



THE PALM REPORTER

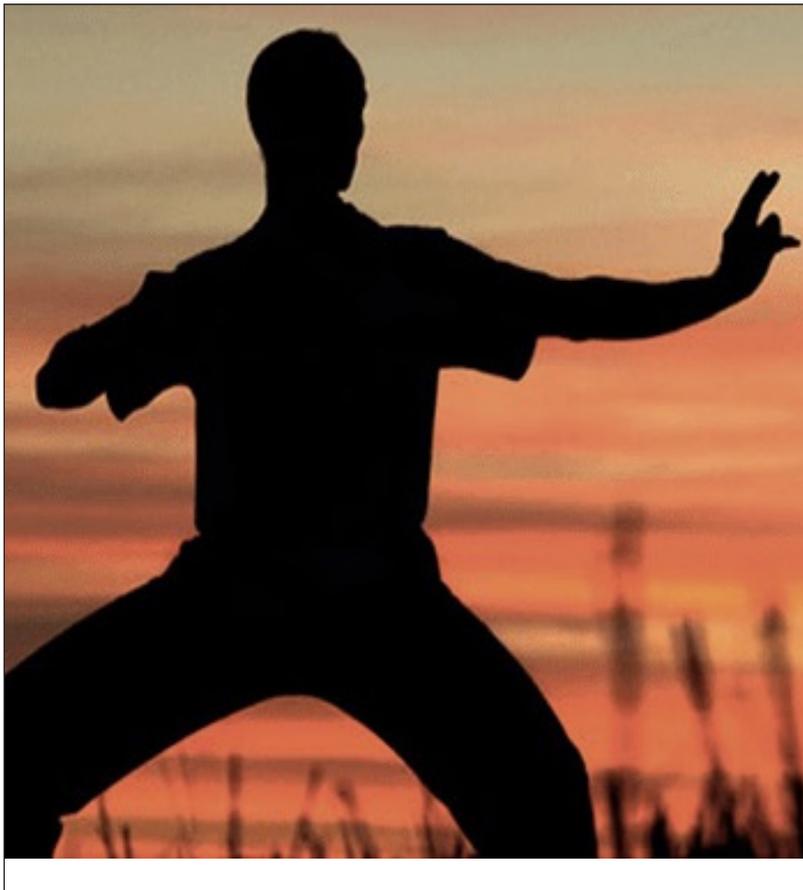
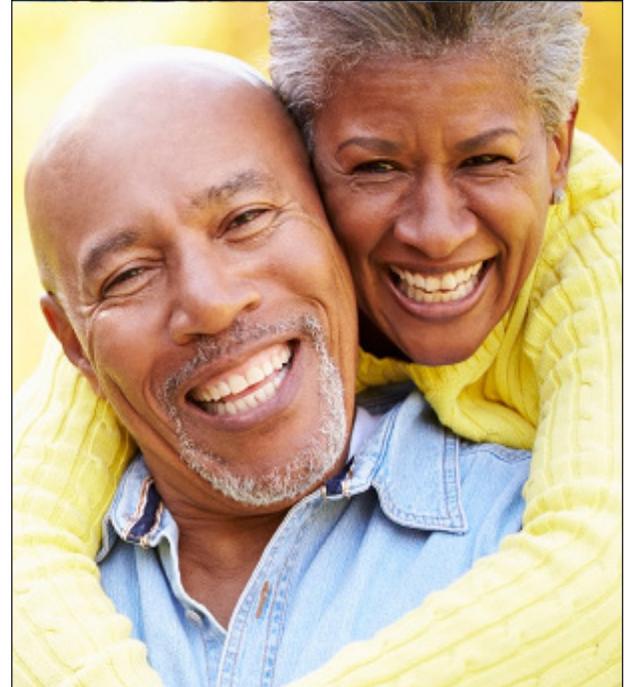
February 2019 Newsletter

Get PALM's Newsletter FREE at palmseniors.org

MY LIFE , MY HEALTH

PALM is offering an evidence based Chronic Disease Self-Management Program on March 7th. This workshop is offered from 10 am to Noon, one day a week for six weeks at the Center. People with different chronic conditions attend together. Through mutual support and success, participants build confidence in their ability to manage their health and maintain active and fulfilling lives.

Some chronic conditions are asthma, arthritis, cancer, COPD, congestive heart failure, depression, diabetes, emphysema, fibromyalgia, heart disease, lung disease, MS, obesity, Parkinson, stroke and pain. My Life, My Health will give you the tools to overcome physical, emotional and mental problems caused by these conditions. The workshop is free of charge. This workshop is led by Carol Merrill-Bright and Beverly Rouse. Please call Nancy at 610-642-9370 to register.



NEW EXERCISE CLASS AT PALM IN ARDMORE

Now that Winter's frenetic pace and frequent celebrations begins to recede, the slow gentle movements of qigong can help you feel rooted and grounded again. qigong session classes at the PALM Center are every Friday at 10 am.

Qigong is good for the heart and circulation as well as hypertension. Qigong as Mind/Body Practice, focuses on qigong as moving meditation. This class assumes that participants have stress in their lives and emphasizes movements that help release both physical and mental tension, enhance a sense of flow, and replenish mind, body, and spirit.

This class is focused on creating better flexibility, increase strength, establish balance and energize the body and mind. regardless of age or ability. Space is limited and the cost is \$3. Call Nancy at 610-642-9370 to register.

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Message From Executive Director, Linda Collins

Well, the groundhog did not see its shadow so Spring will be around the corner. What's with the groundhog? Some of you know that I love movies and films. One film that I think about this time of the year is "Groundhog Day." Why was the movie Groundhog Day (1993) such a hit? On the surface, the appeal is in the slapstick of Bill Murray and the romance story, but its durability is in its ability to tap into the profound recurring questions of life: What am I doing with my time? Does anything I did today even matter? If I had a second chance, would I learn anything, or just keep making the same dumb mistakes? Groundhog Day reminds me that life often amounts to lots of little opportunities and we're usually too wrapped up in ourselves to take. And what saves us is the waking up to a new day knowing there are people in the world you care about, and a fresh set of chances to show them just how much. Again and again and again and again.

Linda

PALM News And Events



THEN AND NOW: GROWING UP AFRICAN AMERICAN IN ARDMORE

February 15, 2019 - 1:00am

Join us for an intergenerational panel discussion led by longtime residents as we dive into the generational perspective of growing up African American in Ardmore. We will cover a host of topics such as what it was like in the early days, the rise of the civil rights movement and social justice, plus a candid conversation with young adults who will discuss what has or has not changed from their perspectives. No fee. Registration is required.



VOLUNTEERS OF THE MONTH

The Ladies from Women's Space

We would like to thank our neighbors across the street from "Women's Space" for coming to The PALM to give us a hand with our food cupboard, food storage, food distribution and other areas that need addressing.

So to Kelsey, Jess, Toni and Tina, thank you for all that you have done and hopefully we will continue to see you here at The PALM.

INCLEMENT WEATHER?

If Mother Nature gets unruly, we will post any schedule changes on our voicemail. Call 610-642-9370.



Red Carpet will start at 12:30 pm with Member Reviews of best Films and the Oscar Party.

“Roma” and “The Favourite” led nominations for the 91st Oscars, scoring 10 nods each. Both films were nominated for best picture, alongside “Black Panther,” “BlacKkKlansman,” “Bohemian Rhapsody,” “A Star Is Born,” “Vice,” and “Green Book.”

Glenn Close picked up her seventh Academy Award nod for best actress in “The Wife,” while Lady Gaga nabbed her first acting nomination for “A Star Is Born.” Their competition includes Olivia Colman for “The Favourite,” Yalitza Aparicio for “Roma,” and Melissa McCarthy for “Can You Ever Forgive Me?”

The best actor race includes Christian Bale for his turn as former VP Dick Cheney in “Vice,” Rami Malek as iconic Queen frontman Freddie Mercury in “Bohemian Rhapsody,” Bradley Cooper in “A Star Is Born,” Willem Dafoe as Vincent Van Gogh in “At Eternity’s Gate,” and Viggo Mortensen in “Green Book.”

The Academy Awards will air live Feb. 24 at 8 p.m. ET on ABC.

LOCK FOR LIFE AND FILE FOR LIFE

ElderNet Social Worker, Nora, will be presenting at the PALM on February 20th at 12:30pm to discuss both the Lock for Life and File for Life programs. Lock For Life is a program available through ElderNet of Lower Merion and Narberth and administered by the Lower Merion Township Police Department. It is intended to provide Police, Fire, and Emergency Medical Service (EMS) personnel access to your residence in the event of an emergency where you are unable to open the door.

Both programs are a free service available to older adults in Lower Merion Township. Both programs help emergency workers better respond to emergency situations within your home. Nora will explain how each program works and will be able to answer any questions regarding them. Applications will be available, and you can sign up the same day!

I hope all of you had a great holiday and here to a great 2019 year! As you are aware Montgomery County Aging and Adult Services have formed a partnership with Arcadia University School of Public Health. The partnership consists of their public health students conducting nutrition education presentations in six of the Montgomery County senior centers twice before June. This partnership will help provide experience to the students in presenting nutrition information to a target audience and forming relationships with them.

The programming will consist of the students conducting the nutrition presentations during your site’s lunch time. This will enable them to interact with your clients and develop a rapport with them. February 25th @ 12:30pm.

WORKSHOPS TO ENRICH OUR LIVES

Join us the 4th Thursday of every month after lunch around 12:30 for a series of interactive workshops on varying topics and ideas to improve safety and well-being as we age. Topics include the perks of positive psychology, crime prevention techniques, long term planning, and other resources and ideas for enriching our lives as we age. Workshops will be facilitated by Ana Santoyo, Elder Victim Mobile Therapist with the Lincoln Center for Family and Youth. For more information about these workshops or TLC’s Elder Victim Mobile Service, contact Ana Santoyo directly at 610-255-7076 or speak with Beverly or Felicia at the PALM. The starting date is February 28th at 12:30pm

HEART HEALTH FOR WOMEN



Friday, February 22 at 11 am Heart Disease is the #1 killer of American Women. The incidence of heart disease increase as a woman ages. The challenge is that women may often experience symptoms that are different from those experienced in men.

It is important for women to understand their unique symptoms of heart disease and learn ways to reduce their risk of cardio vascular disease and to learn ways to reduce their risk of cardio vascular disease in the future. Allyson Hotz from Mainline Health will be speaking and answering questions.

From The Social Services Office



The Director, Staff and Members of the PALM would like to congratulate Six: Eight and all of their members on their 10 Year Anniversary serving the local Ardmore Community. It has been wonderful working with you every 3rd Saturday of

the month and our Bingo game. The Participants look forward to coming out for the Bingo games and the opportunity to connect and fellowship with others.

We hope that your Anniversary Party was all that you had hoped it would be. We look forward to another 10 years of Bingo with Six:Eight!!

THE DOLL LADY!

The Doll Lady, Valerie Langston, will be bringing some of her dolls to the PALM on Tuesday, February 12, 2019 as they tell their story as it pertains to African American History.

The time is 1:00 pm to 1:30 pm.

Also on that same day, we will hear about some of our local history from Ardmore to Philadelphia
The time: 12:30 to 1:00 pm.

BLACK HISTORY PRESENTATION

Two of our Participants will give a presentation on Carter G. Woodson and President Lyndon B. Johnson and their relationship with Black History and the Civil Rights movement.



***SAVE THE DATE ***

Community Health Fair at The PALM
May 4, 2019 - 10am - 3pm

Please join us to learn about health programs and resources in your community that can help improve your health and quality of life.



TO ALL!!

February Will Be A Busy Month. This is a month that will have a lot going on and we are hoping to see you at one or all of our events. Some of our days of Celebration are:

Chinese New Year
Valentine's Day
President's Day
Black History Month
Celebration of the Oscar's

CALENDAR OF EVENTS

February 5-19
Chinese New Year

February 12, 2019
Local Black History Presentation from Ardmore to Philadelphia.
12:30pm to 1:00pm

The Doll Lady: presents on Black History from
1:00pm to 1:30pm

February 13, 2019
Black History Presentation - 12:30pm

February 14, 2019
Valentine's Day Celebration -12:30pm

February 15, 2019
Growing Up African-American in Ardmore -11:00am

February 18, 2019
President's Day Celebration - 12:30pm

February 22, 2019
Party celebrating the Oscar Awards -12:30pm

February 25, 2019
Arcadia Nursing Students - 12:30pm

February 28, 2019
Workshops to Enrich Our Lives - 12:30pm



February 2019 Class Schedule

PALM Members take advantage of discounted prices of classes. Call the Center for Positive aging (PALM) today at (610) 642-9370 or go to palmseniors.org.

Chair Exercise

Improve strength, flexibility & endurance
Mondays & Fridays - 11AM to 11:45AM
Instructor: Judy Gaul
Price - \$3.00 Per Class

Table Games

Tuesday and Thursday Afternoons
1:45PM - 3:00PM

Yoga With a Twist

Help loosen muscles & relieve the body
Tuesdays - 9:15AM to 10AM (\$3 Per Class)
Instructor: Agnes Trichard

Conversational Spanish

Wednesdays - 1PM to 2pm for beginners
Wednesdays - 2PM to 3:30pm for intermediate
Native Speaking Instructor: Gladys Saldana
Price - \$7.00 a month

Healthy Steps in Motion

A Falls Prevention exercise regimen
Wednesdays - 10:30AM to 11:15AM
Instructor: Certified Trainer Gladys Saldana

Weaving Class

Ideal for people with limited vision or dexterity.
Wednesdays - 10AM to 11:30AM
Instructor: Barbara Parman

Bible Study

Applying Biblical principles in daily life.
Thursdays - 10:30AM
Price - Free Will Offering

Merri Notes

Musical group with audiences
community-wide
Thursdays 10:30AM to 11:30AM
Musical Director: Rev. Virginia Pollard

Jewelry Making

Design jewelry for all occasions
Every Thursday
12:45PM to 1:45PM
Instructor: Sun H. Joe
Price - \$2.00 Per Class plus supplies

Stretch & Tone

Perform gentle stretches to increase mobility
Thursdays - 9:15AM to 10:00AM
Instructor: Kirsty Brown



Wishing everyone with a birthday in
February a HAPPY BIRTHDAY!!