

January 2014
Volume 38 Issue 1



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296
WWW.WCSENIORS.ORG
Monday-Friday 8:00 to 3:00



Eat Smart, Live Strong

Join us for this 4 week program where we discuss easy ways to make smart food choices and exercise more. The class will be Thursdays at 12:45 beginning January 16. Please sign up at the front desk or email at nikit@wcseniors.org.

Seated Abdominal Program

Having a well-conditioned abdominal wall is essential for the stability of your body, prevention of low back pain, and maintenance of good posture. Please join us January 8 at 12:45 to learn various *seated* abdominal exercises to help strengthen your core! (*rescheduled from Dec. 11*)

COMPUTER ROOM UPDATE

Through a generous donation from Ray and Ellen Doyle, the computer lab is now outfitted with 3 Windows 8 towers, 1, Windows 8 laptop and 2 Windows 7 computers, along with the usual Windows XP machines.

Structured Classes and Informal Assistance are now available for Windows 8, Windows 7, Windows XP, Apple Computers, iPads & Phones, Android Tablets and Phones and e-readers such as the Nook and Kindle. Digital Photography Processing & Editing, Scanning and Movie/DVD education classes are also available.

Contact Jim Mobile for info regarding all things technology at 610-431-4242 or by e-mail at IQStudios@aol.com

NEW ANDROID TECHNOLOGY FORUM

Doug Fairchild will coordinate this relaxed but informative forum on the 2nd Thursday of each month at 1:00 beginning January 9. Learn about cell phones, tablets, e-book readers, and other non-apple products.

Winter Storm Advisory

The WCASC will be closed due to weather conditions in accordance with the West Chester Area School District. If the schools are closed or opening late, WCASC will be closed, and there will be no Rover service. Please tune to 1520 WCHE or your local TV station for a list of school closings. On KYW, listen for number 851. There is also a link to the school district on our website.

The Hardy Perennial Garden Club will welcome Ken Leister from the Bluebird Society of Pa. on Monday, January 13 at 12:45. Come see pictures of bluebirds from hatching to flying and learn facts you never heard. Ken will show birdhouse plans and will be giving away a door prize of a blue bird house he made. At the conclusion, make your own pinecone/peanut butter feeder to hang in your own tree. Everyone is welcome to attend!

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan	<i>kathys@wcseniors.org</i>	Executive Director
Emoke Anderson	<i>ema@wcseniors.org</i>	Executive Assistant
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Lorri Sarosy	<i>lorris@wcseniors.org</i>	Resource Development Director & Business Manager
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Ellen McCabe	<i>ellenm@wcseniors.org</i>	Information & Assistance
Niki Treat	<i>nikit@wcseniors.org</i>	Health & Wellness Coordinator
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator
Joe Harvey	<i>joeh@wcseniors.org</i>	Meal Supervisor
Betty Daniels		Custodian
Nancy Magee		Office Assistant

INSTRUCTORS

Pearl Burger, Kay Croll, Barbara DeHaven, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Charlie Eisenfelder, Doug Fairchild, Mark Frison, Enrique Garcia, Wendy Keslick, Anthony Lorenzo, Mariane Peppler, Cynthia Tear, Debbie Williams, and Glee Young

WCASC will be closed on Monday, January 1 and Monday, January 20.

Upcoming Programs

- ShopRite Nutritionist, Natalie Zaparzynski, will discuss meatless slow cooker meals on Monday, January 6 at 12:45.
- Representatives from the Chester County SPCA will be at the Center on Friday, January 17 at 12:45 to discuss volunteer opportunities that are available.
- Sen. Dinniman's Constituent Outreach Representative will be at the Center on Wednesday, January 8 at 12:30. Stop by for assistance with state programs and for other information.
- The Diabetes Support Group will meet not meet in January. The February 13 meeting will discuss the impact of diabetes on our hearts and cardiovascular systems.
- Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will meet at the Center on Wednesday, January 29 at 1:15.

Reminiscence is reflection of an individual's past. The benefits of reminiscence are endless and include: increased quality of life, enhanced self-esteem, increased emotional well-being, and increased socialization and communication. Our reminiscing group will be changing to Thursdays at 10:45 beginning January 23rd. Join coordinator Lindsay Anderson and share your memories with your peers.

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**What is your New Year's Resolution? Let's get healthy and we can help! Join a new exercise class, learn a new language, sharpen your computer skills, sign up for the Eat Smart, Live Strong program, or test your brain fitness.
You can make it a happy and healthy 2014.**

MIND AND BODY

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

SilverSneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

SilverSneakers Cardio Circuit

Cadiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

Tai Chi

Tai Chi is held on Fridays at 9:00 am. *\$3 for members, \$5 for non-members*

Rhythm of Life

Music and fun to get you moving! Join us for our popular 'drumming' class on Mondays at 12:45.

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. *\$3 for members, \$5 for non-members*

Zumba

This Latin inspired dance class is held Tuesdays at 6pm. *\$3 for members, \$5 for non-members*

Ping Pong

Pick up a paddle on Wednesdays at 12:45 or Thursdays at 10:00.

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members. \$5.00 for non-members*

Beginner French

This new conversational French class is Tuesdays at 1:00.

German Club

The German Club meets Wednesdays at 10 am.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Spanish Class

This class meets on Tuesdays at 10:45.

Book Club

Our Book Club will meet on January 22 at 12:30 and discuss Orphan Train by Christina Baker Kline.

Current Events

This discussion group meets on Tuesdays at 10:30.

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet January 16 at 10:00.

Art Appreciation Club

Expressionism will be the topic on Thursday, January 9 at 10:00.

Pinochle

Pinochle players meet on Wednesdays and Fridays at 9 & 12:30. Instruction is available.

Reminiscing

Come enjoy the company of friends while participating in upbeat conversations about past events on Thursdays at 10:45 beginning January 23rd.

Knitting and Crocheting Club

The "knitwits" meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer Assistance is available on Tuesdays at 1:00.

Computer Forum

Doug Fairchild and Charlie Eisenfelder will lead the discussion on Thursday, January 16 at 1:00.

Android Technology Class

Learn the "in's & out's" of your communication device in a relaxed open forum on Jan. 9 at 1:00.

iPad Club

iPad Club will meet on Thursday, January 2 at 10:00. iPad help is also available on Tuesdays from 9 to 10.

WCASC Chorus

The Sunshine Chorus meets on Thursdays at 1:00. Please contact Jim Mobile for information.

Nurse

Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings on Tuesdays at 10:00.

Hardy Perennials Garden Club

Hardy Perennials will meet on Monday, January 13 at 12:45. Ken Leister from the Bluebird Society of Pa will be the speaker. We will also make pinecone/peanut butter bird feeders.

Bible Study

This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

January 2014 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm		HAPPY NEW YEAR! WCASC CLOSED TODAY		
6 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Walking 12:45 Rhythm of Life/Garden Club 12:45 Reminiscing	7 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/ HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance/Walking 1:00 French Class 6:00 Bingo/ Zumba	8 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Sen. Dimmian's Outreach Representative 12:45 Pinochle/Bingo/ Rummikub 12:45 Seated Abdominal Program	9 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong/Art Appreciation 10:30 Drawing/HSIM 11:30 Yoga 12:00 Bridge 1:00 Android Technology Class 1:00 Chorus	10 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Walking 12:45 Crafts/Bingo/Pinochle
13 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Walking 12:45 Rhythm of Life 12:45 Reminiscing 12:45 Garden Club	14 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance/Walking 1:00 French Class 6:00 Bingo/ Zumba	15 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:00 Birthday Lunch & Prize Bingo 12:45 Pinochle	16 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong/Photo Club 10:30 Healthy Steps in Motion 11:30 Yoga 12:00 Bridge 12:45 Eat Smart, Live Strong 1:00 Chorus/ Computer Forum	17 8:00 Breakfast 9:00 Tai Chi/Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:30 Walking 12:45 Bingo 12:45 SPCA Volunteer Program
20 WCASC CLOSED	21 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance/Walking 1:00 French Class 6:00 Bingo/ Zumba	22 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Blood Pressures 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:30 Walking 12:45 Pinochle/Bingo/ Rummikub	23 8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:00 Ping Pong 10:30 Healthy Steps in Motion 10:45 Reminiscing 11:30 Yoga 12:00 Bridge 12:45 Eat Smart, Live Strong 1:00 Chorus	24 8:00 Breakfast 9:00 Tai Chi/ Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Silver Sneakers 11:15 Bingo 12:30 Walking
27 8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian Class 11:15 Bingo/ Silver Sneakers 12:00 Bridge 12:45 Bingo/ Rummikub/Rhythm of Life 12:45 Reminiscing /Walking 12:45 Matter of Balance	28 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse 10:30 Current Events/ Computer Q &A/HSIM 10:45 Spanish Class 11:30 Yoga 12:45 Knitting Club/ Computer Assistance/Walking 1:00 French Class 6:00 Bingo/ Zumba	29 8:00 Breakfast 9:00 Pinochle 9:15 Silver Sneakers Cardio Circuit 10:00 German Club 10:30 Arthritis Exercise Class 11:15 Bingo/ Silver Sneakers 12:45 Pinochle 1:15 Parkinson's Support Group	30 8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Ping Pong 10:30 Healthy Steps in Motion 10:45 Reminiscing 11:30 Yoga 12:00 Bridge 12:45 Eat Smart, Live Strong 1:00 Chorus	31 8:00 Breakfast 9:00 Tai Chi/Pinochle 9:30 Brain Aerobics 10:30 Arthritis Exercise Class 11:15 Bingo/Silver Sneakers 12:30 Rummikub/ Chess/ Pinochle 12:30 Walking 12:45 Bingo

Rover Transportation Available

January 2014 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated toward the cost of the meal but is not required.</p> <p>6</p> <p>Vegetable Soup Chicken Breast Baked Sweet Potatoes California Blend Vegetables Corn Bread Pineapple Tidbits</p>	<p>7. Cold lunch menu on page 7. Also available at the Center or online @ www.wcseniors.org. Please sign up for lunches at least 5 days in advance.</p> <p>7</p> <p>Chicken Marsala Vegetable Medley Brown Rice Cantaloupe Strawberry Shortcake</p>	<p>1</p> <p>HAPPY NEW YEAR! WCASC CLOSED TODAY</p> <p>8</p> <p><i>New Year Lunch Cranberry Juice Oven Fried Chicken Macaroni & Cheese Collard Greens Corn Muffin Mixed Fruit Cup</i></p>	<p>2</p> <p>Corn Chowder Roast Pork Parslief Potatoes Sauerkraut Whole Wheat Roll Vanilla Wafers</p> <p>9</p> <p>Roast Turkey & Gravy Scalloped Potatoes Harvard Beets Roll Fresh Orange</p>	<p>3</p> <p>Orange Juice Home-Style Meatloaf & Gravy Mashed Potatoes Green Beans Whole Wheat Roll Fresh Pear</p> <p>10</p> <p>Chicken Noodle Soup Salisbury Steak & Gravy Mashed Potatoes Spinach Italian Bread Fresh Grapes</p>
<p>13</p> <p>Cranberry Juice Chicken Patty Sandwich Tater Tots Lettuce & Tomato Green Beans Mandarin Oranges</p>	<p>14</p> <p>Vegetable Soup Open Faced Roast Beef Whole Wheat Bread Potato Salad Apricots</p>	<p>15</p> <p><i>Birthdays Party Chicken Bruschetta Tomatoes & Red Onion Penne Pasta Broccoli Italian Bread Cupcakes & Ice Cream</i></p>	<p>16</p> <p>Fruit Juice Turkey Ala King Mixed Vegetables Noodles Peaches & Graham Crackers</p>	<p>17</p> <p>Tarragon Chicken Oven Roasted Potatoes Carrots Whole Wheat Roll Banana Pudding</p>
<p>20</p> <p>Cranberry Juice Baked Tilapia Macaroni & Cheese California Blend Vegetables Fresh Orange</p>	<p>21</p> <p>Grape Juice Tossed Salad Stuffed Shells & Bread Stick Italian Blend Vegetables Rice Pudding</p>	<p>22</p> <p>Orange Juice BBQ Chicken Green Beans Macaroni Salad Peaches</p>	<p>23</p> <p>Spaghetti & Meatballs Italian Blend Vegetables Italian Bread Oatmeal Raisin Cookie Apple</p>	<p>24</p> <p>Roast Turkey Mixed Vegetables Whole Wheat Roll Fruit Cocktail</p>
<p>27</p> <p>Tomato Soup Cheeseburger Cole Slaw Corn Cobbet Lettuce & Tomato Grapes</p>	<p>28</p> <p>Cranberry Juice Chicken Rice Soup Crab Cake Macaroni & Cheese Stewed Tomatoes Diced Pears</p>	<p>29</p> <p>Orange Juice Italian Sausage Casserole Peppers & Onions & Rotini Pasta Marinated Tomato Salad Spinach Roll Applesauce</p>	<p>30</p> <p>Beef Stroganoff Rice Oriental Blend Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>31</p> <p>Corn Chowder Roast Pork Parslief Potatoes Sauerkraut Whole Wheat Roll Vanilla Wafers</p>

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

We will celebrate our January Birthday Party on Wednesday, January 15. We will have Prize Bingo after lunch! Please make your reservations at least four days in advance.



1-Jan

Gerald Wilk
John Voge
David Ward

3-Jan

Joanmarie Gebel
Martha Smith

4-Jan

Virginia Love
Mark Osmond
Marco Alvisi

5-Jan

Anne Quigley

6-Jan

Virginia
Dickerson-Wilson

7-Jan

Kipp Stone

8-Jan

Caroline
Malavolta

9-Jan

Arvind Misser
Mary Glee Young
Susan Shenkin
Marie Mccarthy
Agnes Grieco
Richard Lucas

10-Jan

Nancy Johnston
Nancy Brown

11-Jan

Geneva
Digiandomenico

12-Jan

Ernest Irons
Judy Kyper

13-Jan

Rita Vitale
John Sortino

14-Jan

Marilyn Smith
Dot Kolber

15-Jan

Bruce Beadle

16-Jan

Ann Moses
Tom Clark

17-Jan

Cecilia Amici
Bernice
Sanders

18-Jan

William
Ronayne

19-Jan

Alma Steinmetz
Laurence
Reynolds
Emily Broadbelt

20-Jan

Elizabeth Kane
Sarah Finnaren
Mary Farrell

21-Jan

Ellen Doyle
Phillip Nied
Robert Burnett

22-Jan

Theresa
Tatman
Charles Young

23-Jan

M. Paulette
Schaumann
Wanda Lowry
Barbara Morris

24-Jan

Margaret
Reitman
Mary Belle
Fabe

26-Jan

Jo Ann
Langdon
Carol Myambo
Milton Helmuth

27-Jan

Jeanette
Merion
Judy Cosgrove
Bertha
Creighton

28-Jan

Richard Merion
William
Devenney
Arthur
Sweatman

29-Jan

Douglas
Fairchild
Nancy
Fasnacht
Harriet Phillips

30-Jan

Stephanie
Wright

31-Jan

Edith Grasso
George
Rengert
Dixie Peters

A Matter of Balance: Managing Concerns About Falls

A Matter of Balance can help people improve their quality of life and remain independent. During the course, participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance.

Classes involve group discussions, problem-solving, assertiveness training, exercise training, videotapes, and sharing practical solutions. Classes will be held on Mondays for eight weeks, starting January 27.

The classes will be 2 hours each, from 1:00 to 3:00 pm. A workbook will be provided, and refreshments will be served. The cost of the program is \$25 for members and \$50 for non-members. Scholarships are available. Space is limited and registration is required. Please register at the front desk or by calling 610-431-4242. For questions or more information please see Niki Treat. WCASC reserves the right to cancel if low enrollment.

Hearing Clinics

Dr. Judith Curtin, AuD.,
will be at the Center on **Jan. 15**.
Please call the Center at 610-431-4242 to
schedule with Dr. Curtin.

Mr. Micheal Piscotty, Audiologist
is available on Tuesdays & Fridays.
When scheduling for Mr. Piscotty,
call 610-213-1867.

There is a fee for some services.

COLD MEAL OPTION

Week of January 1

Thurs. – American Hoagie
Fri. – Chicken Pasta Salad

Week of January 7

Tues. – Egg Salad Platter
Wed. – Chicken Caesar Salad
Thurs. – Turkey Ham & Swiss on Rye
Fri. – Tuna Macaroni Salad

Week of January 14

Tues. – Chef's Salad
Wed. – Oriental Chicken Salad
Thurs. – Turkey Wrap
Fri. – Turkey Ham & Swiss on Whole Wheat

Week of January 21

Tues. – Cottage Cheese & Fruit
Wed. – Italian Hoagie
Thurs. – Grilled Chicken Sandwich
Fri. – Tuna Salad Plate

Week on January 28

Tues. – Turkey Club Sandwich
Wed. – Chicken Salad
Thurs. – Corned Beef Special
Fri. – American Hoagie

**WEST CHESTER AREA SENIOR
CENTER**

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West Chester, PA 19382

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

*enriching the lives of our senior
neighbors through friendship,
education, activities, and nourishment*

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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'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. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

