. Wear your fancy hat! May 11th, we will honor Mother’s Day with a tea party.

May 10th the Center is closed so the plumbers can install water bottle fillers on the lower level and main floor. However, you can join staff for a bus trip and the Reading Fightin’ Phils’ morning game. \$40 covers your ticket, transportation and box lunch. Space is limited so call Christine at 610-935-1515 x29 to check availability.

Center

Closed

May 10th

May 17th

May 30th

Bring your friends and family to our Open House – Thursday, May 19 from 3:00-6:00 pm. Take a mini-class (exercise, meditation, or fine art) and tour our new kitchen. Rover Transportation is available for this special event, make your reservation early. Speaking of Rover, Rover Transportation will partner with the Center for the Dogwood Parade on May 21. If all of this is making you hungry, tickets are available for our Annual Pancake Breakfast Sunday, May 22.

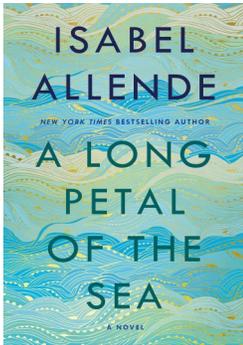
We are looking to begin breakfast service in the near future and our question to you is what time would you like to eat? Let us know!

Don’t forget to vote in the primary on Tuesday, May 17. We are a polling place for Phoenixville’s Middle Ward so we will be closed that day. Take this opportunity to exercise your civic responsibility.

We look forward to welcoming you back!

Julie

Book Club with Mark Pinto Monday May 23rd at 2pm



A Long Petal of the Sea by Isabel Allende

Set against a backdrop of war and upheaval, the novel follows two refugees from the Spanish Civil War, whose mock marriage gradually deepens into real love as they flee to Chile.

If you need a copy of the book or to register, please call 610-935-1515 ext 29

Watercolor Art Class Wednesday May 25th at 1pm

Bring your supplies \$5 fee

Art on Canvas—no class in May

Please pre-register by calling 610-935-1515 ext 29



Join us for Cash BINGO on Monday May 16th at 1pm

5 games for \$5

Call 610-935-1515 ext 29 to reserve your space.



HOW TO MAKE A
teacup fairy garden



Craft Day

Monday May 9th

at 10am Fee \$3

Join Christine as we
create Tea Cup Fairy
gardens

All materials will be provided. Supplies
may differ from photo.

Please reserve your space by calling 610-935-
1515 ext 29



Come style some
hats for Derby Day

Weds May 4th at
10:30 am Fee \$1



Let's play mini
golf at Markie's
(360 Schuylkill Rd)

on Friday May 13th at 1pm.
Fee \$7.25



Join us for a
Mother's Day Tea
Friday May 11th at 1pm

Piano Music provided by Christine Herman
Please call 610-935-1515 ext 29 for reservations



Join the Senior Center and Tower Health

Wednesday May 25th at 11am

as they present a roundtable health talk entitled

"Do You Know: Health Myths Debunked"

And stay for lunch afterwards!

Please call Christine at 610-935-1515 ext 29 to reserve your space for lunch by
Monday May 16th.

Depression in people over the age of 65

One in ten over the age of 65 experience depression. However, **depression is NOT a normal part of the aging process.** Since COVID, we have all experienced increased stress and we have all been exposed to social isolation and loneliness, two of the major risk factors for DEPRESSION.

Symptoms of depression include the following:

Lack of appetite, weight loss/gain, sleep issues, memory and concentration problems, feeling of guilt, shame, or worthlessness, lack of interest in activities you used to enjoy, and lack of motivation

If symptoms last for most of the day for a period of two weeks or more, **please** reach out to your doctor. Your doctor can work with you to create a treatment plan. They may prescribe medication or counselling.



We are moving **Silver Sneakers Yoga** to Thursday afternoons at 1pm and adding **Silver Sneakers Circuit** in it's place on Fridays at 8:45 am starting May 5th.

Come try a class!!

SeniorLAW Center will be holding a legal services intake clinic at the Phoenixville Senior Center on Tuesday, June 14th, FROM 10:00 AM UNTIL NOON.



Attorney Susan C. Nolen, Esq. and Legal Advocate Victoria A. Long will be at the Phoenixville Senior Center to assist you with legal questions concerning:

1. Financial exploitation/scams
2. An abuse situation.

They can also provide you with referrals to other legal and social resources, if your issue falls outside these areas of the law.



Want to join the Senior Center for a **Reading Phillies** morning game?

Game is Tuesday May 10th at 11am. Tickets are \$40 and includes transportation, game and a box lunch.

Limited number of tickets available.

Contact the Senior Center for more information or to purchase a ticket before May 1st.
610-935-1515 ext 29.

* Event is not handicap accessible

The Senior Center is looking for volunteers!

- **Kitchen help/prep**—volunteer will help with prep of lunch meals
 - **Reception Hostess**—check in participants
 - **Newsletter Assembler**—once a month
 - **Crafts**—help run craft day
- **IT help for seniors**—once or twice a month helping seniors with IT questions

Volunteers will have background checks and need to be fully vaccinated.

Please call 610-935-1515 ext 29 if interested

You're Invited

To join the Participants, Board of Directors and Staff
As we celebrate our Reopening with an
Open House

Thursday, May 19, 2022 3 pm to 6 pm

Reopening Ceremony at 4 pm

Come see our improvements, Experience one of our mini-classes,
Taste some treats from our kitchen, And share our excitement.

Phoenixville Area Senior Center

153 Church Street

Phoenixville, PA

RSVP 610-935-1515 or email joann@phoenixvilleseniorcenter.org



2022 Annual Vacation 50/50 DRAWING

\$10 FOR 1 TICKET \$25 FOR 3 TICKETS

Drawing pulled June 16 at our

Third Thursday Program, An Evening with Elvis

Go to www.phoenixvilleseniorcenter.org to purchase your

50/50 Tickets.

More info to come about Elvis.

FLIPPIN' FLAPJACKS FUNDRAISER



**RAFFLE
BASKETS**

**VACATION
50/50 RAFFLE**

SUNDAY, MAY 22

8 am – Noon

Phoenixville Senior Center

\$10 ADULTS \$5 Children 5-12

Under 5 Free

TICKETS AVAILABLE NOW

Call 610-935-1515 or click here

<https://bit.ly/PASCpancake>

All you can eat

Pancakes, Sausage, Eggs,

Juice, Coffee, Tea



We will celebrate our May Birthdays on Wednesday May 18th

Lunch at 12pm Entertainment at 1pm

Come for lunch and a sweet treat and stay for some good music with Kathryn Miller! Go to www.commmunity.copilot21.com or call 610-935-1515 ext 29 to reserve lunch by 5/9.



**Please join us in wishing our
May Birthday Participants
a very Happy Birthday!**

Sullivan Augustune

Susanne Balburnie

Ross Bently

George Bodrazic

Sharon Bortner

Dorothy Cappell

James Caracciolo

Kathleen Casner

Marge Christman

Willa DeHart

Robert Dennis

Jeri Eddy

Shirley Elnitski

Frank Geiser

Sandra Gelet

Valerie Hall

Marie Hedges

Roberta Helm

Fred Hoopes

Caroline Howell

Valoree Jones

Kiran Kapadia

Raj Kharbanda

Theodore Markoski

Eugene Mazek

Jim Mazzone

Susan McIntyre

Shelagh Miller

Joanne Moore

Nevin Myers

Joan Oister

Mary Owen

Peter Pieri

Marjorie Platco

Carole Pursell

Donald Rising

Richard Roth

Jean Smithies

Jeanne Trainer

Catherine Verish

Ruth Vogt

Linda Weiss

Cheryl Wilson

Dale Wormeck

Sandy Zimmermann

Reservations **must** be made by every Monday for the following week of meals.

Menu found at www.phoenixvilleseniorcenter.org

Meals are a \$2 suggested donation.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf w/ Gravy	3 Roast Turkey Special	4 Cheeseburger	5 Chicken Cordon Bleu	6 Baked Talapia
9 Country Fried Steak	10 Center Closed	11 Chicken Piccata	12 Penne Pasta w/ Meatballs	13 Glazed Ham
16 Pepper Steak	17 Center Closed	18 Open Faced Roast beef	19 Pulled BBQ Turkey	20 Chicken Marsala
23 Oven Roasted Chicken	24 Sausage & Pep- pers & Onions	25 Swedish Meatballs	26 Chef Salad	27 Chicken Pasta
30 Center Closed	31 Fish Patty Sandwich			



The Low Income Home Energy Assistance Program (LIHEAP) provides cash grants and crisis grants paid directly to your utility/fuel provider. Income limits: 1 person - \$19,320 2 people - \$26,130

The application deadline is May 6th, 2022.

We can help you apply! Call Cari at 610-935-1515 ext24.



If you are experiencing a heating emergency and need crisis assistance, please contact the Chester County Assistance Office at 610-466-1042 or the Montgomery County Assistance Office at 610-272-1752.



AARP CHAPTER 713

May 2022

PRESIDENT'S MESSAGE:

I was so good catching up with so many of you in April. We have some great programs coming up that you won't want to miss! And remember, bring a friend!

~Chuck Benz, President

“Act as if what you do makes a difference, because it does”

CALENDAR OF EVENTS/SPEAKERS

April 20	Board Meeting	10:00 AM	Presbyterian Church
May 4	General Meeting	12:15 PM	A Day at the Races
June 1	General Meeting	12:15 PM	Brian Marshall, Chief of Police
June 15	Board Meeting	10:00 AM	Presbyterian Church

UPCOMING PROGRAMS We are having a Day at the Races sponsored by United Health Care on May 4th. Wear your best Derby Hat too! On June 1st we are having Brian Marshall, Phoenixville's newest Chief of Police. June will be BRING A FRIEND month. If you bring a friend and potential member, you both eat free!

SUNSHINE AND SYMPATHY If you know one of our members or families who needs a pick me up, please email ktauber49@hotmail.com.

MEMBERSHIP The Board of Directors has set the dues for 2022 at \$9, no increase! Our membership dues cover the 2022 calendar year. You must present a National AARP card for 2021-22.

For 2022, dues will be collected at the April and May meetings or at the first meeting you attend in 2022.

OPPORTUNITIES TO HELP YOUR CHAPTER: Do you have a suggestion for an interesting program or speaker? Call Chuck @ 610 316 4102.

REDNER'S TAPE PROGRAM Arlene Griffin- Save your Redner's tapes! Reminder from Redners: Each receipt must be complete and include the 1% Save-a-Tape notation at the bottom of the receipt.

DID YOU KNOW that we have a Facebook page? Search **Phoenixville AARP** and you will find us!

Do you have a FREE LUNCH coupon from 2020 or 2021? Yes we will honor it!

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:45am - Games 12pm - Lunch 1pm - Scrabble</p>	<p>3</p> <p>9am - Walking group 10am - Mahjong 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>4</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Derby Hat Craft 12pm - AARP 12pm - Lunch 1pm - Derby Day</p>	<p>5</p> <p>9am - Walking group 10am - Duplicate Bridge 10:30am - Poker 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>6</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Games 12pm - Lunch 12:45pm - Games</p>
<p>9</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:45am - Games 12pm - Lunch 1pm - Scrabble</p>	<p>10</p> <p>Center Closed Plumbing Work</p>	<p>11</p> <p>8:45am - SS Circuit 9:45am - SS Classic 12pm - Lunch 1pm - Mother's Day Tea</p>	<p>12</p> <p>9am - Walking group 10am - Duplicate Bridge 10:30am - Poker 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>13</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Games 12pm - Lunch 12:45pm - Games 1pm - Markie's Mini Golf</p>
<p>16</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Craft 12pm - Lunch 1pm - BINGO 1pm - Scrabble</p>	<p>17</p> <p>Center Closed Election Day</p>	<p>18</p> <p>Birthdays Social 8:45am - SS Circuit 9:45am - SS Classic 12pm - Lunch 1pm - Entertainment 5:30pm - Medicare 101</p>	<p>19</p> <p>9am - Walking group 10am - Duplicate Bridge 10:30am - Poker 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>20</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Games 12pm - Lunch 12:45pm - Games</p>
<p>23</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:45am - Games 12pm - Lunch 1pm - Scrabble 2pm - Book Club</p>	<p>24</p> <p>9am - Walking group 10am - Mahjong 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>25</p> <p>8:45am - SS Circuit 9:45am - SS Classic 11am - Health Talk 12pm - Lunch 1pm - Watercolor class</p>	<p>26</p> <p>9am - Walking group 10am - Duplicate Bridge 10:30am - Poker 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>27</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Games 12pm - Lunch 12:45pm - Games</p>
<p>30</p> <p>Center Closed Memorial Day</p>	<p>31</p> <p>9am - Walking group 10am - Mahjong 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>1</p> <p>8:45am - SS Circuit 9:45am - SS Classic 12pm - AARP 12pm - Lunch</p>	<p>2</p> <p>9am - Walking group 10am - Duplicate Bridge 10:30am - Poker 12pm - Lunch 1pm - Pinochle 1pm - SS Yoga</p>	<p>3</p> <p>8:45am - SS Circuit 9:45am - SS Classic 10:30am - Games 12pm - Lunch 12:45pm - Games</p>

Weekly Programs at the Senior Center in person and on Zoom

Silver Sneakers Circuit—Intermediate \$2

Monday , Wednesday & Friday 8:45am

This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.

Silver Sneakers Classic –Beginner \$2

Monday, Wednesday & Friday 9:45am

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are used.

Silver Sneakers Yoga \$2

Tuesday and Thursday 1pm

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Walking with the Senior Center

Tuesdays and Thursdays at 9 am

Tuesdays outside at Black Rock Sanctuary

953 Black Rock Road, PA-113

Thursdays outside at Charlestown Park

100 Academic Way

In inclement weather on Tuesdays and Thursdays we will walk at Franklin Commons. 400 Franklin Way.

Mahjong

Every Tuesday at 10am

Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

In person Coffee Hour

Every day from 9:30am to 10:30am

Come for the coffee, stay for a class!

Library every day/all day

Take a book and bring it back when finished

Puzzles available all day in the library!

Games available for play at 10:30 every day & 12:45pm every Fri

Scrabble

Every Monday at 1pm

a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board

Duplicate Bridge

Thursdays at 10am

The most widely used variation of contract bridge in club and tournament play.

Social Stitchers

Thursdays at 1pm

Bring your own project to work on.

Pinochle

Tuesdays and Thursdays at 1pm

Pinochle is a trick-taking, Ace-Ten card game played with a 48-card deck.



Silver Service Program Helps Seniors at

PACS (Phoenixville Area Community Services)

The Silver Service Program delivers food that meets seniors' specific nutrition needs to their homes.

Here's how it works: qualified seniors place their orders over the phone, and we deliver the items to them at no charge. Who qualifies? Residents from Phoenixville Borough, Oaks, Mont Clare, Schuylkill Township, and East/West Pikeland Township who are 60+ years old and income eligible.

Please call PACS for questions and to enroll 610-933-1105.



Mobile Home Tax Reassessment Program

2022 Reassessment Forms Now Open

United Way of Chester County is continuing its important Mobile Home Tax Reassessment initiative and has an ambitious goal of completing 500 successful appeals this year. Partnering with Legal Aid of South-eastern Pennsylvania, LCH Health and Community Services and local food pantries, the Mobile Home Tax Reassessment program offers free assistance to mobile home owners in Chester County to file for property tax reassessment appeals.

Although some progress has been made, there is still work to do. There are 3,600 mobile homes in Chester County and only 27% have been reassessed.

To learn more about the Mobile Home Tax Reassessment project or to fill out the 2022 form, follow this link

<https://www.unitedwaychestercounty.org/our-impact/mobile-home-tax-reassessment/>

If you don't have internet and an email address,

Contact: [Darshana Shyamsunder](#), Senior Director, Community Impact Initiatives, at 610.429.9400 ext. 4112.Or

Cari can submit the forms for you but you will need to make an appointment come into the Center to sign the documents (610-935-1515 ext 24)



Wednesday May 18th from 9:30 to 11:30

They provide help with new/renew SEPTA Passes, property tax/rent rebate, unclaimed property and much more. Please call the center at

610-935-1515 ext 29 if you plan to come. Masks are optional but are requested for unvac-

MELISSA  cinated participants.

SHUSTERMAN
STATE REPRESENTATIVE



Thursday May 26th from 9:30 to 11:30

Medicare 101 Presentation

Wednesday, May 18th, 5:30-7pm, In Person and Zoom

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, or you just want to understand what this Federal program is all about, this session is for you. Members of the PA MEDI program, Pennsylvania's SHIP, a statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; explanation of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available for low income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentation.

Topics include: review of Medicare benefits, original Medicare and Medicare Advantage Plan options, Medicare prescription drug coverage and the drug plan finder, Medicare Savings Programs, Medicare Preventative Services, and Supplemental Insurance Medigap Plans.

This session will be available both in person at the center and on Zoom.

Registration is required. Please call the center at 610-935-1515, or email cforeman@phoenixvilleseniorcenter.com to RSVP.

Phoenixville Area Senior Center 2022 Annual Sponsors

Gold Sponsors



Phoenixville Federal Bank & Trust



United Healthcare/The Payton Agency



Fox Rothschild, LLC

Bronze Sponsor



Gateway Pharmacy



OWM Law

Join us for an information session on SNAP for Seniors Presented by the Coalition Against Hunger/SNAP Hotline

June 9th at 1pm

Preregister by calling 610-935-1515



SNAP (Supplemental Nutrition Assistance Program) is a government program that helps people buy the food they need for healthy lives. SNAP helps many people stretch their budgets because the money they would use on food can go towards other needs like medical bills, utilities, and rent.

Monthly Income Eligibility Limits for Seniors 60+:

\$2,147 (single)

\$2,903 (couple)



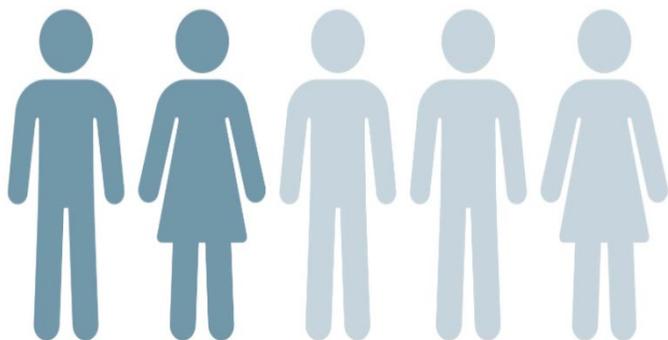
What is a Medical Expense Deduction?

If anyone in your house is age 60 or older or has a disability, you can count that person's medical expenses as a deduction on your SNAP application. If the medical expenses are over \$35, they will count as a deduction. This may help your household get a higher SNAP benefit amount.

What kind of medical expenses qualify for the medical deduction?

Health insurance premium payments • Co-payments for doctors or prescriptions • Dentures, hearing aids, and prostheses • Health care supplies and equipment • Home health aides • Eyeglasses, contacts • Any paid or outstanding medical bills • The cost of public or private transportation to health care appointments and pharmacies • **And more**

Too Many Seniors Miss out on SNAP



Nationally, only 42% (2 in 5)
eligible seniors participate in SNAP.

How does SNAP work?

People using SNAP receive monthly funds through a benefits card, similar to a debit card, to buy groceries at local stores or farmers' markets. The amount you receive each month depends on your income and family size.

How do you apply for SNAP?

To see if you qualify, please call the SNAP hotline at 215-430-0556. They have expert counselors waiting to guide you through the application process.

INFORMATION AND ASSISTANCE

In these challenging times, there is assistance available for those who need it. If you need help, please leave a message for Cari at the center 610-935-1515 ext 24 or send her an email at cforeman@phoenixvilleseniorcenter.org.

Here is a list of some of the available programs with their gross monthly income limits for a one-person household and asset/resource limits where applicable:

PACE/PACENET – helps to save money on prescription medication costs (PACE: \$1,208/PACENET: \$2,792)

LIS/Extra Help with Medicare Part D – helps with monthly premiums, annual deductibles, and co-payments (\$1,595, assets: \$13,110)

Medicare Savings Program – helps pay Medicare premiums, deductibles, coinsurance, and copayments depending on level of assistance (\$1,436, assets: \$7,860)

Medical Assistance – Medicaid for those with Medicare (1,063, assets: \$2,000)

SNAP – supplemental nutrition assistance (\$1,041, assets: \$3,500) ***EVERYONE who gets SNAP is getting extra benefits, called “emergency allotments” (EAs), in April 2021 and can spend them without worry. EAs are to help with food costs during the pandemic.***

Senior Food Box – supplemental canned and dry goods (\$1,595)

Property Tax / Rent Rebate help

LIHEAP/LIHWAP –(1 person - \$19,320; 2 people - \$26,130)



Pennsylvania's Prescription Assistance programs

for older adults, PACE and PACENET, offer low-cost prescription medication to qualified residents, age 65 and older. On February 21, 2022, the income limits for these programs will increase, allowing 100,000 additional Pennsylvania seniors to be eligible. The new income limits are as follows:

PACE: \$14,500 (single yearly income)
 \$17,700 (married yearly income)

PACENET: \$33,500 (single yearly income)
 \$41,500 (married yearly income)

Please contact Cari at extension 24 or at cforeman@phoenixvilleseniorcenter.org for assistance.

Emergency Rent and Utility Assistance for County Residents

The rent and utility grants are available to individuals and families in Chester County who are obligated to pay rent and who:

1. Qualify for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19
2. Demonstrate a risk of experiencing homelessness or housing instability
3. Have a household income at or below 80 percent of the area median - family of 1 = \$54,150 and family of 4 = \$77,300.
(Amount may be subject to change.)

To apply for funding, residents should **call 211** and request rent and utility assistance. Three housing organizations – Friends Association, the Housing Authority of Chester County, and Open Hearth, Inc., will work with the applicants, to process payments to landlords and utility providers.

Phoenixville Area Senior Center
153 Church Street
Phoenixville, PA 19460
610-935-1515
www.phoenixvilleseniorcenter.org
Electronic Service Requested

NONPROFIT ORG
US POSTAGE PAID
Southeastern, PA
Permit No.609

The Senior Center provides a meeting place for persons over 60 years of age living in the following areas: Spring City, Phoenixville, East and West Vincent, East and West Pikeland, Charlestown and Schuylkill Townships and the surrounding areas.

The Phoenixville Senior Center is supported by:
Chester County Department of Aging Services
Fundraising Events

Various Foundations
The generosity of individual donors



United Way
of Chester County



The Pennsylvania Council on the Arts, a state agency

Senior Adult Activity Center of Phoenixville Area is a 501(c)3 charitable organization, contributions to which are tax-deductible as permitted by law. The official registration and financial information of Senior Adult Activity Center of Phoenixville Area may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.