



THE PALM REPORTER

May 2019 Newsletter

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ANNUAL MOTHER'S DAY BRUNCH MAY 10th AT 11:30 AM

Our first day of celebration in May will be honoring "Mothers." We will have our annual Mother's Day Brunch on Friday, May 10, 2019. The cost of the luncheon will be \$5.00 and the luncheon will start at 11:30. Please call Nancy Godfrey at 610-642-9370 to reserve your lunch. Seating will be limited so call asap.



This year we will be honoring Barbara Short who has been with The PALM for forty (40) plus years. Barbara Short, who has been the sewing and quilting instructor for those many years, has decided that it is time for her to re-evaluate and prioritize her activities. She has decided to spend more time at her home gardening in her own yard, cooking for her family, making her delicious apple pies from her own apple tree, planting tomatoes as well as many other vegetables.

We will miss her fashions that have been worn by PALM members in our fashion shows. We will miss her table of handmade items at our Christmas Bazaar and so many more of her talents.

So we want to take this time to say THANK YOU BARBARA SHORT for the many years that you have served the PALM and the fun filled Tuesdays and Fridays that your classes brought to us!!

REMINDER!! - PALM COMMUNITY HEALTH FAIR - SATURDAY, MAY 4th!!

PALM COMMUNITY HEALTH FAIR
Catch The Wave of Wellness!

May 4, 2019
10:00AM - 3:00PM

Center for Positive Aging in Lower Merion aka PALM
117 Ardmore Avenue
Ardmore, PA. 19003

Free Screenings!

- Hearing
- Cholesterol
- Blood Pressure

***Freebies & Give-aways!**
***Fun For The Whole Family!**

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

RSVP to Felicia Howard
(610) 642-9370 or
fhoward@palmseniors.org

The PALM'S Health Fair will take place on Saturday, May 4, 2019 from 10:00 am to 3:00 pm. There will be health screenings and important information for all ages. Come out and enjoy a day on the Avenue, Ardmore Ave.!

Free Screenings!
Hearing
Cholesterol
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*Freebies & Give-aways!
*Fun For The Whole Family!

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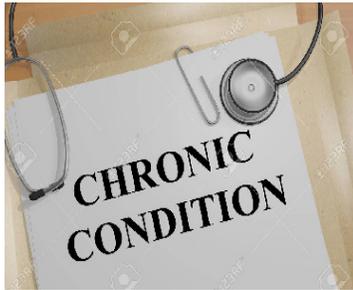
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(610)-642-9370
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Message From Executive Director, Linda Collins



What's a chronic condition? Do you have a chronic condition or maybe a member of your family or a friend? About 80% of older adults have at least one chronic disease, and 68% have at least two. Many adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others, struggle to find ways to manage their condition. MY LIFE, MY HEALTH can help.

MY LIFE, MY HEALTH workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. The workshop topics include the following:

- How to deal with frustration, fatigue, pain, and isolation
- Ways to maintain and improve strength, flexibility, and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Healthy eating

To be honest with you, we have had a difficult time starting this workshop. I am asking you not to struggle in isolation. Try the workshop and see if it's for you. The workshop is free of charge and will be led by Carol Merrill Bright and Beverly Rouse. Please call Nancy at 610-642-9370 to sign up. Thank you.

Happy May Flowers,

Linda

The PALM Observes Ramadan



A crescent moon can be seen over palm trees at Manama, marking the beginning of the Islamic month of Ramadan in Bahrain

fasting (sawm) to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam. The month lasts 29-30 days based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths.

Fasting for Muslims during Ramadan typically includes the increased offering of salat (prayers), recitation of the Quran and an increase of doing good deeds and charity.

Ramadan is May 6, the ninth month of the Islamic calendar and is observed by Muslims worldwide as a month of

For our Muslim members and friends, we wish you many blessings!

Message From Social Services Coordinator, Felicia Howard

Summer will be here very soon and the Month of May gives us a glimpse of what's to come.

MOTHER'S DAY

OUR FIRST DAY OF CELEBRATION IN MAY WILL BE HONORING "MOTHERS."

Mother's Day is always celebrated on the second Sunday in May. It is a day that is widely celebrated as a special day to honor all mothers and motherhood.

The observance of Mother's Day originated in 1907 by Anna M. Jarvis of Philadelphia who was a devoted daughter. She conceived the idea of an annual nationwide celebration. The public and the press jumped on the bandwagon and embraced the idea of this unofficial Mother's Day observance. On May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day.

MEMORIAL DAY

This holiday is a United States federal holiday dedicated to remembering those folks who died while serving in the country's armed forces. It is a time that we can reflect on the ultimate sacrifice military personnel have given for our country. Memorial Day was formerly known as Decoration Day, and it originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the war. By the 20th century, Memorial Day had been extended to honor all Americans who died while in the military service.

Memorial Day is observed on the last Monday in May every year and it also marks the unofficial beginning of the summer vacation season.

There are many ways that Memorial Day can be observed. Many people visit cemeteries and memorials, flags are placed on the graves of veterans buried in national cemeteries. This is always a three day Memorial Day holiday weekend. There will be parades and there is always the Indianapolis 500 race on Sunday, local festivals to attend and cookouts to enjoy.

ALWAYS PLAY IT SAFE

DURING THIS HOLIDAY AND DURING THE SUMMER!!

We have had all types of weather on Memorial Day, some have been rainy, some have been cold and rainy and we have even had some very hot ones.

So please remember to consider the heat and sun:

- Dress in light-colored, lightweight clothing that is loose-fitting for air circulation
- Wear a hat or use an umbrella when outside
- Use sunscreen with an SPF of 15 or greater anytime
- Drink a plenty of water
- Avoid beverages with caffeine or alcohol that can aid dehydration.



REMINDER

Don't forget the Health Fair which will be held on Saturday, May 4, 2019 from 10:00 am until 3:00 pm. Please tell your friends and neighbors. Come and have fun on the Avenue, Ardmore Avenue.

Farmer's Market Vouchers will become available starting the first of June. The Social Services Office will be distributing the vouchers on Tuesdays, Wednesdays and Thursdays from 10:00 am until 1:00 pm.

LECTURE SERIES FROM MIND MATTERS TO START IN MAY

MindMatters: A distinctive approach to learning

WITF, Central Pennsylvania's affiliate for PBS and NPR, is offering an exciting initiative for Pennsylvania Department of Aging (PDA) Senior Community Centers to offer highly engaging educational programming.

The project, called MindMatters, delivers a monthly series of intellectually stimulating lectures by knowledgeable presenters on topics of most interest to older adults.

- MindMatters lectures are presented by academic lecturers and experts on subjects ranging from history to current events, politics and culture.
- The lectures cover subjects on a regional, national, international scale and allow attendees to watch, listen and learn, and then explore, expand and share their views.
- These compelling lectures are delivered via webcast, allowing groups of attendees at multiple locations to attend from familiar surroundings.

Please come to our MindMatters discussion groups and take part in learning and talking about these interesting topics.

Share in learning and share your thoughts and opinions.

May 6 at 12:30 pm : Product Downsizing: Are You paying More and Getting Less at the Grocery Store?

May 7 at 12:30pm Brain Fitness After 50

May 13 at 12:30pm HEDY! The Life & Inventions of Hedy Lamarr

May 17 at 11:00am The Beginnings of Automobile Culture

May 20 at 12:30pm: The Great War and the 21st Century

May 31 at 11:00am: Who were the Holocaust Rescuers?

For more information, you can call the PALM at 610-642-9370.



A Representative From Mobility Will Speak on Their Company

May 21 at 12:30 pm

Mobility City is the premier and one-of-a-kind mobile repair, cleaning and maintenance company for wheelchairs, power chairs, mobility scooters, lift out chairs, hospital beds, and other mobility products, which helps seniors, injured and disabled persons, young and old. We also sell quality products at competitive prices from the Mobility City website and the Mobility City Dollar Saver circular. Through our "white glove" service program, most products are delivered to your home, which includes set up and instructions for use.



May 2019 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.



Chair Exercise

Improve strength, flexibility & endurance
Mondays - 11AM to 11:45AM
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

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
\$3.00 per class

Qigong

Useful for those who need to learn how to relax and concentrate.
Fridays - 10:00AM to 11:00AM
\$3.00 per class
Instructor: Ken Kramer