

BRANDYWINE VALLEY ACTIVE AGING

COATESVILLE CAMPUS

VIRTUAL CAMPUS

DOWNINGTOWN CAMPUS

OLDER AMERICAN'S MONTH MAY 2022

Awareness is the Key

Being aware is a state of mind— being open to learning about the many issues and causes that effect each of us as humans, is a state of compassion. From an early age, we are taught that only until we have walked in someone else's shoes, do we know their reality. The month of May is filled with causes that ask for our "awareness". The following are few of the many causes that effect us all; these focused on Older Americans. Being aware of someone else's "everyday" can help us all tap into the collective experiences of the many that weave and make up the fabric of our community.

ALS AWARENESS MONTH



Amyotrophic lateral sclerosis is a rare neurological disease affecting nerve cells that control voluntary muscle movement. Individuals with ALS experience a degeneration of the motor neurons, which causes the muscles to stop receiving the signals needed to function. After a certain time, the brain completely loses its ability to control voluntary movements, hence, people with ALS are unable to walk, move, or even breathe properly.

It became essential to spread the message regarding the disease so that people could treat it at an early stage. Though there is no cure for ALS, early detection can help in improving the quality of life of those with the disease. In 1985, the ALS Association, a nonprofit organization created for those with ALS, was formed. The ALS Association's aim was to enhance the quality of life of patients with ALS and also pave the way for research regarding ALS treatment and cure.

National Stroke Awareness Month

May is Stroke Awareness Month, an opportunity to remember that despite amazing advances in research and clinical care, stroke continues to be the fifth leading cause of death and a leading cause of adult disability in the United States. According to the 2018 National Health Interview Survey, 7.8 million adults in the United States have experienced a stroke during their lifetime. After decades of steady decline in stroke risk due to improved blood pressure control, recent data suggests that this decline has been stopped by the rising rates of obesity in the U.S. Stroke can affect people of all ages and backgrounds and cause lasting brain damage in a matter of minutes to hours. In addition, there is evidence that the wear and tear injury to the brain's blood vessels due to high blood pressure contributes to age-related cognitive decline and dementia.



Mental Health Awareness Month

If there can be a silver lining to a global pandemic, it's that mental health has become a national topic. Having a healthy and balanced mind has become just as important as eating well and exercising.



Mental Health Apps, virtual appointments and in person sessions are all resources that can assist seniors to connect with a mental health professional.

Speaking with a trained professional might provide insights and tools on the journey to mental wellness.

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NOSTALGIA

B
V
A
A

kitchen

May 2022 Coatesville & Downingtown Menu

Dine-in Reservations are required one week in advance. In person dining available 12:00-12:30P
Mon.- Fri. Drive-Thru Meal pick up: M-F, 12:30-1:30P at Coatesville & Downingtown Campuses.

Monday	Tuesday	Wednesday	Thursday	Friday
May 2	May 3	May 4	May 5	May 6
Sloppy Joe Roll Cucumber/ Tomato Salad Fruit	Trio Salad Plate Crackers Cookie	Turkey Sandwich Potato Chips Pickle Fruit	Cinco de Mayo Fish Tacos Rice Cilantro Lime Slaw Cookie	Mother's Day Lunch Broccoli Cheddar Quiche Oven Roasted Potatoes Fruit Salad
May 9	May 10	May 11	May 12	May 13
Pizza Palooza Antipasto Salad Fruit	Spinach Salad Strawberries, Feta Cheese, Chicken, Nuts Roll/Butter Cookie	Birthday Bash Roast Chicken Leg Mashed Potatoes & Gravy Green Beans Roll/Butter Cupcakes& Ice Cream	Baked Ziti Garden Salad Roll & Butter Cookie	Bologna & Cheese Sandwich Macaroni Salad Soup & Crackers Fruit
May 16	May 17	May 18	May 19	May 20
Baked Fish Rice Pilaf Broccoli Fruit	Pizza-palooza Greek Salad Fruit	Sausage & Peppers Roll Three Bean Salad Fruit	Broccoli Alfredo Garden Salad Roll Butter	Chicken Stir Fry Rice Mandarin Oranges Cookie
May 23	May 24	May 25	May 26	May 27
Spaghetti & Meatballs Garden Salad Roll/Butter Fruit	Chicken Marsala Rice Roasted Carrots Cookie	Hot Dogs & Beans Cole Slaw Fruit	Zucchini Boats Mixed Veggie Roll/Buter Cookie	Tuna Salad Pita Soup & Crackers Fruit
May 30	May 31	<p>SE HABLA ESPAÑOL AQUI</p> <p>Bienvenidos a Brandywine Valley Active Aging. Sabes que, hablamos español! Para mas informacion y ayuda, pregunten por Connie o Dania. ¡Los esperamos!</p>		
CLOSED FOR MEMORIAL DAY	Cheeseburger Potato Salad Lettuce/Tomato/ Pickle Brownies			



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.

CINCO DE MAYO
Fiesta
MAY 5TH, 2022

COATESVILLE CAMPUS
11:00AM

- SOMBRERO TOSS & A PIÑATA
- SPECIAL GUEST: PETER DIMAIO ON THE PIANO
- COSTUME CONTEST: WEAR RED, WHITE & GREEN
- YUMMY SNACKS

DOWNTOWNTOWN CAMPUS
10:00AM-2:00PM

- SOMBRERO HUNT
- COSTUME CONTEST: WEAR RED, WHITE & GREEN
- MUSIC & SNACKS
- SCREENING 1:00PM: OTHERHOOD

RSVP 610-383-6900
SPEND THE DAY & CELEBRATE

Art Class
with Neil Dreibelbis

Starts
June 6, 2022
through August 15th

Downingtown Campus

\$60/members
\$75/non-members

10 Week Class

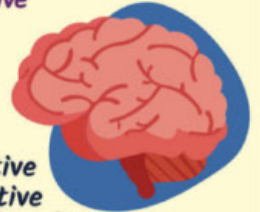
To register,
please call
610-383-6900

Dr. Ed Marion, Physical Therapist/Owner,
Home Care Rehab presents:

How to Keep Your Brain Young

What are the causes of cognitive decline & dysfunction?

What is your brain & how does it work?



Join us for a fun and interactive presentation discussing Cognitive Health. Learn how to age well and keep your mind sharp!

May 4th, 2022, 11:00am
Downingtown Campus



Arthritis Awareness Month

Arthritis affects working-age

adults, older adults, and even children. Researchers found that more adults in rural areas are affected by arthritis with nearly 1 in 3 affected, than in urban areas. Adults living in the most rural areas were more limited by their arthritis, too. Over half reported being limited by arthritis. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations.

DOWNTOWNTOWN CAMPUS

POP-UP CONCERT
BACK BY POPULAR DEMAND!

MIKE KROPP
Tuesday May 31st, 2022
1:00pm

SPECIAL THANKS TO
LYNN DOPP

Coatesville

Birthday & Anniversary Bash

Lunch	Music
12:00pm	Starts at
12:30pm	1:00 pm

May 11, 2022
Bruce Copp Live!

RSVP 610-383-6900

RSVP
610-269-3939

DOWNINGTON
BIRTHDAY & ANNIVERSARY BASH

LUNCH MAY 11, 2022 **MUSIC**
12:00-12:30PM 1:00 PM

LIVE BRUCE FAGANN

Cheers to you, Mom!

Coatesville & Downingtown Campus

Enjoy a delicious lunch and bring your child/ren to celebrate with you. Savor a special Nostalgia Kitchen luncheon prepared by Miss Bee and the team!
Happy Mother's Day from BVAA

Day: May 6th, 2022

Time: 12:00pm

RSVP Required 610-383-6900



DOWNINGTOWN CAMPUS



A DAY AT THE RACES

It's the Kentucky Derby! Fun games for everyone & enter the contest for "Fanciest Hat".

MAY 9TH, 1:00 PM



Ice Cream

Downingtown Campus

May 27th, 2022

1:00pm



No need for screams- enjoy everyone's favorite treat with all the toppings!

Social

Special Thanks to Giant Food Stores

GIANT

MAY 17TH, 2022 10:30PM-1:30PM

HOAGIE SALE

ORDER DEADLINE: MAY 6TH 2022 BY 3:30PM

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BVAA Fitness, Activities

MONDAY	TUESDAY	WEDNESDAY
May 2	May 3	May 4
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 C 11A Pokeno C, D, V 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C
May 9	May 10	May 11
9A, 10A, 11A Coatesville Chair Based Fitness with Rob NEW 10:30A <i>Giant Crossword Puzzle</i> 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 C 11A Pokeno C, D, V 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
May 16	May 17	May 18
9A, 10A, 11A Coatesville Chair Based Fitness with Rob NEW 10:30A <i>Giant Crossword Puzzle</i> 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 C 11A Pokeno C, D, V 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C Special Group Game 1P Pictionary with Nick P./D
May 23	May 24	May 25
9A, 10A, 11A Coatesville Chair Based Fitness with Rob NEW 10:30A <i>Giant Crossword Puzzle</i> 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 C 11A Pokeno C, D, V 1P Bingo/ C, D, V	9A, 10A, 11A Coatesville Chair Based Fitness with Rob 1P Drums Alive/ C
May 30	May 31	
<u>Closed for</u> <u>Memorial Day</u>	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 C 11A Pokeno C, D, V 1P Bingo/ C, D, V	

& Wellness Schedule

THURSDAY	FRIDAY
May 5	May 6
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 NEW 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 Movie in Dtown 1P Otherhood (Patricia Arquette, Angela Bassett, Felicity Huffman. 1 hr 40 min. Rated R)
May 12	May 13
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 NEW 1P Bingo/ C, D, V 1P Drums Alive/ D	9A Walking Club/Exton Mall 10:30A Giant Crossword/ C, D 11A Personal Training/ C D'town Closes 1P No Poker 2nd Fri of Month
May 19	May 20
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 NEW 1P Bingo/ C, D, V 1P Drums Alive/ D	10A Poker/ D 9AWalking Club/Exton Mall 10:30A Giant Crossword/ C, D 11A Personal Training/ C
May 26	May 27
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 NEW 1P Bingo/ C, D, V 1P Drums Alive/ D	10A Poker/ D 9am Walking Club/Exton Mall 10:30A Giant Crossword/ C, D 11A Personal Training/ C

KEY
C/Coatesville Campus
D/Downingtown Campus
V/ Virtual Campus

For a Zoom Invite:
info@bvactiveaging.org

**COMING IN
 JUNE**

**WHAT'S ON THE AGENDA AT
 BVAA NEXT MONTH?**

WAX ON, WAX OFF
 LEARN FROM A MASTER
 BLACK BELT THE ART OF
 SELF-DEFENSE.
 COATESVILLE CAMPUS

EAT YOUR VEGGIES
 SENIOR FARMER'S MARKET
 NUTRITIONAL PROGRAM
 VOUCHERS WILL BE READY
 FOR DISTRIBUTION.
 COATESVILLE CAMPUS

HEY DADDY-O
 CHEERS TO THE DADS-
 FATHER'S DAY
 CELEBRATIONS AT
 BOTH CAMPUSES



Info Byte Virtual Campus Explained

What does "V" stand for?

It stands for Virtual Campus; this option allows for real time participation in an activity using a Zoom link or with a toll free phone call. Best part? It's LIVE- just like being there, so you don't miss a thing!



National Osteoporosis Awareness and Prevention Month

The aim of National Osteoporosis Awareness and Prevention Month is to promote good bone health through the prevention, detection and treatment of osteoporosis. Osteoporosis is a condition characterized by low bone density. People with low bone density stand a greater chance of fracturing their bones. The elderly and frail are at greater risk from falls which can lead to bone fracture.

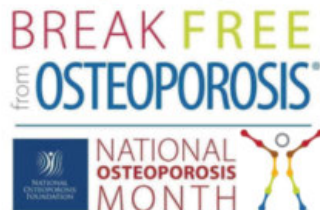
- Preventative measures which promote healthy bones include sufficient calcium intake, achieving adequate levels of vitamin D, and performing bone healthy exercises.
- Osteoporosis is more common in women than in men; approximately 80% of osteoporosis cases are in women. About 20% of osteoporosis cases affect men. Despite women being 4 times more likely to develop osteoporosis, the number of cases in men is still high.

Osteoporosis Risk Factors

- Low body weight, low estrogen levels, an irregular menstrual cycle, inadequate nutrition, lack of exercise, smoking and drinking alcohol, are all risk factors of osteoporosis. Good bone health can be achieved by eliminating these factors.

Post menopausal women, typically 50 years +, have lower levels of estrogen as their ovaries have stopped producing this hormone. Low estrogen levels are associated with bone loss.

Healthcare providers can provide bone density tests. If you have a family history of osteoporosis it is important to ask for this test at this stage of your life.



Campus Photos

Right Smiles are free

Friends make the world a better place and look at the smiles on these three in Coatesville! Emilia, Sherrie and Lana join hands and spread the kindness. Like they say: *C'mon get happy!*



Left: **Looks like a...** Great time is had by all at D'town! Nick P. leads a massive group game of Pictionary! Play again on May 18th at 1pm

CHAIR BASED EXERCISE
TUES/THUR 9AM

Stay connected!
Most activities on the Virtual Campus take just one call or click to participate.

PO•KE•NO

TUESDAY/THURSDAY 11:00AM

BINGO

TUESDAY/THURSDAY 1:00PM

WONDRIUM

THURSDAY 10:00AM

BRAIN MYTHS EXPLODED

Save The Date

Boulder Falls Mini-Golf Outing

NOW YOU HAVE AN EXCUSE TO JUST "PUTT-AROUND". OPEN TO ALL BVAA MEMBERS. **LUNCH INCLUDED!** ASK ABOUT ROVER TRANSPORTATION!

DATE: FRIDAY, JUNE 17
PRICE: \$10 **RSVP:** 610-383-6900

MAY 2022 CRAFT

Lollipop Tree

WELCOME THE SPRING WITH A SWEET LOLLIPOP TREE THAT'S ALWAYS IN SEASON!

REGISTER BY: 5/10

CRAFT DAY: 5/17

PRICE: \$5

JOIN ON ZOOM OR IN PERSON ON CAMPUS



Medicare's Preventive Services.

What is a Preventive Service? It's a test, procedure or education program that is used to screen for disease in an effort to treat early and prevent the negative effects of disease. Most

Preventive Services you will pay nothing. However, for certain services you may be responsible for a deductible, co-insurance or both. Preventive Services do require an order from your doctor.

The Preventive Services available through Medicare include:

<p>COVID 19 PCR Testing COVID 19 At Home Testing** COVID 19 Vaccine Mammogram Cervical/Vaginal Screening every 24 months Diabetes Screening Screening Colonoscopy Multi-Target stool DNA test (Cologuard) Prostate Cancer Screening Cardiovascular Screening Lung Cancer Screening</p>	<p>Bone Mass Measurement Hepatitis C HIV Abdominal Aortic Aneurysm screening Flu Vaccine Pneumonia Vaccine Hepatitis B Vaccine Smoking Cessation Alcohol Screening and Counseling Obesity Screening and Counseling Mental Health Screening</p>
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** COVID 19 At Home testing – Medicare will begin covering the cost of COVID 19 At Home Testing beginning in Spring 2022. You will be able to obtain test kits through a network of pharmacies and would be eligible for 8 test kits per month. In the mean time you can obtain 4 at home tests by visiting www.covidtests.gov or calling 1-800-Medicare.

February 2022, Medicare announced a change in the screening criteria for **Lung Cancer Screen-**

ing to increase access to the program. The starting age for screening has been lowered from to 50 and the smoking history was lowered to 20 packs per year. Lung Cancer Screening is achieved by using *Low Dose Computerized Tomography (LDCT)*, similar to what's known as a CT scan.

Medicare Diabetes Prevention Program.



This is a proven health education program designed to help prevent Type 2 Diabetes. It is a 6 month program of weekly classes focused on making realistic, lasting behavior changes around diet and exercise; tips on how to get more exercise and strategies to control your weight. Working with a specially trained

coach and attending classes in a group setting; over next 6 months

The classes are **free classes** but you must meet the following qualifications—Within 12 months of the first session, you have either a:

- Hemoglobin A1c test result between 5.7 and 6.4%
- Fasting plasma (blood) glucose of 110-125 mg/dl
- 2 hour plasma glucose of 140-199 mg/dl (oral glucose tolerant test)
- Have a body mass index (BMI) of 25 or more (BMI of 23 if Asian)
- Never have been diagnosed with type 1 or type 2 diabetes or End Stage Renal Disease
- Have never participated in this program before

you will meet monthly to focus on maintaining the healthy habits established during the first 6 months of the program The Medicare Diabetes Prevention Program is available locally through Chester County

Hospital . Call 610-738-2835 to register or for more information.

Take advantage of some of these **Medicare Preventive Services** and here's to taking control of your health!



MEALS ON WHEELS VOLUNTEERS NEEDED

This life sustaining organization provides and delivers nutritious meals to homebound adults in Chester County, is looking for volunteers. Would you consider donating time to help? Call (610) 430-8500



Easy Fish Tacos

Method

In a large bowl, combine green and red cabbage, red onion, sour cream, lime juice, and salt. Chill until ready to serve.

In a bowl, mix cayenne, garlic powder, cumin, salt, and pepper.

Season each fish fillet on both sides with the seasoning mix.

Over medium-high heat, cook fillets for 8 minutes, flipping halfway. Repeat for the remaining fillets.

Right before serving, heat the corn tortillas in the pan over high heat. Remove from the pan and assemble the tacos with the cabbage slaw and tilapia.

Garnish with cilantro and lime juice.

CABBAGE SLAW

3 C Green & Red Cabbage, shredded
 1/2 C Red Onion, diced
 1 C Sour Cream
 1 Lime, juiced
 1/4 Tsp. Salt

TACOS

4, Tilapia Fillets
 1/4 Tsp Cayenne Pepper
 1/2 Tsp. Garlic Powder;
 Cumin; Salt, Pepper
 16 Corn Tortillas

GARNISH

Cilantro and Lime to taste

Better Hearing & Speech Month The aim of BHSM is to raise awareness about hearing and speech problems, encouraging people to analyze their own hearing and speech, and to take action if they think there might be a problem. Treatment can then be given to improve the quality of life in people with communication problems.

Signs of Hearing Loss

- Frequently asking people to repeat themselves.
- Turning an ear in the direction of sound in order to hear it better.
- Understanding conversation better when you look directly at the person.
- Being unable to hear all parts of a group conversation.
- Listening to the TV or radio at volume levels higher than other people normally listen.

Recognize these signs? Take action by visiting an audiologist—a health professional who specializes in diagnosing and treating people with hearing problems, for a hearing test.

In most cases hearing loss is treatable and can often be overcome by using hearing aids, assistive devices and working directly with the Audiologist.



COMMUNICATION
ACROSS THE LIFESPAN
Better Hearing & Speech Month

Professional Staff

Bill Pierce

Executive Director

Nick Popov

Director of Campus Services

Dania Langley

Development Director

Pam Przychodzien

Executive Assistant

Health & Wellness

Rob Brown

Director of Health & Wellness

Campus Activities Coordinators

Connie Tynes

Coatesville Campus

Missy Ziegler

Downingtown Campus

Jorge Ramón

Virtual Campus

Westin Pierce

Therapy Dog

Information & Assistance

Theresa Butts

Director, Information & Assistance

Donna Pluck

Resource Navigator

Jen Manthey

Resource Navigator

Claudia Rose Muir

Resource Navigator

Dining Services

Chef Bee Medley

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

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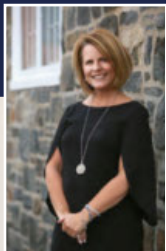


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Ask Us About
Getting The
Covid Vaccine

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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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www.bvactiveaging.org

**Brandywine Valley
Active Aging**

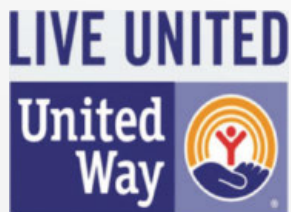
Brandywine Valley Active Aging is a non-profit organization providing services and programs to persons fifty years and better without regard to race, color, handicap, sex, national origin or sexual orientation.

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Permit No. 21

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.