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May
2020

Information provided by Lisa Grillo, Gerontologist



Catholic Housing and Community Services
ARCHDIOCESE OF PHILADELPHIA



DelCo Seniors

Provided in this newsletter is information and resources for seniors living in Delaware County, PA that may benefit you while you are sheltering in place during the Coronavirus pandemic.

Please note: information, resources, and programming may change. Please be sure to contact the resource or program directly to confirm information provided in this newsletter.



Pictured left to right, Kate Paffett & Lisa Grillo

Parish ElderCare Program

As you continue to shelter in place, I would like you to know that the St. Andrew and St. Joseph ElderCare Programs are still available to assist and support you.

Although this assistance will be telephonic, please know that I am still able to provide support, coordinate services, apply for benefits, advocate for your needs, and give information and referrals.

If you or someone you know is in need, please call Lisa Grillo, Elder Care Program Manager at 484-494-5011.

New Bereavement Support Group Starts Soon

Crozer-Keystone Hospice will be holding their bereavement support group online via Zoom. You can also participate by phone. The group will be 8 sessions on Thursdays beginning 4/30 until 6/18.

To register please call, Tiffany Marron, Bereavement Coordinator, at 484-657-9010 or email her at Tiffany.Marron@crozer.org



Meal Resources

Senior Community Services

Free To-Go Meals for DelCo residents 60+

Call your nearest center btw. 8:30 am-2p, a day in advance.

- Friendship Circle
610-237-6222
- Good Neighbor Center
610-586-8170
- Schoolhouse Center
610-237-8100

Surrey Services for Seniors

Free Grab n Go Lunches

To reserve your lunch, call the center closest to you the day before by 5pm.

- Havertown Center
610-446-2070
- Media Center
610-566-0505

Get Your Groceries and Stay at Home with help from COSA and Community Transit

During the COVID 19 pandemic, Community Transit drivers are available to help seniors with grocery shopping. They can get your list, accept payment, and deliver to your home. COSA will subsidize the cost for shopping and delivery.

For Service, please email GroceryDropOff@CTDelco.org

If you do not have access to email, call Community Transit at 215-900-2519.



Home delivered meals for qualifying seniors:

COSA (County of Delaware Svcs. For the Aging)

610-490-1300

<https://www.delcosa.org/home>

Caring for Friends

215-464-2224

<https://caringforfriends.org/>

Food Banks:

DelCo Interfaith Food Assistance Network

610-566-7540

<http://www.delcopa.gov/ich/pdfs/foodassistance.pdf>

Parish Support

Contact your parish rectory if you need spiritual support or information about your parish church. They care about you!

St. Andrew: 610-259-1169

3500 School Ln, Drexel Hill, PA 19026

St. Joseph: 610-583-4530

500 Woodlawn Ave, Collingdale PA, 19023



LiveStreaming Masses Online

- [Cathedral Basilica of SS. Peter and Paul](#), Philadelphia: Sunday Mass at 11 a.m., with Archbishop Nelson Perez as celebrant
- [Miraculous Medal Shrine](#), Philadelphia: Monday Mass and Novena at 9 a.m.
- [St. Bernadette of Lourdes Parish](#), Drexel Hill: Daily Mass at 8:30 a.m. (Monday to Friday); Saturday Vigil Mass at 4:30 p.m.; Sunday Masses at 9 and 11 a.m.
- [St. Charles Borromeo Parish](#), Drexel Hill: Sunday Mass, times listed on parish [vimeo](#).
- [St. Denis Parish](#), Havertown: Daily Mass at 8:30 a.m. (Monday to Saturday); Saturday Vigil Mass at 5 p.m.; Sunday Mass at 9:30 a.m.; rosary and benediction at 4 p.m. (Monday to Friday).
- [St. Mary Magdalen Parish](#), Media: Daily Masses at 6:30 and 8:30 a.m. (Monday to Friday); Saturday Daily Mass at 8:30 a.m.; Saturday Vigil Mass at 4:30 p.m.; Sunday Masses at 7:30, 9:30, 11:30 a.m., and 5:30 p.m.; Tuesday rosary at 7:15 p.m.; Friday Stations of the Cross at 7 p.m.

Vote PA: Applications for Mail-In & Absentee Ballot's due by May 26th

Primary Election has been Rescheduled for June 2nd

Due to the coronavirus pandemic, voters have the option of voting by mail-in or absentee ballot. If you have already applied for an absentee or mail-in ballot, you do NOT need to reapply. If you have not already applied, you will need to do so by 5pm on May 26th (postmarks do not count).

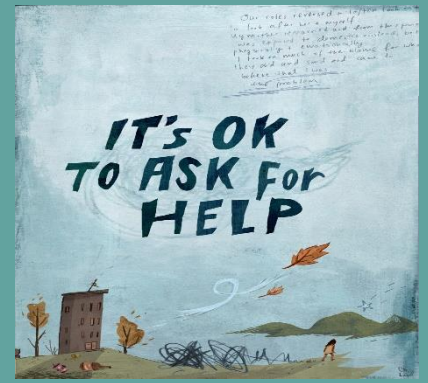
Absentee ballots are for persons who will be out of their municipality on election day or have a disability or illness. You need to list reason on your ballot.

Mail-in ballots are for any qualified voter and you may request without a reason.

Apply for absentee or mail-in ballots:

- Online at <https://www.votespa.com/Voting-in-PA/Pages/Mail-and-Absentee-Ballot.aspx>
- Print and mail form:
https://www.votespa.com/Register-to-Vote/Documents/PADOS_MailInApplication.pdf
- Call & Request Form: 1-877-VOTESPA (option 3)

Remember: You must return you ballot to the county election office by 8pm on election day, June 2nd. Mail out in advance as postmarks do not count.



Mental Health Resources

DelCo Crisis Connection Team

(24/7 Mobile MH Services)
1-855-889-7827

Peer Support Warm Line

(Certified Peer Specialists provide support to those who struggle with mental & emotional challenges)
1-855-464-9342

Older Adult Protective Services

610-490-1300
610-622-9284 (after business hours)

Domestic Abuse Project

(24/7 Hotline)
610-565-4590

24/7 National Suicide Prevention Lifeline

1-800-273-8255

PA Get Help Now

(24/7 Hotline for Drug & Alcohol Treatment Services)
1-800-622-4357

Magellan Member Services DelCo

1-888-207-2911

COVID 19 Hotline

1-877-724-3258

Virtual Coffee Chat with Elder Law Attorney, Rob Slutsky

Join attorney Robert Slutsky online every Wednesday in May from 2-3 pm on Zoom and have your questions answered.

Register at www.slutskyelderlaw.com/inthecommunity or

Email: Heather Scurti at heatherscurti@gmail.com

Once registered, you will receive an email confirmation about joining the meeting.

Learn more about Rob Slutsky at www.SlutskyElderLaw.com

final thoughts...

The Parish ElderCare Program is here to Support you! Please call for assistance for you or someone you care about. **Anyone** in the community may contact the ElderCare Program for phone support.

Looking for Ways to Support Others?

Support small businesses: Shop at “mom & pop” shops like Travers Market. Buy gift cards from local restaurants. Buy NOW & enjoy later; they also make great gifts. Take online classes at your local yoga or art studio.

Use your talents and give back: If you can knit or crochet, make scarves and donate to the homeless. Make a mask for someone in need. Send a card to someone who is alone. Help your grandchild draw a happy picture and send it to someone, teaching kindness.

Volunteer: Online grocery shop for a friend or family member who is not able to. Make food for a home delivered meal program like Caring for Friends.

Donate: Support your local food bank by donating food or a gift card which can help those affected by the pandemic. Send lunch to your first responders.

Social & Exercise Resources

Friendship Circle Senior Center is offering the following programs via Facebook Live. Go to their Facebook page at www.facebook.com/scsfriendshipcircle/ for more information or call their center at 610-237-6222.

Silver Sneakers- take classes online
<https://www.silversneakers.com/learn/ondemand/>

YMCA- Fitness at Home
<https://cyedc.org/fitness-at-home/>



Delaware County, PA Parish ElderCare Programs

**Lisa Grillo, Program
Manager**

St. Andrew ElderCare
610-284-0497

St. Joseph ElderCare
484-494-5011

Lisa Grillo will be working remotely. Please call the office number above for assistance. Voicemails are checked Monday-Friday. Calls will be returned asap on these days.