



117 Ardmore Avenue - Ardmore, PA. 19003 - (610) 642-9370 - palmseniors.org

THE PALM REPORTER

March 2020 Issue

YOU CAN MAKE A CHANGE FOR LIFE



DIABETES CLASSES FREE OF CHARGE!

Have you ever been told by a healthcare professional that you:

- Are at risk for getting diabetes?
- Have prediabetes
- Have borderline diabetes?
- Have high blood pressure or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes but there is something you can do about it. Come to the classes at PALM starting Tuesday March 17 at 12:30 pm. Classes are 16 weekly sessions and six monthly follow up sessions with a trained Lifestyle coach.

SHAPE YOUR FUTURE

It's time for the U.S. Census. The census is different this year. The 2020 Census counts every person living in the 50 states, District of Columbia, and five U.S. territories. The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

On March 4 at 12:30 pm . Rev. Carolyn Cavaness of Bethel Church will present the importance of doing the federal census. If we underreport our census in Montgomery County, we can lose 72 million dollars in federal funding.

WHY DO WE CELEBRATE WOMEN'S HISTORY MONTH?



Every year, March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. Now we have a month.

The 2020 Women's History Month theme is "Valiant Women of the Vote." The theme honors "the brave women who fought to win **suffrage rights for women**, and for the women who continue to fight for the **voting rights** of others." Take a look at some extraordinary women in celebration of Women's History Month on Page 3.

"Don't sit down and wait for the opportunities to come. Get up and make them."

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Center for Positive Aging in
Lower Merion (PALM)

117 Ardmore Avenue
Ardmore, PA. 19003
(610)-642-9370
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MESSAGE FROM EXECUTIVE DIRECTOR, LINDA COLLINS

Whether March comes in like a lamb or a lion, is no bother to me. March is SPRINGTIME! March has so many holidays, March 17 is beloved by people of Irish descent. March 1 was the first month of the year. It was changed in 1752 to January 1 in the “new” Gregorian calendar. None of that was of no bother to the women being celebrated by the Smithsonian and the African American Museum in Washington D.C. this month. There is a quote “well behaved women rarely make history.” I don’t agree or disagree with this quote. Women of the past and even today persisted in their work to accomplish their goals. Some were and are rebels and others were not and some persisted while being subject to intense racism or sexism or both. Close your eyes and give a wave to Rebecca Lee Crumpler, M.D., Ching Shih, Zainab Saibi, Ada Lovelace, Ida B. Wells, Katherine Johnson, Anne Ellis, Anna Eskamani to name a few.

In this centennial year of women getting the right to vote, a silver coin will be minted to commemorate the anniversary of the passage of the 19th amendment to the Constitution. Let’s have a party in August on the actual date.

Happy Spring,

Linda

PALM WELCOMES OUR NEW DINING ASSISTANT, CHEF ANGELA BROWN-JOHNSON



Meet Chef Angela Brown-Johnson. Angela is a retired chef who is a culinary arts educator and restaurateur. She also owns Soul catering, Inc. She joins PALM as Assistant to Dining Coordinator, Rose Byrant. Angela has studied at The Restaurant School at Walnut Hill College, La Varenne France and the Fashion Institute of Technology. Angela brings many years of food experiences to PALM. She has also appeared on NBC’s “Chopping Block.” And teaches culinary arts in the evenings.



*The opportunity was taken to get a snapshot of a very tasty salad Chef Angela prepared for our members. Everyone enjoyed the array of greens, sides as well as dressings. This is a great start to establishing our salad bar that will be set up very soon!

A LOOK AT EXTRAORDINARY WOMEN IN CELEBRATION OF WOMEN'S HISTORY MONTH

March is Women's History Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history



Billie Holiday 1947 Her song "Strange Fruit" sold 1 million copies.



Part of the cowling for one of the motors for a B-25 bomber is assembled in the engine department of North American [Aviation, Inc.]'s Inglewood, Calif., plant. 1942



First Picket Line in front of White House Feb 1917



Globe Cotton Mill, Augusta, Ga. Woman was "with child." According to reports, these women work until the day of childbirth. Location: Augusta, Georgia. 1909



At the National Museum of African American History and Culture, in a cove reimagined as a 20th-century Philadelphia hat store, you can find the extravagant hat of dreams. "The showstopper," as the inky black hat is affectionately nicknamed, has a corona of foot-long ostrich feathers and delicate black netting, and is the craftsmanship of Mae Reeves, an African-American hat designer who was one of the first black women to own a large business in downtown Philadelphia.



Japanese-American camp, war emergency evacuation, [Tule Lake Relocation Center, Newell, Calif.] 1944

MESSAGE FROM SOCIAL SERVICES COORDINATOR, FELICIA HOWARD

WALKING IS BENEFICIAL

The spring equinox (also called the March equinox or vernal equinox) falls on Thursday, March 19. This event marks the astronomical first day of spring in the Northern Hemisphere.

With the arrival of Spring, it is time for those of us in our seasoned years to start thinking about exercise programs and we all know that walking is the perfect exercise for Seniors.

Walking can be just as effective as running. However, walking is easier to stick with. Walking improves cardiovascular health, it fights weight problems and it boosts your immune system.

Walking prevents and reduces pain from arthritis by lubricating our knee and hip joints and strengthens other muscles.

[There are now walking sticks and walking canes for our more seasoned citizens and the popularity of walking sticks are on the rise.](#)

There are differences in walking canes and walking sticks.

Walking canes are designed to give more stability and support for their users and the tips are broader, they have larger handles and wider shafts. They are made to carry more bodyweight, especially as the user may lean on them while walking. The walking cane is held to the users side while walking. Also, it may be covered by insurances.

Walking sticks are mainly used to maintain balance and rhythm while walking.. They are helpful in reducing the risk of tripping, sliding and stumbling over small hazards on uneven terrain. The walking sticks are also used in pairs.

In walking sticks or poles, they are made with a sturdy metal shaft, lightweight, adjustable, ergonomic grips and they are also foldable.

So consider increasing your exercise by walking!!! Consider a cane or a walking stick that will be beneficial in assisting in your walk. Always check with your doctor and physical therapist to discuss which they think would be more beneficial for you. You might find this is just the thing to a more enjoyable walk!!

For glad Spring has begun,

And to the ardent sun

The earth, long time so bleak,

Turns a frost-bitten cheek.

- Celia Thaxter, American poet (1835–94)

Spring-time sweet!

The whole Earth smiles, thy coming to greet.

- Unknown



MARCH 2020 GUEST SPEAKERS AND SPECIAL EVENTS

CENSUS 2020

WEDNESDAY, MARCH 4TH AT 12:30PM

So why does the Census collect information about individuals? The information is used to get a broader sense about the population in general. This information then is used to calculate the number of seats that each state will have in the U.S. House of Representatives.

ART4ME @ PALM

MONDAYS, MARCH 9, 16, 23 AND 30TH AT 12:30PM

Art4ME@PALM invites all seniors for creative discussions on art and art making projects.

Participants will view and discuss renowned works of art and then engage in related art-making projects.

We at PALM realize that art is important in everyone's lives. This class would (1) enrich your life and (2) discussions will lead to great socialization. Each class has a two-day component on a particular theme. On February 3, the theme is old masterpieces, the next Monday we will make art in a certain media related to the masterpieces. Field trips will happen about 3 times a year. Call to register with Nancy at 610-642-9370. Limit to the class is 6-8 people.

WOMEN'S HISTORY MONTH PRESENTATION

THURSDAY, MARCH 5TH AT 12:30PM

As PALM celebrates Women's History Month, join us for a spirited presentation shining the spotlight on many great women in history.

BONNIE FEY @ PIANO

WEDNESDAY MARCH 11TH AND 18TH AT 12:30PM

Listen to the sounds of sweet melodies played masterfully on piano by Bonnie. This month, she made the Volunteer spotlight! Read up on Bonnie on Page 7.

MINDMATTERS - CARING FOR THE CAREGIVER

TUESDAY, MARCH 12TH AT 12:30PM

The stress a caregiver experiences can be a lot. Learn about what can be done to release that stress and the programs out there that available to make it easier.



SASHA AVANOV - GUITARIST

FRIDAY, MARCH 13TH 2019 AT 12:30

Sasha Avonov is a guitarist, composer, and private instructor with a background in rock and jazz music. He grew up in Sacramento, California and moved to Philadelphia, where he studied Jazz Composition and Arranging at Temple University.

AARP SMART DRIVERTK WORKSHOP

TUESDAY, MARCH 17TH AT 12:30PM

Brush up on your driver skills learning about new and updated driver laws. Great benefits available from AARP.

ARM CHAIR TRAVEL:

BLACK HISTORY MURALS IN PHILADELPHIA

THURSDAY, FEBRUARY 19 AT 12:30PM

For over 35 years, Mural Arts has united artists and communities through a collaborative process, rooted in the traditions of mural-making, to create art that transforms public spaces and individual lives. Mural Arts engages communities in 50-100 public art projects each year and maintains its growing collection through a restoration initiative. There are over 4000 murals in Philadelphia. Linda will present some on the murals on Black History in Philadelphia.

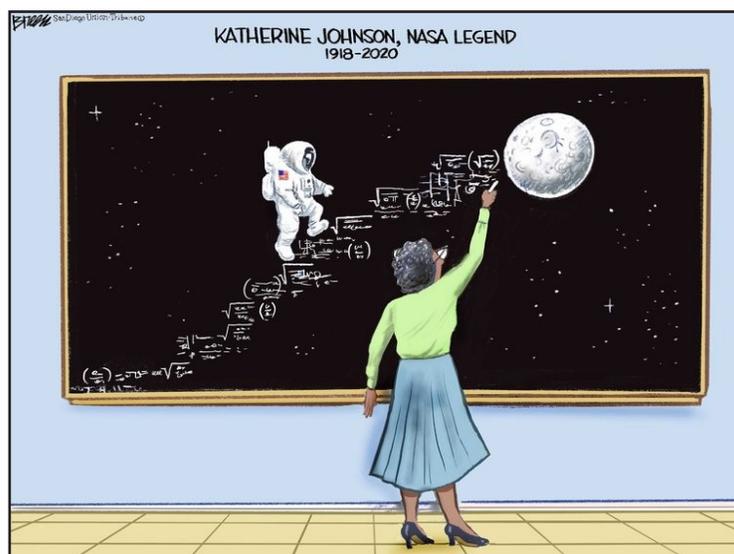
NUTRITION WITH TERRI WASSEL

TUESDAY, MARCH 31TH AT 12:30PM

National Nutrition quiz; sampling of dried kale snack; Cooking Demonstration: each participant will sample their own Spring Fruit Salad emphasizing the theme from National Nutrition Month, "Eat Right, Bite By Bite" - Smart Tips to Build a Healthy Salad. Also, a fruit and vegetable BINGO game will be played.

MARCH 2020 CLASS SCHEDULE

PALM Members take full advantage of discounted class fees. Learn how to become a PALM Member by calling (610) 642-9370 or by visiting palmseniors.org.



Katherine Johnson, was an American mathematician whose calculations of orbital mechanics as a NASA employee were critical to the success of the first and subsequent U.S. crewed spaceflights.[1] During her 35-year career at NASA and its predecessor, she earned a reputation for mastering complex manual calculations and helped pioneer the use of computers to perform the tasks. The space agency noted her "historical role as one of the first African-American women to work as a NASA scientist."

CHAIR EXERCISE

Improve strength, flexibility & endurance
Mondays - 11AM to 11:45AM
\$3.00 Per Class
Instructor: Liza Nickerson Seltzer

TABLE GAMES

Tuesday and Thursday Afternoons

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

HEALTHY STEPS IN MOTION

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

QUILTING & SEWING

Create beautiful, one-of-a-kind garments & blankets.
Tuesday - 10AM
Instructor: Cie Tillery

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

JEWELRY MAKING

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

MERRI NOTES

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

BELL CHOIR

Thursdays 10:00AM

STRETCH & TONE

Perform gentle stretches to increase mobility
Thursdays - 9:15AM to 10:00AM
\$3.00 per class
Instructor: Liza Nickerson Seltzer

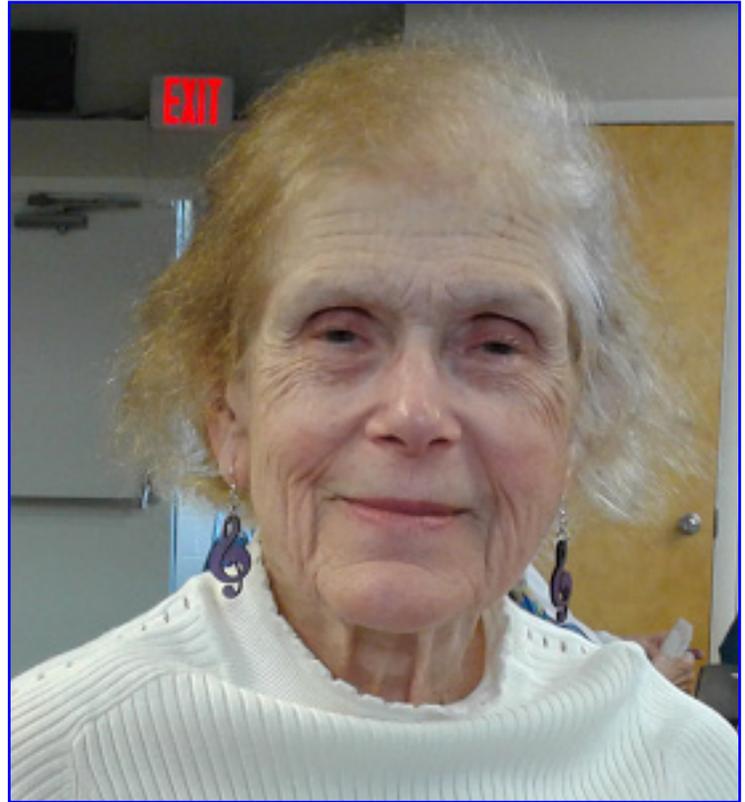
ZUMBA WITH US THIS WINTER!

Come and join our new vibrant Zumba instructor Dawn Allen and dance your way to better health!
Fridays - 11:00AM
\$3.00 per class
instructor: Dawn Allen



**BLACK HISTORY MONTH 2020
HONOREE OF MATHEMATICALLY
GIFTED & BLACK
EMMA BENN**

"There are many experiences that helped cultivate my interest in the mathematical sciences. First, I can go back to elementary school where my second grade teacher at Gladwyne Elementary School, Mrs. Allen, would have us compete against each other with the 24 Game. The point of the game is to take four numbers that are given to you and manipulate them arithmetically to yield a total of 24. I gained a lot of confidence playing that game because the boys would often beat most of the girls, but I refused to allow them to beat me. I look back now and think that maybe that experience prepared me quite early to push back against whack gendered norms and expectations in the mathematical sciences."



**VOLUNTEER
SPOTLIGHT ON
BONNIE FEY**



Bonnie have been in the music business for over 60 years. She has started playing the piano at the age of 7. In high school, Bonnie became serious about mastering her musical craft.

Bonnie has giving concerts all throughout Lower Merion and performed for special groups in need of her musical talent. Along with piano, Bonnie can play the timpini and the glockenspiel bell with the timpini being her favorite.

Bonnie teaches piano to students of all ages doing home visits through snow and ice and gloom of night. In her pasttimes, she also likes to play scrabble and do jigsaw puzzles online. Bonnie also writes poetry.

**HAPPY BIRTHDAY TO OUR MEMBERS
AND STAFF BORN IN MARCH!**

Manijeh Klafar	March 1st
Marsha Z. Rosenbaum	March 2nd
Sharon Bailey	March 7th
Douglas Harrison	March 9th
Phyllis A. Allen	March 11th
Lois T. Hordges	March 11th
Lorraine Randle	March 12th
Kenneth Kramer	March 22nd
Donna V. Dingle	March 28th
Angela Fellin	March 30th

WOULD YOU LIKE TO VOLUNTEER?

Volunteering can open up a lot of opportunity and great new friends! See how you can give a helping hands to our wonderful members. Inquire by calling (610) 642-