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**February
2021**



Information provided by Lisa Grillo, Gerontologist



Catholic Housing and Community Services
ARCHDIOCESE OF PHILADELPHIA



DelCo Seniors

Parish ElderCare Programs of DelCo

Provided in this newsletter is information and resources for seniors living in Delaware County, PA that may benefit you during the 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.



Lisa Grillo, Gerontologist

During the pandemic, please note that the Parish ElderCare Programs are still available to assist and support you.

Care Management services are available for parishioners of St. Joseph and St. Andrew which includes assessments of needs, care planning, coordination of services and more.

Telephonic support services are also available for the community at large providing information, referrals, and guidance.

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

Free Virtual Health Self-Management Workshop

Offered by the Philadelphia Corporation for Aging (PCA)

Diabetes Self-Management Program:

Dates: February 17, 24, and March 3, 10, 17 & 24

Time: 10 a.m. to 12:30 p.m.

Participants will learn about making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetic-specific problems.

To register, please contact Lauren Jirinec, PCA's Health Promotion Specialist at 215-765-9000, ext. 5119 or Lauren.Jirinec@pcacares.org.

AARP Tax Assistance Sites for Seniors

If you need assistance filing your taxes, please contact one of the sites below. **You must CALL to schedule an appointment.** Please be sure to leave your name, number, email (if you have one), & the date and time you called.

- **Springfield Township Administration Building**
50 Powell Road, Springfield, PA
Phone: 484-442-0854
Days: Mondays & Wednesdays from 9AM-1PM
Appts. begin Feb 15th
- **Community Recreation & Environmental Center**
9000 Parkview Drive, Haverford, PA 19041
Phone: 484-580-9020
Days: Tuesdays from 8:30am and 2:30pm
- **BCBC Alpha Center**
7766 Wayne Avenue, Upper Darby, PA
Phone: 267-702-6154
Appt. scheduling will begin in mid-Feb; appts. to begin at the end of Feb.

Meal Resources



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>

Social Activities

Surrey Services for Seniors Activity Highlights

On Zoom

- Knitting/Crocheting: Tues. at 10:30 am
- Morning Stretch: Mon. at 10am
- Memoir Writing: Wed. at 1pm
- Qigong: Fri. at 1:30pm

Via Phone

- Bingo: Thurs. at 10am
- Trivia: Mon. at 3pm

Please see Surrey's newsletter for their full schedule of programs and activities:

<https://online.fliphtml5.com/cuoiu/whrx/#p=4>

Senior Community Services Activity Highlights

On Zoom

- Exercise w/Lavinia: Mon. at 2pm
- Morning Stretch: Wed. at 10am
- Chair Yoga: Thurs. at 10am

Via Phone

Bible Study: Thurs. at 10am (484-209-0886)
Individual Tech: Tues. at 10am (call for appt. @ 610-637-6222)

Please see SCS's calendar for their full schedule of programs and activities:

<https://www.scsdelco.org/pdfs/Cal/FC.pdf>

COVID-19 Vaccine Information & Assistance

COVID-19 vaccination has begun for those who fall into the Phase 1 category which includes those over 65 and those between the ages of 16-64 with certain health conditions.

If you are interested in getting the COVID-19 vaccine, you will need to register to get an appointment. You may register on the county's website for an appointment. In addition, you may try to get an appointment at a vaccination site directly. To do this, you will need to go to the PA Dept. of Health's website and look at the map to identify sites in your area.

Appointment registration through the Chester Co. Dept. of Health:

<https://chesco.org/4822/COVID19Vaccine>

Find a vaccination site via PA Dept. of Health's map:

<https://www.health.pa.gov/topics/disease/coronavirus/Vaccine/Pages/Vaccine.aspx>

Additional information:

If you are over 75 and a Main Line Health patient, who has been seen at a Main Line facility in the past year, you may be able to get a vaccine through Main Line. You must register for a MyChart account to receive an "invitation" for a vaccine appt. Go to their website for details:

<https://www.mainlinehealth.org/conditions-and-treatments/conditions/covid-19>

Do you need help registering to get your vaccine?

- Call or email the Delaware County Covid-19 Call Center at 484-276-2100 or COVID19Resources@co.delaware.pa.us
- Call Lisa Grillo at the ElderCare Program at 484-494-5011.

Things to remember...

- Talk to your doctor to see if the vaccine is recommended for you.
- Get your vaccine information from reputable sources.

Moderna Vaccine Fact Sheet

<https://www.modernatx.com/covid19vaccine-eua/eua-fact-sheet-recipients.pdf>

Pfizer Vaccine Fact Sheet

<http://labeling.pfizer.com/ShowLabeling.aspx?id=14472>

CDC Vaccine Information

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

Please note, vaccines are limited at this time and information regarding phases, appts., & sites change regularly. Keep informed and look for updates regularly on the Chester Co. Dept of Health and the PA Dept of Health's websites (listed above).



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

COVID 19 Hotline

1-877-724-3258

final thoughts...

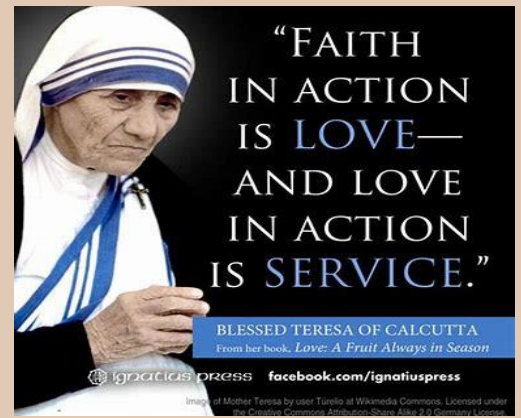
*The Parish ElderCare Program is here to Support you!
Please call for assistance for you or someone you care
about. **Anyone** in the community may contact the
ElderCare Program for phone support.*

Employment Opportunities

- **Senior Community Services**
Job: PT administrative assistant at Friendship Circle Senior Center. Send resume to Christine Helmandollar chelmandollar@scs-delco.org
- **Archdioceses of Philadelphia**
Jobs: FT case manager, PT after school CARES assistant, PT cook, FT business manager, PT administrative assistant, case aid, pool nurse assistant, FT parish secretary, and more...
<https://archphila.applicantpro.com/jobs>
- **Hand & Stone**
Job: Spa Associate FT or PT in Broomall
<https://www.indeed.com/rc/clk?jk=fc9a9d3855515b0f&fccid=7096ccbfc87e0377&vjs=3>
- **Broomall Total Health Center**
Job: Medical Receptionist
Apply online via Indeed.com
- **Aldi**
Job: PT Store Associate (several locations)
Apply online via Indeed.com
- **Senior Helpers**
Jobs: Scheduling Coordinator (Havertown), On-call Coordinator (remote), Care Liaison (West Chester)
<https://www.seniorhelpers.com/pa/havertown/careers>

LiveStreaming Mass Online

- [Cathedral Basilica of SS. Peter and Paul](#), Philadelphia: Sunday Mass at 11 a.m., with Archbishop Nelson Perez as celebrant
- **St. Joseph Church**, Collingdale: Sun. Mass at 11am on Facebook Live
- [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.



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.*

Disclaimer: The contents of this newsletter is for your information and not endorsed by the Archdioceses of Philadelphia, Catholic Housing and Community Services, or its employees. For more information about Catholic Housing and Community Services' Programming, go to our website www.chcsphiladelphia.org.