



2021

CENTER ACTION

Kennett Area Senior Center

Celebrating 46 years of service to the community

427 South Walnut Street, Kennett Square, PA 19348

610-444-4819

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Our Mission

The Kennett Area Senior Center helps adults, 50 and better, live healthy, active and independent lifestyles.



Message from our Executive Director

KASC Operations Update – Response, Preparation, Change and Renewal

What’s happening? When will the Center be opening? Now that Chester County is in the “Green Phase”, we are often asked these questions. We hope that the information shared below will help you to be better informed, understand what we have done to date and what is necessary in order to re-open the Kennett Area Senior Center.

Since mid-March, while our physical doors have been closed, our phones have remained open and we have been as busy as bees responding to COVID-19 challenges, adding new services, planning and moving forward. Probably like you, when we first closed for in-person programming, we had no idea that it would be for as long as it has been or may be. Like you, we had to adjust to rapidly changing circumstances, all of which were new to us. Our Board of Directors has risen to the occasion, dedicating even more of their time and talent to support KASC during this challenging time. Our staff has remained steadfast in their dedication to the Center and some of our volunteers and participants have kindly reached out to offer help as well.

Our Board and Staff

Our Board of Directors Executive Committee meets with me to provide support, ideas, and resources. Our staff are working together to approach all that we do as a team. Staff members have also been making bi-monthly “check-in”

calls to approximately 300 seniors whom we felt may be most vulnerable during this time. Our doors have remained open via phone for information and assistance and we have responded to individual needs as they have arisen.

Funding Challenges and Some Heroes

Like many non-profit organizations, due to the need to discontinue in-person programs and cancel all planned fundraisers, we are experiencing financial challenges. Most funding organizations responding to COVID 19 needs, have directed their limited resources to work that is considered life sustaining and essential. As a result of having to close our doors to in-person programs, we have lost some significant funding which has impacted us now and this loss will continue to impact us over the next year.

We have received ongoing support from some organizations and a few other new organizations have responded with a helping hand. We are grateful to the Chester County Department of Aging Services, our largest funder, for their continued financial support of our county’s Senior Centers. We thank the United Way of Southern Chester County for their on-going support of KASC. Historic Kennett Square recently provided us with a generous grant to purchase necessary equipment to prepare for re-opening of the Book Shoppe. Luther Management Company of Southern Chester County, Marshall Reynolds Foundation, Exelon Foundation, St. Michael’s Church (Unionville), Hutton Family HeLP Fund and the Robert Lamb

Director's Message Continues

Foundation have also provided recent support which has aided us during this difficult time. It is through the kindness of these partners and the generosity of our individual donors which allows us to provide on-going support to seniors in Kennett Square and surrounding areas.

Due to COVID 19 impact, we have restructured our staffing. To the greatest extent possible, staff members are working remotely, staff hours have changed and we had to make the difficult decision to eliminate some positions. During the past few months there have been and there continue to be many unknowns, however there are some certainties. We love our seniors, our volunteers, the work that we do and we shall persevere!

Remote Program Opportunities

We have implemented remote programming via Zoom Meetings. We decided to begin with our largest and most frequent program, SilverSneakers. To prepare, we called participants to gauge interest, and offered two "Learn to Zoom" classes before we launched the official class which is usually taught by Donna DeGregorio and occasionally by Pat Abadinni. SilverSneakers classes are now offered twice a week and participants who had never used Zoom before have done a beautiful job increasing their technology skills while maintaining their health through exercise. We will be offering additional social, recreational, educational and wellness remote program opportunities in the near future. Worried about using Zoom? No worries, we offer no cost "Learn to Zoom" classes.

CCDAS Lunch Program

We are excited to let you know that Chester County Department of Aging Services has launched a "to go" frozen food program. We hope that many Center participants will take advantage of this

healthy food program and give us the opportunity to see each other in-person! The program is open to the general community so if you know of any 60+ individuals who may wish to participate please share this information. Lunches are distributed on Tuesdays and Thursdays and pre-registration is required. Detailed information about the contactless "Grab N Go" program is contained on page 9 & 10 in this newsletter.

Preparing for Re-opening

Also during this time, we have been reading, reading, reading and attending many educational Zoom meetings and webinars. Additionally, we have been monitoring the Center for Disease Control, PA Department of Health, the PA Department of Aging, and Chester County Department of Aging Service requirements/guidance for re-opening, all with the goal of being able to resume safe in-person programming at KASC. There are many new policies and procedures which are required. All are important and designed to minimize risk of illness to Center staff, volunteers and participants. Among them is a requirement that visitors to the building have a brief health screening, 113 square feet of space be allocated to each individual in program spaces. Social distancing of 6 feet must be maintained at all times and, to protect others, all individuals in the building will be required to wear masks. Regular visitors to the Center who have seen how programs and social time was structured *pre-COVID 19*, will understand that creative and new ways of operating will be necessary. When we re-open it will be a combination of remote and in-person program offerings.

We have a written plan which will guide our daily work and which was submitted to the Chester County Department of Aging Services for review and approval.

Continued on next page

We are on the web
www.kennettseniorcenter.org

Where you can find
details on KASC's
happenings.



[https://
www.facebook.com/
KennettSeniorCenter/](https://www.facebook.com/KennettSeniorCenter/)

DO YOU HAVE AN E-MAIL ADDRESS?

If you would like to receive your copy of the Newsletter in **full color** via e-mail, let us know at sdamico@kennettseniorcenter.org

Do you receive our newsletter by email?

Having problems receiving the newsletter via email? Please don't forget to check your JUNK or SPAM folders. If the email with the newsletter is there, click and mark as NOT JUNK or NOT SPAM. This will whitelist our email address and the newsletter will no longer fall in the JUNK or SPAM folder.

Director's Message Continues

Our plan is designed to comply with all authorities' requirements and to minimize health risks to participants, staff and volunteers.

Part of our plan includes the provision of adequate PPE for our staff, specialized cleaning equipment and the acquisition and installation of touch free equipment, signage etc. All staff and volunteers will be carefully trained. Materials will be developed to inform Center participants of the policies and procedures in this "New Senior Center World".

Call for E-mail Addresses

Our re-opening date is not known at this time. When we do target a specific date and as we schedule new programming, we would love to be able to promptly communicate with you. We do not have the resources to send a USPS letter each time there is something important to share. If you have not provided an e-mail address to us, we would be grateful if you would do so now.

Please e-mail sdamico@kennettseiorcenter.org and provide your name and a brief note or type KASC Email in the subject line. If you have a family member or friend who would be willing to assist you by receiving e-mail communications from us, please have them contact us at the address above. You have our assurance that only general information will

be shared with any friend or family member. Your privacy on any other matters will always be maintained.

Stephanie K. Damico

Living History Story Telling

Via Zoom

10 to 11 a.m.

We are excited to let you know that our Living History Story Telling Program is happening via Zoom!

Jan Michener is facilitating this amazing weekly workshop.

Come to share your memories and stories of the past. When we share our memories of the past, we give each other the gift of being present.

Please e-mail sdamico@kennettseiorcenter.org to request more information or to register.

Tips for Caregivers During COVID 19

Being a caregiver during quarantine presents new challenges in practicing self-care here are some tips.

Take care of your mind,

Find joy and gratitude.

Maintain & create plan to accomplish smaller goals, eliminate frustration

Get dressed, you'll feel prepared for the day and what is coming

Limit news intake about Coronavirus continuous may ease

anxiety

Write down thoughts-just let thoughts flow

Take deep breaths

Take care of your body

Eat well, be well

Drink well, be well-remember to stay hydrated, limit caffeine

Move your body-stretch, move your arms and legs when sitting in a chair

Take a walk when possible

Get fresh air & 'smell the roses'

Take care of your spirit

Listen to music-even if you and your loved one are in the same room, listening to some music may offer a little escape to your mind.

Participate in a spiritual activity.

Adopt a "This too shall pass" thought

Remember you are not alone; we are in this together

Find ways to laugh!

Important Information

Pa.gov website for resources

Visit this website <https://www.pa.gov/guides/responding-to-covid-19/#ForIndividuals> for resources on Mental Health, Unemployment Compensation, other financial help, food assistance, and driver services.

Wear a Mask

Even as we have moved to the Green Phase, Governor Tom Wolf recommends that all Pennsylvanians wear a mask any time they leave their homes. Read more here: <https://www.pa.gov/guides/responding-to-covid-19/#UniversalMasking>

211

Don't forget – 211 is a great resource. Visit the website at: <https://www.uwp.org/211gethelp/>

Up-to-date information on COVID-19 in Pennsylvania

visit the PA Department of Health's dedicated [Coronavirus webpage](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx) (<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>) that is updated daily, the CDC webpage or World Health Organization.

Testing

For testing through the Pennsylvania Department of Health. Call 1-877-PAHEALTH or Contact your primary care physician. Read more here <https://www.health.pa.gov/>

[topics/disease/coronavirus/Pages/Symptoms-Testing.aspx](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx)

Food Assistance

For food assistance, please call the Kennett Community Services (KACS) at (610) 925-3556.

Chester County Seniors in need of food, supplies and prescriptions (also pet food) can contact us. Seniors who need assistance, if you cannot shop for food, supplies or pickup your prescriptions, please call us at 610-444-4819. We will try our best to help find someone who can shop for you and deliver to you. Please share with people who might need help.

Rover Transportation

ROVER Community Transportation, in cooperation with Chester County, PennDOT and many of our local grocery stores, is offering a temporary service for our Chester County Seniors to schedule transportation to Grocery Stores and Pharmacies that have advertised specific hours of operation dedicated to Seniors. Please call Rover to arrange rides. Click [here](#) or go to <https://www.krapfbus.com/transportation/rover/> and Click on notice at top of page to read more. Call Rover at 484-696-3854 or 877-873-8415.

The Senior Law Center continues to help older Americans.

Reach them at: 610.910.0210

(Bucks/Montgomery), 610.910.0215 (Delaware/Chester), or statewide at 1.877.PASR LAW (1.877.727.7529)

Veterans Affairs

In case you are a veteran or know of one in need, please call 610-344-6375

Financial Scams

Consumers should be on the lookout for [financial scams](#) during major events such as the outbreak of COVID-19. If you have received an unsolicited phone call, when in doubt, hang up. Never provide credit card or other financial or personal information as part of an unsolicited phone call and think twice if you're being pressured to act now.

Crime Victim's Center

24/7...helping adults and children in their recovery as victims of sexual violence, assault, property crimes, sexual harassment in the workplace and homicide, especially during this pandemic. Domestic violence and drug addiction has increased. As a result of COVID-19, they have made changes in the way they provide healing support and a hopeful vision of the future, as always free of charge: Website: www.cvcofcc.org, Address: 135 W. Market Street, West Chester, PA 19382, phone: 610-692-1926

Mental Health Resources

Reaching out for help is a sign of strength, not an indication of weakness. Here are just a few mental health resources available to Pennsylvanians:

Crisis Text Line: Text 'PA' to 741741 for help 24/7.

National Suicide Prevention Lifeline: If you or someone you care about is experiencing thoughts of suicide, please call the Lifeline at 800-273-8255. [Español: 888-628-9454.] (<https://suicidepreventionlifeline.org/>)

PA's new support helpline: Our new support helpline, run by the Department of Human Services, is here to help.

Call [855-284-2494](tel:855-284-2494) to speak with someone today.

Prevent Suicide PA: Learn the warning signs of suicide and how you can help (<https://www.preventsuicidepa.org/>), plus get other resources.

Disaster Distress Helpline: Experiencing emotional distress due to COVID-19? Call **1-800-985-5990** or text 'TalkWithUs' to 66746 to connect with a trained crisis counselor.

Get Help Now for substance use disorder: Recovery is not canceled. Reach out for support from the Department of Drug and Alcohol Programs by calling [1-800-662-4357](tel:1-800-662-4357), or use

the online chat function.

Veterans Crisis Line: Are you a veteran in crisis or concerned about one? Connect with caring, qualified responders, many of whom are veterans themselves, by calling [1-800-273-8255](tel:1-800-273-8255) and pressing 1, or chat online.

Find a comprehensive list of COVID-19 mental health information and resources (<https://mhanational.org/covid19>) through Mental Health America.

Where people can turn if they need to talk: Emotional Listening Line at 800-932-4616

COVID-19 Vaccine

Chester County's newest vaccine interest form and updated instructions were posted to their website January 22nd. Anyone 16+ who wishes to receive a COVID-19 vaccine may now fill out the interest form AND if you are between 16 and 64 years of age with certain underlying conditions and you previously filled out the survey they Chester County Health Department wants you to fill it out again. If you do not fall into this category and you previously completed the survey, the County website indicates that they have your data and that you do not need to re-complete the form. An e-mail address is needed for completion of the form.

Please help us to spread the word for people without an e-mail address: Those individuals may call the Chester County Health Department for assistance at 610-344-6225. Alternatively, they may use the e-mail address of a trusted friend or family member.

The Department of Aging Services shares that individuals may also contact their Personal Care Physician and pharmacies. Medical specialists (cardiologists, rheumatologist, etc.) also have a small supply of the vaccine.

The health department has indicated that it is extremely overwhelmed at this time but will call individuals back as soon as possible.



Senior Friend

COVID 19 has changed all of our lives. Spending so much time at home is a challenge for most and in response KASC is developing a new program called Senior Friend. The goal of the program will be to match seniors with community volunteers who are also looking for a friend. You decide whether you would like a Friend to chat with on the phone or whether you would like a visit. Your Senior Friend may help you with technology, shopping or other needs. You may enjoy a walk together or a mutual love of music or history. The sky's the limit!

If you are interested in being matched to a Senior Friend
please call us at 610-444-4819
or send an e-mail to sdamico@kennettseiorcenter.org.

Learn to Zoom Classes



Want to get connected with family, friends, or the Kennett Area Senior Center? We have started remote programs using Zoom... Zoom is a service which provides simple online meetings for 2 or more people. They could be near or far from each other and Zoom brings them together using a cell phone, tablet or computer. You do not have to have a Zoom account to join a Zoom meeting and with a little practice you can learn to be a Zoom Meeting Pro!

Zoom can provide a way for you to join with others just to chat, to take a class, to be part of a club, to share a meal together and more! KASC has successfully started SilverSneakers by Zoom and we will be adding more opportunities for participation in Zoom based recreational, educational, wellness and social activities.

We are offering no cost Learn to Zoom classes. We will gather in a Zoom meeting, teach you how Zoom works and together we will practice and have some fun. You are welcome to attend one or as many classes as you like!

Registration will be limited to 8 participants per class.

If you are interested in receiving information to get started on Zoom and to join a class, please e-mail sdamico@kennettseiorcenter.org. If you have general questions about the class, please call 610-444-4819 and leave a message. We will return your call as quickly as possible.

Grab N Go Lunch Information



We are so happy that you are participating in the KASC Grab N Go Lunch Program! Below is important information and guidelines for lunch participants.

SCHEDULE

Each week on Tuesdays, 5 frozen meals and 1 quart of fresh milk will be available. Meal pick up is between 11:00 am and 12:00 pm. If you attend Silver Sneakers, which ends at 11:45 am, you are welcome to pick up until 12:15 pm.

ORDERING LUNCH

All lunch orders are due by the end of the day Monday for the next week of lunches. There will be no exceptions because we are required to provide this information to the county in a timely manner. If you have not pre-registered for meal distribution you may not come to pick up food. We will only be ordering based on pre-registration.

There are currently 3 ways to place orders. They are listed below in order of preference.

- 1) When you arrive to pick up a lunch we will ask you if you would like to place an order in the future.
- 2) You may e-mail sdamico@kennettcenter.org to place an order. Please be sure to include the first and last name of the person who will be receiving the meals. You may pick up on a Tuesday (5 meals).
- 3) You may call the senior center at 610-444-4819 and leave the full name of the person to receive the meals on our voicemail.

If something comes up and you are not able to pick up your meals, PLEASE let us know as far in advance as possible by sending an e-mail to the above address or calling the office. Please leave the information on our voice mail. We usually cannot cancel a meal order but we would like the opportunity to identify another person who may want it.

ENTERING AND EXITING

Please enter only from KASC's driveway. Please do not drive through the condominium parking lot behind our building. The connecting driveway between KASC and the condo units will be blocked with cones. Please enter on the right side of the lot. **STAY TO THE RIGHT OF THE CONES.** Travel down toward the back of the lot and when safe, make a U-turn and pull up alongside the building. Please do not make a U-turn between cones. Food will be distributed near the front door. Please POP your trunk or safely exit your vehicle and open a PASSENGER SIDE DOOR for placement of your food.

DONATION

Along with your food, you will be given donation envelopes. Donations of \$2 per meal are optional and appreciated. If you donate, when you return next time, please leave the envelope in the spot in the car where the staff will be placing your lunches. This money is returned to the Chester County Department of Aging Services and helps to fund the continuation of the lunch program.

FACE COVERING AND SOCIAL DISTANCING

After you arrive in the KASC parking lot and safely park, it is required that you wear a mask until you are ready to depart. Do not open your window or exit your vehicle without a face covering. If, for any reason, you cannot wear a face covering please let us know and we will try to make alternative arrangements for you.

Grab N Go Lunch Information—cont.

All staff and volunteers are also required to wear masks as they serve you. **Six feet of distance** between all people on the property is required at all times. Reminder - if you cannot open your trunk to receive food, open only the rear passenger side door closest to the building. This allows us the greatest social distance between you and a staff member or volunteer.

STAY IN YOUR CAR (except to open a door or your trunk if needed)

We know that you have been cooped up and not able to socialize in-person with your friends from KASC. We wish that we could provide opportunities for you to do this in-person, but unfortunately we are not permitted to do so at this time. It may be tempting to exit your vehicle and chat with others in the parking lot, however it is not safe to do so and it is prohibited. Please know that social distancing safety and parking lot traffic safety are our first concerns. We want to keep you safe and returning for lunch!

E-MAIL ADDRESS

During this time of temporary closure, we would love to be able to share frequent news & updates. We do not have the resources to do this via a USPS mailing each time we want to reach out. If you have an e-mail address please provide it to us by sending a quick e-mail to sdamico@kennettseniorcenter.org. Please include your name and a brief note or put KASC in the subject line.

If you don't have an e-mail and would like to sign up for one, please give us a call at 610-444-4819. We will be happy to walk you through that process. If you have a friend or family member who would be willing to receive e-mails from the Center on your behalf, please have your friend or family member send an e-mail to the address above and let us know your name, their name and that they agree to receive e-mails on your behalf.

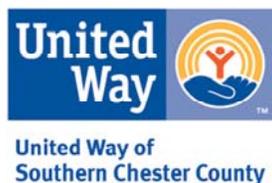
Please don't assume we have your current e-mail address on file and we encourage you to reach out!

You have our assurance that only general information will be shared with any friend or family member. Your privacy on any other matters will always be maintained.

POLICIES AND PROCEDURES ARE SUBJECT TO CHANGE AS WE LAUNCH THIS NEW PROGRAM!

**KASC is partially funded by the Chester County Department of Aging Services
and the United Way of Southern Chester County.**

**We are grateful to each of them for supporting seniors in our community
and the work of Kennett Area Senior Center.**



Contact Tracing COVID-19

What is Contact Tracing?

Contact tracing is the process of identifying individuals who may have come into contact with an infected person.



What is the Purpose of Contact Tracing?

Contact tracing helps public health manage COVID-19 from spreading. It is used to break chains of transmission and to help prevent future surges of cases. Contact tracing is an extensive, yet valuable, process. The health of you, your family and friends, and your community is our priority.

Who are Contact Tracers?

Contact Tracers are trusted staff dedicated to contacting the individuals you identify as close contacts to let them know they may have been exposed to COVID-19.

What Happens if You Test Positive for COVID-19?

The Health Department will follow-up with you to better understand your illness and to identify people you may have exposed to COVID-19.

What if I Don't Want to Share My Contacts?

Privacy is critical to contact tracing. We know it may feel uncomfortable to share your contacts, but this information is important to slow the spread the virus and move us closer to our normal lives.

Contacts will be told they may have been exposed to COVID-19, but they WILL NOT be told your name or any personal information.

It is also important for us to guide your contacts on what to do following an exposure – this includes education, support, information about their risk, and what to do if they become sick.

A Contact Tracer Will:

- NEVER ask for your Social Security number
- NEVER ask for any private financial information
- NEVER ask for credit card information
- NEVER ask your immigration status
- NEVER send you a link without proper authentication procedures



During this time of temporary closure, we would love to be able to share frequent news & updates. We do not have the resources to do this via a USPS mailing each time we want to reach out. **We need your e-mail address!** If you have an e-mail address please provide it to us by sending a quick e-mail to sdamico@kennettSeniorCenter.org. Please include your name and a brief note or put KASC in the subject line.

If you don't have an e-mail and would like to sign up for one, please give us a call at 610-444-4819. We will be happy to walk you through that process. If you have a friend or family member who would be willing to receive e-mails from the Center on your behalf, please have your friend or family member send an e-mail to the address above and let us know your name, their name and that they agree to receive e-mails on your behalf.

Please don't assume we have your current e-mail address on file and we encourage you to reach out!

You have our assurance that only general information will be shared with any friend or family member. Your privacy on any other matters will always be maintained.



You're Invited!

SILVERSNEAKERS CLASS VIA ZOOM



We are pleased to let you know that the Kennett Area Senior Center is holding SilverSneakers program via Zoom.

Classes are held every Tuesday and Thursday

with the Zoom meeting opening at 10:45 a.m.

and instruction beginning at 11:00 a.m.

If you would like to join us, please email Stephanie D'Amico @ sdamico@kennettSeniorCenter.org.



amazon smile

Shopping's more fun when you're helping your community Senior Center.

Due to COVID 19, in mid-March the Kennett Area Senior Center had to close its doors. Since then we have been providing one-on-one information and referral services, distributing food boxes to seniors in need and making over 350 bi-weekly "check-in" supportive calls to the most vulnerable. We recently launched our first remote class via Zoom Meeting and we are building more remote program opportunities for all seniors in our community.

We offer no cost "Learn Zoom" classes to help seniors to stay connected to friends and family and join in educational, wellness, recreational and social activities.

When we can re-open is still an unknown, and while we work to prepare, we continue to have staffing and fixed monthly expenses. A fun and easy way to help KASC is by shopping using Amazon Smile. Part of every purchase you make will be donated to KASC.

Here's how to shop AmazonSmile:

1. Visit smile.amazon.com
 2. Sign in with your Amazon.com credentials
 3. Search Amazon's Charity Lists
 4. Select Kennett Area Senior Center
 5. Start shopping!
 6. Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile
- OR

Skip the search. Select the yellow button below, enter your Amazon credentials and start shopping!

Please share this with your friends and family! Every bit helps and is appreciated more than words can say!

[Skip the search! KASC is right here at AmazonSmile](#)

Shopping with a Smile!



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