

BRANDYWINE VALLEY ACTIVE AGING

COATESVILLE CAMPUS

VIRTUAL CAMPUS

DOWNINGTOWN CAMPUS

WOMEN'S HISTORY MONTH

MARCH 2022

Sheriff **Fredda L. Maddox** is a groundbreaker. Her victory is a first many times over. And she is a fighter. Maddox defeated her opponent who ran unopposed in the primary- Maddox, meanwhile defeated a field of three other candidates to earn the nomination back in 2019. Maddox, a former Pennsylvania State Trooper, became Sheriff of Chester County.

Sheriff Maddox's hope is to restore trust between law enforcement and culturally diverse groups. Come meet Sherriff Maddox and learn about the fascinating story of her career and her historic win.



Ms. Fredda is a first...many times over

Sheriff Maddox is also incredibly accomplished. Maddox was the first African American woman to serve as a Pennsylvania State Trooper in Chester County. She was a Narcotics Agent for the Bureau of Narcotics in the Pennsylvania Attorney General's Office and a Special Agent in the Bureau of Criminal Investigations. She earned a Master of Criminal Justice from West Chester University and completed training at the Pennsylvania State Police Academy and FBI Academy in Quantico, Virginia. She has bridge-building program with officers and African American teens that led to de-escalation training together. She also initiated a scholarship for Municipal Police Academy/PA Act 120 certification toward diversifying Chester County's law enforcement .

Maddox put the "She" in Sheriff

In 2020, Fredda L. Maddox became the first African American woman elected and sworn in as Chester County Sheriff. The law enforcement veteran and former attorney in domestic violence and family law has a lifelong record of serving the community, protecting people and protecting rights.

20 years on Behalf of the People

While working full time in law enforcement, Maddox earned a law degree from Widener University School of Law. She was a practicing attorney for 20 years, representing clients of domestic violence, child abuse and those needing help with family law. For more than a decade, she served as a court-appointed guardian ad litem.

Covid-19

Maddox led the Chester County Sheriff's Office through new protocols for health safety in county-owned facilities and protection for the county-operated COVID-testing sites

Women's History Month
Trailblazer to "She-ro": Chester County Sheriff Fredda Maddox
Wednesday, March 23rd 2022 at 11:00am

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(Valley Township)
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Gregory C. Froio, Supervisor

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March 2022 Coatesville & Downingtown Menu

Reservations are required one week in advance. In-person dining available Mon.– Fri. 12:00-12:30pm. Drive Thru & Take Out Meal: M-F, 12:30-1:30P; Coatesville & Downingtown

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| MENUS SUBJECT TO CHANGE. DRIVE THRU & TAKE OUT MEALS: This service is still available. Please call your home campus to make a reservation for the meal. Take Out Pick Up: Please come inside and check in at the front desk. | March 1 Fat Tuesday Jambalaya Roll with Butter Cookie utter | March 2 Dr. Suess' Birthday C is for Chef Salad R is for Roll B is for Butter F is for Fruit & a Seussical Treat | March 3 Bean & Cheese Burrito Corn Salad Cookie | March 4 Pizza by Chef Ray Salad Fruit |
| | March 7 Sloppy Joe Roll Tater Tots Mixed Vegetables Fruit | March 8 Roast Pork Stuffing Roasted Carrots Cookie | March 9 Birthday Bash Chicken Piccata Rice Broccoli Cupcake & Ice Cream | March 10 Italian Wrap Soup du Jour Green Brans Cookie *Baked Ziti for Vegetarian option |
| March 14 Turkey Burger Sweet Tater Tots Lettuce/Tomato/Pickle Fruit | March 15 Asian Chichen Salad Roll and butter Fruti | March 16 Corned Beef Hash Fried Egg Biscuit/honey Fruit | March 17 Shepard's Pie Irish Soda Bread Peas and Carrots Happy St. Patrick's Day | March 18 Pizza by Chef Ray Salad Cookie |
| March 21 Baked Fish Rice Pilaf Roasted Broccoli & Red Pepper Fruit | March 22 BVAA Bowl Fruit | March 23 Chicken Caesar Salad Roll with butter Fruit | March 24 Broccoli Alfredo Roll/Butter Cookie | March 25 Grilled Chicken Soup du Jour Fruit |
| March 28 Spaghetti & Meatballs Italian Blend Veggies Roll/Butter Roll Dessert | March 29 Chicken Pot Pie Brown Rice Cookie | March 30 Sausage & Peppers Club Roll Tossed Salad Fruit | March 31 Tater Day Potato Boats 3 Bean Salad Cookie | |



1/2 pint milk served with each meal. 1 packet condiment served with each wrap or sandwich.
Menu subject to change without advance notice.

Meals served at BVAA are funded in part by the Chester County Department of Aging Services. Membership to the senior center is not required for participation in the congregate meal program. **Individuals 60 and older who are 185% or above the federal poverty level are asked to make a voluntary and anonymous contribution of \$2.00 towards the cost of the meal.** Individuals under the age of 60 are welcome to enjoy a noon meal for a cost of \$5.00. The official registration and financial information for the Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll-free (within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.

WOMEN IN FILM FESTIVAL

Explore films about inspiring women
during Women's History Month 2022.
Mondays in March at 12:30pm

Bombshell: The Hedy Lamar Story March 7

THE LIFE AND CAREER OF THE HOLLYWOOD MOVIE STAR BEAUTY & HER UNDERAPPRECIATED TRUE-LIFE ROLE AS GENIUS INVENTOR.

MERCURY 13 March 14

THE REMARKABLE TRUE STORY OF THE WOMEN WHO PARTICIPATED IN NASA'S EXPERIMENTS IN THE SPACE RACE. DUBBED THE "MERCURY 13".

WHAT HAPPENED, MISS SIMONE? March 21

WITH PREVIOUSLY UNRELEASED ARCHIVAL FOOTAGE, THIS DOCUMENTARY CHRONICLES THE LIFE OF SINGER & CIVIL RIGHTS ACTIVIST NINA SIMONE.

I AM A WOMAN March 28

FOLLOW AUSTRALIAN SINGER HELEN REDDY, WHO FIGHTS AGAINST THE MISOGYNY OF THE MUSIC BUSINESS IN THE 1960'S. EVER WONDER WHERE THE PHRASE, "I AM WOMAN, HEAR ME ROAR," COMES FROM?

COATESVILLE & DOWNINGTOWN CAMPUSES



Art Class March 14 - May 16, 2022
with Neil Dreibelbis

To register, please call
610-383-6900

\$75, 10 Week Class
Downingtown Campus

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Theresa Butts

Claudia Rose-Muir

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Rob Brown

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Dania Langley

Development Director

Nick Popov

Director of Campus Services

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Missy Ziegler/Jess DeCray

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Ray Jackson

Asst. Director of Nutrition Services

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Coatesville Campus

250 Martin Luther King Blvd

Coatesville, PA 19320

610-383-6900

**Please mail all correspondence
to address above**

Downingtown Campus

Brandywine Grace Church

40 W. Pennsylvania Ave.,

Downingtown, PA 19335

610-269-3939

www.bvactiveaging.org

info@bvactiveaging.com

COATESVILLE
CAMPUS

*Birthday &
Anniversary Bash*

WEDNESDAY
MARCH 9, 2022

Lunch 12:00-12:30PM
Live Entertainment 1:00PM
JERRY TRECROCE

RSVP
610-383-6900

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WITH...**

JOIN US FOR AN ENLIGHTENING
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CAMPUS FOR DETAILS

MARCH 2022

**DOWNINGTOWN
CAMPUS**

WEDNESDAY,
MARCH 9, 2022

**BIRTHDAY &
ANNIVERSARY
BASH**

RSVP 610-269-3939

Lunch 12:00-12:30PM
Live Entertainment
ANDY & IRENE DUO
1:00PM

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WORKOUT AT HOME
Virtual Chair Based Exercise

**Tuesday & Thursday
9:00am - 10:00am**

Email: info@bvactiveaging.org to
receive your Zoom invite

CRAFT OF THE MONTH: MARCH 2022

NO SEW PILLOW

GET EVERYTHING YOU SEE AND AN
ONLINE CLASS TO CREATE THIS INSTANT
GLAM UP TO ANY ROOM. SAVE MONEY
AND MAKE YOUR OWN DECORATIVE
PILLOW COVER PERFECT FOR A EASTER
GIFT OF KEEP IT FOR YOURSELF!

ON-LINE
Craft Class with Jorge
1ST TUESDAY OF THE MONTH

ORDER BY: 3.14.22
COST: \$8
ZOOM CLASS: 3.21.22

EXAMPLE FOR PHOTOGRAPHY

**Pinocle
Players
Coatesville
Campus!**

Tuesdays
10:00am

**CHAIR
BASED
EXERCISE
WITH
ROB**

LIVE CLASSES
9AM, 10AM & 11AM

COATESVILLE
MONDAY & WEDNESDAY

DOWNINGTOWN
TUESDAY & THURSDAY

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BVAA Fitness, Activities

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| | March 1 | March 2 |
| | 9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V 1P New Exercise Class/ D | 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D 1P New Exercise Class/ C |
| March 7 | March 8 | March 9 |
| 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Monday Matinee/ C, D 1P Pokeno C, D 1P New Exercise Class/ C | 9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V 1P New Exercise Class/ D | 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D 1P New Exercise Class/ C BDAY BASH Lunch 12P Live Music! at 1P C'ville & D'town Campuses |
| March 14 | March 15 | March 16 |
| 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Monday Matinee/ C, D 1P Pokeno C, D 1P New Exercise Class/ C | 9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V 1P New Exercise Class/ D | 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D 1P New Exercise Class/ C |
| March 21 | March 22 | March 23 |
| 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Monday Matinee/ C, D 1P Pokeno C, D 1P New Exercise Class/ C | 9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V 1P New Exercise Class/ D | 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D 1P New Exercise Class/ C |
| March 28 | March 29 | March 30 |
| 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Monday Matinee/ C, D 1P Pokeno C, D 1P New Exercise Class/ C | 9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/ C, D, V 10A Wii Bowling/ C 10A Pinochle with John M./ C 1P Bingo/ C, D, V 1P New Exercise Class/ D | 9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Bingo/ C, D 1P New Exercise Class/ C |

& Wellness Schedule

| THURSDAY | FRIDAY |
|---|---|
| March 3 | March 4 |
| 9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V 1P New Exercise Class/D | 10A Poker/D 10:30A Giant Crossword/C, D |
| March 10 | March 11 |
| 9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V 1P New Exercise Class/D | 10:30A Giant Crossword/C, D <p style="text-align: center;">D'town Closes 1P No Poker 2nd Fri of Month</p> |
| March 17 | March 18 |
| 9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V 1P New Exercise Class/D | 10A Poker/D 10:30A Giant Crossword/C, D |
| March 24 | March 25/Fourth Friday |
| 9A Virtual Chair Based Fitness 10A, 11A Downingtown Chair Based Fitness with Rob 10A Cornhole/C 10A Wondrium/C, D, V 1P Pokeno/C, D, V 1P New Exercise Class/D | 10A Poker/D 10:30A Giant Crossword/C, D 1P DANCE PARTY C/D |

KEY

C/Coatesville Campus
D/Downingtown Campus
V/ Virtual
 Online Class on *ZOOM*

• **Registration Required**
 For a Zoom Invite:
info@bvactiveaging.org

What does V mean?

It stands for **Virtual** This option allows for real time, on-line participation in an activity on the Virtual Campus on *Zoom* link or phone call. Best part? It's **LIVE**– just like being there so you don't miss a thing!

BVAA ANNOUNCES

LENDING LIBRARY

CHECK OUT THIS NEW RESOURCE DONATED BY THE CHESTER COUNTY ELDER ABUSE TASK FORCE



COATESVILLE & DOWNINGTOWN CAMPUSES

THE VIRTUAL CAMPUS IS OPEN

| | | |
|---------------------------------------|---|-------------------------------------|
| CHAIR BASED EXERCISE 9:00AM | WONDRIUM LEARNING LECTURE 10:00AM | BINGO & POKENO 1:00PM |
| TUESDAYS & THURSDAYS | | |

Snow Schedule/Classes

Snow days will be made up for missed classes at the end of the 10-week period.

DID YOU HEAR?



BVAA IS OPEN FOR IN PERSON DINING

Drive-Thru & Take Away too!



Rose Ceremony. Andrew hands out Roses on Valentine's Day in Downingtown.

New fitness offerings coming in April

Drums Alive
 Wednesdays/Coatesville, 1pm
 Thursdays/Downingtown, 1pm

- Strengthens memory, concentration, attention and focus.
- Drumming increases heart rate and blood flow!

Bingocize
 Monday/Coatesville, 1pm
 Tuesday/Downingtown, 1pm

- Improved lower/upper body strength
- Improved balance & range of motion

Reservations required

Classes are free
Donations appreciated

BVAA FIT **Masks are worn during class**



You Ought to be in Pictures
 Congratulations Wilbur– winner of Westin's Pet Photo Contest! Good Boy!



Touchdown!
 Coatesville parties for the big game with a Super Bowl inspired menu, games and prizes. Well played people– looking good out there!



Mr. Jerry, a true hero of **Black History Month**, in Coatesville this February.



Traditional Irish Shepard's Pie

Directions

Boil potatoes until fork tender, drain and put into a bowl. Add milk, 4 Tbs. butter, salt, pepper and mashed together until smooth.

Melt rest of butter in a pan, add onions, carrots, celery and sauté until tender. Add ground meat add cook until no longer pink. Drain fat. Add Worcestershire sauce, beef broth and season to taste. Reduce heat and simmer for 10 minutes.

In a greased casserole dish, spread the meat mixture, then top with mashed potatoes. Place in a 350-degree oven for 35-40 minutes or until bubbly. You can add cheese to the top 15 minutes before it is finished for a little extra deliciousness!

Ingredients

- 2 lbs. White potato, peeled and quartered
- 1/2 C Milk
- 1 Stick Butter, divided
- 1 Medium onion
- 2 C Mixed Vegetables (corn, peas, carrots celery)
- 1 1/2 lbs. Ground meat
- 1/2 C Beef Broth
- 1 Tsp Worcester Sauce
- Salt/pepper



ST. PATRICK'S DAY PARTY

- Most Green Costume Contest!
- Special Menu
- Treasure Hunt
- Games & Prizes

Coatesville & Downingtown Campuses

1:00pm



THERE ARE 316 PEOPLE SHOT IN AMERICA EVERY DAY.

ADVOCATE GROUP, MOMS DEMAND ACTION VISIT OUR DRIVE-THRU TO REMIND US OF THEIR MESSAGE OF PROMOTING SAFE GUN STORAGE FOR OWNERS.

MARCH 17, 2022

12:00PM-1:30PM

COATESVILLE CAMPUS & DRIVE THRU

Interested in volunteering?
How about during Volunteer Week April 24-30, 2022?

Your Contribution Matters

Front Desk Opportunities

Kitchen Assistance:
Prepping & readying meals for Drive-Thru & Take Out orders

Consider contributing your skills or interests



Call Donna Pluck
Coatesville Campus
610-383-6900 ext 106



Sleep hygiene—the phrase may make you laugh, is a real thing. Just like taking care of our teeth, creating healthy sleep practices are important

for staying healthy. We set the clock forward this month— a great time to discuss this topic.

50-70 million Americans suffer with some kind of sleep loss and 35.2% of American adults report . In 2017, sleep aids generated \$69.5 billion in revenue worldwide and analysts say the industry is on track to hit \$101.9 billion by 2023.

The quality and quantity of our *healthy sleep* is crucial for seniors. It’s not the advancing of age per se that keeps seniors from a good night’s rest, but various sleep disorders or sleep disturbances that often *come with age*.

Also, sleep quality, meaning how well you sleep is also crucial to the equation. A solution to help kick start your sleep hygiene:

Get into a good sleep routine. Set a regular time to wake up each morning and go to bed each night to retrain your body for healthy sleep. Try skipping overly long afternoon naps. Other than intimacy, think of your bedroom as just a place for sleeping and rest.

Invest In Your Sleep Environment. If you can, invest in a great mattress and bedding to make sleeping as pleasurable as possible

Limit screen time. No phones/tablets/ computers 1 hour before bed.

Consider lifestyle changes. Getting regular exercise has been shown to improve sleep, as has cutting out cigarettes, alcohol and caffeine in the hours before bed.

Common Sleep Myths

1. “I’m old and don’t need that much sleep.” Our bodies need at least 7-8 hours of healthy sleep to recuperate from the day, both physically and mentally.
2. “I fall to sleep wherever I sit” Broken up sleep throughout the day might effect the ability to fall asleep later.

FOURTH FRIDAY DANCE PARTY

Listen.
Dance.
Chill.
Have fun.
1:00pm



BINGO! BONANZA

IF IT'S WEDNESDAY, IT'S BINGO!
(EXCEPT FOR THE SECOND WEDNESDAY OF THE MONTH)

JOIN US ON:
WED., MARCH 02, 2022
WED., MARCH 16, 2022
WED., MARCH 23, 2022
WED., MARCH 30, 2022

1:00PM
PSSST...WE PLAY ON TUESDAYS, TOO



Spring Forward March 20th
At 2:00am → 3:00am

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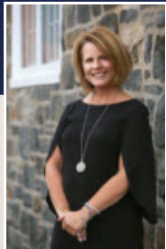
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Rather than having residents adapt to Friends Home, we work to adapt our environment to their individual interests and needs. In addition, residents actively participate in various intergenerational programs throughout the community and enjoy giving back.

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Brandywine Valley Active Aging, PA

06-5298

COATESVILLE CAMPUS
250 Martin Luther King Jr. Blvd
Coatesville, PA 19320
610.383.6900



www.bvactiveaging.org

**Brandywine Valley
Active Aging**

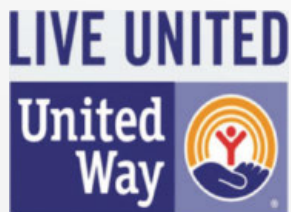
Brandywine Valley Active Aging is a non-profit organization providing services and programs to persons fifty years and better without regard to race, color, handicap, sex, national origin or sexual orientation.

BULK RATE
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Permit No. 21

Or Current Resident



Accreditations



It is the mission of Brandywine Valley Active Aging to enrich the lives of aging adults in our community by providing services that enhance the dignity and quality of their lives,

Founded in 2021, **Brandywine Valley Active Aging** builds upon a history of more than 40 years of continued service of the former Coatesville and Downingtown Area Senior Centers and assumes the mantle for service in the communities of the City of Coatesville, the Borough of Downingtown, and the neighboring communities of Atglen, Caln, East Bradford, East Brandywine, East Caln, East Fallowfield, East Nantmeal, Elverson, the Honey Brooks, Modena, Parkesburg, South Coatesville, Uwchlan, Upper Uwchlan, Valley, Wallace, West Bradford, West Brandywine, West Nantmeal, and West Whiteland. **Brandywine Valley Active Aging** is a registered 501 (c) (3) charitable organization contributions to which are tax-deductible to the extent permitted by law.

The official registration and financial information for the **Brandywine Valley Active Aging** may be obtained from the Pennsylvania Department of State by calling toll-free (within Pennsylvania) 1-800-732-0999. Registration does not imply endorsement.