

BRANDYWINE VALLEY ACTIVE AGING

COATESVILLE CAMPUS

VIRTUAL CAMPUS

DOWNINGTOWN CAMPUS

NATIONAL VOLUNTEER WEEK 24TH-30TH

APRIL 2022

What can YOU do? Ways to Volunteer at BVAA



Volunteers really make the difference when it comes to the success of BVAA. It really does take a village, and as ours grows, so does our need for volunteers. So according to your interest level; here

are the ways you can help:

- Lunch Steward

Help us give our folks a wonderful dining experience by distributing food, pouring drinks as well as lunch room wrap and clean up. Consistency is key; yes, even pouring drinks is a huge help.

- Clerical

Once monthly visits to fold the newsletters; weekly to answer phones. If you worked in an office before, this is probably the best place for you.

- Social

You'd like to work with the people? Ok. How about you teach a special pop up class to share a passion? Find a Campus Manager and have a chat for sure!

- Birthday Bash Helper; every 2nd Wednesday of the month. Help us decorate and host our monthly party! Get ready to dance!
- Social Engagements/On Campus Fundraisers: YES PLEASE! As we begin to rebuild our social outreach (Comedy Nights, Fish Fry Friday, Etc.) we will need dedicated help for events.



The Kitchen Confidential

It seems that the kitchen is inevitably

where most people want to volunteer their time. It's fun. It's food. You're cooking and serving. Miss Bee and the Nostalgia Team are awesome. We get it.

The requirement here is time investment and consistency. That is key-even one day a week, knowing you will show up can alleviate some kitchen steam!

We will also need help with our Take Away food Program; making sure folks are confirmed and receive their meals when they visit.

From washing dishes to serving food- all roles are critical in Dining Services.

"I only can volunteer twice a month, does that even help?"

The most important thing you can give is your time- a rare commodity that is the backbone of volunteering, because we can't ever make it up or get anymore of it. If your volunteering time is limited, that's fine, just commit to it. Show up. It's more important you show up, than the amount of time or days. Commitment is key to volunteerism.



SIGN UP

How To Become a Volunteer

Fill out an application at bvactiveaging.org, or you can come into one of our campuses to meet with our staff member or call 610-383-6900 and ask for Donna Pluck.

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(Valley Township)
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Gregory C. Froio, Supervisor

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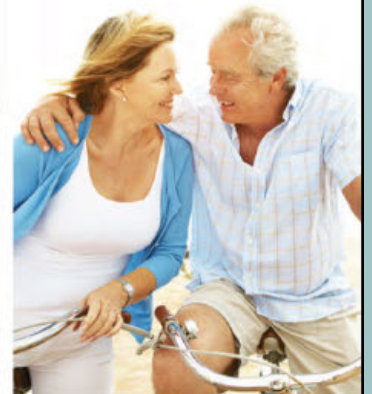
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April 2022 Coatesville & Downingtown Menu

Dine-in Reservations are required one week in advance. In person dining available 1200-12:30P Mon.- Thurs. Drive-Thru Meal pick up: M-F, 12:30-1:30P at Coatesville & Downingtown Campuses.

Monday	Tuesday	Wednesday	Thursday	Friday
				April 1
				Pizza-palooza Garden Salad Fruit Dessert Special
April 4	April 5	April 6	April 7	April 8
Burger Day Lettuce/Tomato/ Pickle Tater Tots Fruit	Loaded BBQ Chicken Salad Crackers Cookie	Cuban Sandwich Chips Fruit	Baked Ziti Spinach Roll & Butter Cookie	Chicken Pesto Sandwich Soup du Jour Crackers Fruit
April 11	April 12	April 13	April 14	April 15
Baked Fish Rice Pilaf Mixed Veggies Fruit	BVAA Bowl Roll & Butter Cookie	Shrimp & Grits Vegetable du Jour Cupcakes & Ice Cream Birthday Bash	Pizza Garden Salad Fruit Broccoli Alfredo Available for Fri.	CLOSED FOR GOOD FRIDAY
April 18	April 19	April 20	April 21	April 22
Meatball Subs Chips Fruit	Chicken Marsala Broccoli Noodles Cookie	Taco Salad Doritos Fruit	Zucchini Boats Cookie	Grilled Cheese Soup du Jour Crackers Dirt Cake
April 25	April 26	April 27	April 28	April 29
Chicken & Waffles Fruit	Ham & Cheese on Pretzel Roll Pretzels Cookie Pretzel Day	Oriental Chicken Salad Crackers Fruit	Vegetarian Chili White Rice Corn Bread Cookie	Pizza Garden Salad Fruit



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

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.

APRIL FITNESS CLASSES

BRANDYWINE VALLEY ACTIVE AGING

DRUMS ALIVE

CALL TO RESERVE YOUR SPOT

COATESVILLE | WEDNESDAY >>>>>> 1:00PM
DOWNTOWN | THURSDAY

DRUMS ALIVE JOINS THE DYNAMIC MOVEMENTS OF AEROBIC DANCE WITH THE PULSATING RHYTHMS OF THE DRUM. IT IS A UNIQUE SENSORY/MOTOR PROGRAM THAT IS DESIGNED TO GIVE THE MIND AND BODY INSTANT FEEDBACK THROUGH CONTINUOUS MOVEMENT AND RHYTHMICAL FLOW. IT IS A PROGRAM THAT UTILIZES "WHOLE BRAIN – WHOLE BODY" THINKING. FREE. CLASS SIZE: 15



COMING SOON
BINGOCIZE
COATESVILLE | MONDAY
DOWNTOWN | TUESDAY
>>>>>> 1:00PM

YOU WILL HAVE SO MUCH FUN EXERCISING WHEN YOU BINGOCIZE® TWICE PER WEEK.

EACH 45-60 MINUTE SESSION CONSISTS OF EXERCISES (RANGE OF MOTION, BALANCE, MUSCLE STRENGTHENING, ENDURANCE EXERCISES PLUS SOME HEALTH EDUCATION QUESTIONS. FREE. CLASS SIZE: 15

WWW.BVACTIVEAGING.ORG

Professional Staff

Bill Pierce

Executive Director

Nick Popov

Director of Campus Services

Dania Langley

Development Director

Pam Przychodzien

Business Office Manager

Programming & Wellness

Rob Brown

Director of Health & Wellness

Connie Tynes

Coatesville Campus Manager

Missy Ziegler

Downingtown Campus Manager

Jorge Ramon

Virtual Campus Manager

Westin Pierce

Therapy Dog

Community Resources

Theresa Butts

Director of Community Resources

Donna Pluck

Community Resource Navigator

Jen Manthey

Community Resource Navigator

Claudia Rose Muir

Community Resource Navigator

Dining Services

Chef Bee Medley

Director of Nutrition Services

Chef Ray Jackson

Asst. Director of Nutrition Services

Narrina Maldonado

Prep Cook

Charles Hardy

Kitchen Assistant

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

BIRTHDAY AND ANNIVERSARY BASH!
DOWNINGTOWN CAMPUS
APRIL 13TH, 2022
LUNCH 12:00PM-12:30PM
ENTERTAINMENT 1:00PM
ANDY & IRENE DUO



Pinocle players- Come and play at the Coatesville Campus!
 Tuesdays at 10:00am- ask for John M.

Anniversary & Birthday Bash
COATESVILLE CAMPUS
APRIL 13, 2022
LUNCH 12:00PM-12:30PM
LIVE ENTERTAINMENT 1:00PM
Jerry Treecroce

Tie-Dye Easter Eggs

No, that's not a spelling mistake. We are upcycling old, unused silk ties (yes, it must be silk) to color eggs- Earth Day meets Easter Day!

Join the fun at the **EASTER PARTY** April 18th. This group project starts at 10:00am. Transform boiled eggs into holiday treasures that will look great in any basket!



silk tie dyed easter eggs

Downingtown & Coatesville Campuses



LIVE CLASSES
 9AM, 10AM & 11AM

COATESVILLE
 MONDAY & WEDNESDAY

DOWNINGTOWN
 TUESDAY & THURSDAY

CHAIR BASED EXERCISE



MONDAY MATINEE
 Mondays at 12:30pm
COATESVILLE & DOWNINGTOWN CAMPUSES



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BVAA Fitness, Activities

MONDAY	TUESDAY	WEDNESDAY
April 4	April 5	April 6
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Bridge Club/ D 1P Monday Matinee/ C, D	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 11A Pokeno 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C
April 11	April 12	April 13
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Bridge Club/ D 1P Monday Matinee/ C, D	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 11A Pokeno 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C BDAY BASH Lunch 12P Live Music! at 1P C'ville & D'town Campuses
April 18	April 19	April 20
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Bridge Club/ D 1P Monday Matinee/ C, D Easter Party – join us for fun activities through out the day!	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 11A Pokeno 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C
April 25	April 26	April 27
9A, 10A, 11A Coatesville Chair Based Fitness with Rob 12:30P Bridge Club/ D 1P Monday Matinee/ C, D	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 11A Pokeno 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C

& Wellness Schedule

THURSDAY	FRIDAY	KEY
	April 1 April Fool's Day 10A Poker/D 9am Walking Club/Exton Mall 10:30A Giant Crossword/C, D 11:A Personal Training/C	C/Coatesville Campus D/Downingtown Campus V/ Virtual Offering on ZOOM or over phone For a Zoom Invite: info@bvactiveaging.org
April 7	April 8	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!
9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/C, D, V 10A Wii Bowling/C 11A Pokeno/C, D, V 1P Bingo/C, D, V 1P Drums Alive/D	9am Walking Club/Exton Mall 10:30A Giant Crossword/C, D 11:A Personal Training/C D'town Closes 1P No Poker 2nd Fri. of Month	
April 14	April 15 Good Friday	
9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/C, D, V 10A Wii Bowling/C 11A Pokeno/C, D, V 1P Bingo/C, D, V 1P Drums Alive/D	CLOSED FOR GOOD FRIDAY	
April 21	April 22 Earth Day	
9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/C, D, V 10A Wii Bowling/C 11A Pokeno/C, D, V 1P Bingo/C, D, V 1P Drums Alive/D	10A Poker/D 9am Walking Club/Exton Mall 10:30A Giant Crossword/C, D 11:A Personal Training/C	
April 28	April 29	
9A Virtual Chair Based Fitness 9A, 10A, 11A Downingtown Chair Based Fitness with Rob 10A Wondrium/C, D, V 10A Wii Bowling/C 11A Pokeno/C, D, V 1P Bingo/C, D, V 1P Drums Alive/D	10A Poker/D 9am Walking Club/Exton Mall 10:30A Giant Crossword/C, D 11:A Personal Training/C 1P DANCE PARTY C/D	<p>Call 610-383-6900 Rob B. ext.111</p> <p>ROB@BACTIVEAGING.ORG.</p> <p>FRIDAY DANCE PARTY!</p>

Who are “The Borinqueneers”?

April 13th, 2021 marks The 65th Infantry Regiment of the US Army served in both World Wars and in Korea. Made up of mostly Puerto Rican soldiers, the regiment was dubbed *The Borinqueneers* in honor of Borinquen, Puerto Rico’s original Taíno name meaning “land of the brave lord.”

The regiment was awarded the Congressional Gold Medal on April 13th 2016. Congress designated this date as National Borinqueneers Day through a larger defense bill passed in 2021.

The text of the law designates the day as an opportunity to recognize “the bravery, service and sacrifice” of the unit and “pay tribute to the sacrifices made and adversities overcome by Puerto Rican and Hispanic members of the Armed Forces.”

Like many units at the time, the 65th was sent to Korea without proper gear and suffered injuries

from the region’s cold weather. But they also faced their own set of challenges; many struggled with language barriers, were segregated from white soldiers, and had to deal with other forms of discrimination while in the service.

The Borinqueneers fought in some of the Korean War’s most intense battles. During this conflict alone, the regiment’s members earned a Medal of Honor, nine Distinguished Service Crosses, about 250 Silver Stars, more than 600 Bronze Stars, and more than 2,700 Purple Hearts, according to a statement from the US House of Representatives.



SE HABLA
ESPAÑOL AQUI

Bienvenidos a Brandywine Valley Active Aging. Sabes que, hablamos español! Para mas informacion y ayuda, pregunten por Connie o Dania. ¡Los esperamos!

Free Gardening Course

Seed to Supper

Learn low-cost ways to build healthy soil, plan your growing space, choose your crops, care for your growing garden, and harvest your bounty!

Meets first **Friday** of the Month

- Offered by the **Chester County Food Bank**, in partnership with **Penn State**
- Perfect for Beginners
- 6-week course

First Meeting:
Friday April 1st, 2022



Coatesville Campus

COME MEET & CHAT WITH
CHIEF OF COATESVILLE POLICE
JACK LAUFER, III

APRIL 6TH
COFFEE
with the
CHIEF

8:30AM-
10:00AM

REFRESHMENTS SERVED

CAMPUS NEWS: Photos

Right Jess D, Miss Amazing and friends feel the love after Elizabeth's visit and dance performance at the Downingtown Campus in February.



FBI SPECIAL AGENT KEN CAMPBELL;
PHILADELPHIA DIVISION PRESENTS



ELDER FINANCIAL ABUSE

Criminals are trying to get you as the next victim of their scam; and they are getting more and more successful at it. Learn about types of elder fraud cases from real world and how/why criminals target the elderly. With time for Q&A as well.

April 8th at 10:00am
Coatesville Campus

HAPPY
Easter

Monday April 18th

HOP ON DOWN OUR BUNNY TRAIL

Join us for a party!

COATESVILLE & DOWNINGTOWN CAMPUSES

Wellness with Rob B.

Check out the benefits of our new fitness offerings– what do you think?

Drums Alive

What are the benefits of Drums Alive? We all have a dominant vs. weaker L or R side. Drumming strengthens concentration, memory, attention and focus. Rhythmic cues may be able to help retrain the brain after a stroke or other neurological impairment.

- * Drumming significantly strengthens the motor skills of that weaker side. This aids in more synchronized movements of daily tasks, improving speed, symmetry and overall efficiency.
- * Drumming can actually change a person's brain wave patterns, dramatically reducing stress and anxiety.
- * Drumming increases the heart rate and blood flow, resulting in an effective aerobic workout.
- * It boosts the immune system by increasing lymphokine-activated killer cells and natural killer cells that seek and destroy viruses and cancer cells.
- * Drumming strengthens synapses (message connectors that deliver information).

In short, it even exercises your brain cells and prevent "old age" dementia! Drums Alive is the only fitness program that is a full, whole-body/mind workout

Bingocize COMING SOON

What are the benefits of Bingocize? Health outcomes:

- * Improved lower/upper body strength, gait, balance, and range of motion
- * Improved aspects of executive function
- * Increased social engagement
- * Improved knowledge of falls
- * Risk reduction skills
- * Improved knowledge of nutrition.



Spicy Shrimp & Andouille Sausage over Grits

For the Grits

Bring 2 cups of the chicken stock, the heavy cream and 4 tablespoons of the butter to a simmer in a heavy saucepan. Gradually whisk in the grits. Reduce the heat and simmer until the grits have thickened, 15 to 20 minutes, stirring occasionally to avoid lumps. Once the grits are thick and creamy, adjust the consistency with stock, if necessary, and season with salt and pepper.

For the shrimp and sausage:

Heat the olive oil in a large skillet. Add the sausage and brown, then transfer to a plate with a slotted spoon, leaving all of the fat in the pan. Add the garlic, bell peppers and onions. Sprinkle with salt and pepper and saute until tender, 5 to 7 minutes. Add the shrimp and Cajun seasoning to the pan and saute until the shrimp are beginning to turn pink, 1 to 2 minutes. Add the reserved sausage and remaining 1/2 cup chicken stock to the skillet and reduce a bit to intensify those flavors. Stir in the remaining tablespoon butter at the end, garnish with parsley, and add the lemon juice.

Serve the sausage, peppers and shrimp over the grits.

- 2 1/2 C low-sodium chicken stock
- 2 1/2 C heavy cream
- 5 Tbs unsalted butter
- 1 C grits
- Kosher salt, black pepper
- Shrimp and Sausage:
- 3 Tbs olive oil
- 1 lb smoked Andouille sausage, sliced 1/4-inch thick
- 2 cloves garlic, minced
- 1 red AND yellow bell pepper, chopped
- 1/2 Spanish onion, small dice
- 1 pound uncooked large shrimp, peeled and deveined
- 1 teaspoon Cajun seasoning
- Chopped fresh parsley, for garnish
- Juice of 1/2 lemon

HANDMADE CRAFT

Unique Wall Art



Update your space with this new take on wall art. Macramé with an updated twist! Learn the technique to make your own; buy a kit to receive all the items needed to make the craft by April 12th Join us via Zoom to complete the project April 26th- LIVE! \$10.00



PA MEDI (Pennsylvania Medicare Education and Decision Insight) provides PA MEDI Volunteer Counselors to help you understand and navigate Medicare with specially-trained volunteers who can answer your

questions. PA MEDI Volunteer Counselors have received special education in the area of Medicare as well as mentorships with experienced volunteers. PA MEDI services are confidential, unbiased and informative and free. PA MEDI Volunteer Counselors offer one-on-one counseling sessions via the phone; for example, you can get an explanation of your Medicare options, information about premiums, estimated other costs (such as deductibles and co-pays), enrollment procedures, or help appealing a Medicare or Prescription Drug Program decision.

To make an appointment with the PA MEDI Medicare Counselor, contact through Donna Pluck, Information and Assistance, at BVAA/Coatesville Campus (610)383-6900

PA MEDI is Pennsylvania's statewide program of free insurance consultation under the auspices of the Chester County Department of Aging Services and the State Health Insurance Assistance Program (SHIP).

PA MEDI Volunteer Counselors also screen Medicare beneficiaries for assistance programs that can help you cover the cost of your Part B and Prescription Drug Plan premiums or help cover drug costs through programs like PACE/PACENET. If your income is less than \$33,500 as an individual or \$41,500 as a married couple you may be entitled to some of these benefits.

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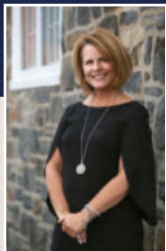


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- Barber/beauty salon
- Social, recreational, spiritual and cultural activities!
- And much more!



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Getting The
Covid Vaccine

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A MISSION TO SERVE

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AN ADAPTABLE APPROACH & A HEART FOR COMMUNITY

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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COATESVILLE CAMPUS
250 Martin Luther King Jr. Blvd
Coatesville, PA 19320
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www.bvactiveaging.org

**Brandywine Valley
Active Aging**

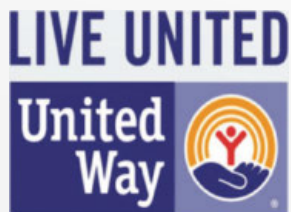
Brandywine Valley Active Aging is a non-profit organization providing services and programs to persons fifty years and better without regard to race, color, handicap, sex, national origin or sexual orientation.

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Or Current Resident

If you wish to be removed from our mailing list, or if you would prefer to receive the newsletter via email, please call the office and our staff will be happy to assist you.

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.