

WEST CHESTER AREA
SENIOR CENTER

45

EST. 1975

Enriching the lives of our senior neighbors through friendship, activities, education, nourishment and education.

JANUARY 2021 NEWSLETTER

OUR SENIOR CENTER, ALONG WITH ALL OF THOSE IN CHESTER COUNTY, REMAINS CLOSED UNTIL FUTURE NOTICE IN ORDER TO PROTECT THE HEALTH AND SAFETY OF THE SENIORS WE SERVE. WHILE WCASC IS WORKING HARD ON SEVERAL NEEDS FOR OUR FUTURE RE-OPENING AT A YET UNDETERMINED TIME, PLEASE KNOW THAT IT REQUIRES A GREAT DEAL OF FINANCIAL RESOURCES AS WELL AS PRIOR APPROVALS FROM BOTH THE COUNTY AND STATE DEPARTMENTS OF AGING. IN THE MEANTIME, WE CONTINUE TO DO EVERYTHING POSSIBLE IN OUR COMMUNITY TO SOURCE AND DISTRIBUTE FOOD TO SENIORS IN NEED AS WELL AS TO HELP WITH INFORMATION AND REFERRALS. PLEASE CONTINUE TO WEAR YOUR MASKS, WASH YOUR HANDS, AND STAY HEALTHY.



Lasagna Love

NEED A HAND WITH FEEDING YOUR KIDDOS?
YOUR NEIGHBORS WANT TO HELP!



1

VISIT OUR SITE
TO REQUEST A
FREE LASAGNA
DELIVERY



2

GET MATCHED
TO A
LASAGNA MAMA
IN YOUR TOWN



3

COORDINATE A
DELIVERY DAY
AND TIME



4

GET A
CONTACTLESS
DELIVERY



5

SIGN UP AGAIN
THE NEXT
MONTH!

WWW.LASAGNALOVE.ORG

West Chester Area Senior Center
A 501 (c)(3) Non-Profit (610) 431-4242

530 East Union Street
Website wcseniors.org

West Chester, PA 19382
Monday-Friday 8:00 AM – 3:00 PM

EDUCATIONAL OPPORTUNITIES FOR SENIORS!!

DELVAL'S CENTER FOR LEARNING IN RETIREMENT (CLR) IS PLEASED TO BE OFFERING 62 ONLINE PEER-LED COURSES AND SEMINARS THIS SPRING 2021 FOR RETIREES AND SEMI-RETIREEES! BE SURE TO BROWSE OUR SPRING 2021 CLR ONLINE BROCHURE AT WWW.DELVAL.EDU/CLR FOR A COMPLETE LIST OF COURSE OFFERINGS AND DESCRIPTIONS, MEMBERSHIP AND REGISTRATION INFO, AND MORE! THE SPRING TERM WILL BEGIN FEBRUARY 1 AND RUN THROUGH APRIL 23, 2021. ONLINE REGISTRATION OPENS MONDAY, JANUARY 4 AT NOON! *EXPLORE THE POSSIBILITIES!*



HENRY'S HELPING PAWS

Do you have a dog or a cat and worry about having enough money to buy food?

The West Chester Area Senior Center teamed up with the Pennsylvania Veterinary Foundation to bring you all your pet food needs so you and your pets can stay together during trying financial times! Veteranary services are also available on request.

If you are interested in participating in this program please contact: Dan Wilson @

danw@wcseniors.org or 610-431-4242 ext. 105

LONG-TERM EFFECTS OF SOCIAL ISOLATION & HOW YOU CAN COPE

This year, COVID-19 has been a major cause for social isolation across the world. As human beings, we are wired for meaningful connection. We strive to be able to interact with others—it is just the natural order of life! So when someone is secluded, cut off from others, negative health effects may result. These effects can be psychological, behavioral, or physical, or any combination of each.

Definition of Social Isolation

- Social isolation describes the absence of social contact, which can lead to loneliness.



- Isolation can involve staying at home for lengthy periods of time, having no access to services or community involvement, and little or no communication with other people.

Facts

- Social isolation affects 1 in 5 adults
- Older age is associated with less frequent social interactions, longer periods of time living alone, and higher prevalence of loneliness

Negative Effects on Health

Social isolation for a length of time can lead to:

- Depression, cognitive decline, and clinical dementia
- Chronic high blood pressure
- Decreased ability to fight infections
- Mobility problems and falls
- Death from heart attacks, strokes, and suicide

Monitor Your Feelings Daily

Ask yourself:

- Have my sleeping patterns changed?
- Do I have a negative outlook and generally feel hopeless?
- Have I lost interest in things I used to enjoy doing?
- Do I feel more tired or fatigued?
- Am I more irritable than usual? Has anyone told me I'm not myself, angry, or grumpy?
- Has my appetite changed? Am I eating much more or much less than usual?
- Has my weight fluctuated recently?
- Am I having frequent thoughts of death or suicide?

****If you answered 'YES' to ANY ONE of these questions, please contact your Primary Care Provider immediately to discuss.**



****If you are having thoughts of harming yourself or others, please call 9-1-1 or the National Suicide Prevention Helpline at 1-800-273-TALK (8255) for help.**

How to Combat Social Isolation

- **Pick Up The Phone** - Having a nice chat with a loved one can be helpful and fulfill the need for socializing.
- **Facetime or Video Chat** - If you have access to a phone with the technology or a computer with a webcam, you can have a video chat with a friend or a loved one.
- **Foster an Animal** - Having a pet keep you company has been shown to help ease anxiety and depression from isolation and just in general life.
- **Take up a hobby** - Rediscover an old passion, such as art, music, writing—anything that will feed your soul. This may help you stay busy and feel a sense of fulfillment.
- **Exercise** - Physical activity has long been known for its positive benefits on health. Exercise is a great way to release natural endorphins and relieve feelings of anxiety. It can be done alone or with someone else. Go for a walk, ride a bike, or if you have the ability, search online for an exercise video to do at home. There are so many available at the click of a button!



Senior HealthLink can help you stay connected!

Senior HealthLink now offers telephone “visits” to seniors in the area. These telephone calls range from a friendly and social conversation to more specifically checking in on your health status.

Please call **610-431-1852** if you'd like to learn more about this service. We look forward to serving you!





JANUARY BIRTHDAYS

1-January	14- January	23- January
Gerald Wilk	Marilyn Smith	M. Paulette Schaumann
John Voge	16- January	Barbara Morris
Margaret Dobek	Ann Moses	24- January
3- January	Tom Clark	Margaret Reitman
Martha Smith	Carolyn Birkhoff	Mary Belle Fabe
Janet Hoffritz	Betty Devine-Bruce	Cynthia Oursler
Bridget Hegarty	17- January	Mary Parkinson
4- January	Bernice Sanders	26- January
Mark Osmond	Nancy Milani	Carol Myambo
Maria Guzman	Nancy Wilson	Lois Ruth
5- January	Ronald Pernsly	Monica Drewniany
Anne Quigley	Cindy Allen	Eva Moebs
Daniel Kucera	18- January	27- January
6-Jan	William Ronayne	Myrtle Butcher
Nancy Holmes	Margaret Williams	Jeanette Merion
Joseph Nero	19-Jan	Judy Cosgrove
7-Jan	Alma Steinmetz	Robert Johnson
Kipp Stone	Laurence Reynolds	28- January
Sophia Varis	Nelson Aspen	Richard Merion
Dolores (Lori) Tygielski	Pamela O'Neil	William Devenney
Sue Degenhardt	Olga Soto	Arthur Sweatman
8-Jan	20-Jan	Elizabeth Lehmann
Mary Jane Gallagher	Sarah Finnaren	Kathryn Vanwinkle
9-Jan	Patricia Towne	29-Jan
Marie Mccarthy	Virginia Vonderheide	Douglas Fairchild
11-Jan	21-Jan	Nancy Fasnacht
Kathleen Casella	Ellen Doyle	Harriet Phillips
Patricia Brown	Phillip Nied	Robert Trott
12-Jan	Robert Burnett	30-Jan
Judy Kyper	Deborah Bledsoe	Emmett Brown
Elizabeth Zemenszky	22-Jan	31-Jan
13-Jan	Charles Young	George Rengert
John Sortino	Theresa Tatman	Dixie Peters
Harriett Lelli	Brigitte Leiling-Fritz	
John Melia	Sabeeta Mahadeo	

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Phone (610) 431-4242
Fax (610) 429-9296
Check us out on the web!
www.wcseniors.org

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neighbors through friendship,
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Non-Profit

Organization

US Postage Paid

Permit # 77

West Chester, PA

United Way Member Agency



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WEST CHESTER AREA SENIOR CENTER

The West Chester Area Senior Center, a non-profit organization, provides services and programs to persons sixty years or older without regard to race, color, creed, handicap, sex or national origin.

The Center is funded in part under a contract with the Chester County Department of Aging Services. Funding is also provided by the Chester County United Way, monies raised by the Board of Directors, Advisory Council, Planning Council, group donations, individual gifts and memorials, wills and bequests. All contributions are tax deductible to the extent allowed by law. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll free (within PA) 1-800-732-0999. Registration does not imply endorsement.

