

# BRANDYWINE VALLEY ACTIVE AGING

COATESVILLE CAMPUS

VIRTUAL CAMPUS

DOWNINGTOWN CAMPUS

ALZHEIMER'S & BRAIN AWARENESS MONTH

JUNE 2022

## Home IS Where the Heart Lives

The set up of our homes can play a role in our longevity. By making small changes to our interiors, we can guide ourselves to healthier behaviors that are reinforced by our surroundings!



### 1. Put your TV in a room far away from the kitchen.

It's been proven you eat more while watching a tv show. If you have to take a trip to the kitchen, it may prevent you from snacking mindlessly.

### 2. Keep a shoe rack by the front door.



A shoe rack by the front door

will more than likely create the habit of removing your outside shoes. This may encourage you to immediately kick off your shoes when you get home. Studies show, shoes can carry up to 28% fecal bacteria. A rack can also hold comfortable indoor shoes that are easy to change into when first getting home and removing your shoes.

### 3. Safeguard the bathroom from slips.

Its just the nature of the room—slips happen more commonly



in the bathroom. If you can, install grab bars to the wall in the shower. *Quick tip:* Use slip resistant bath and shower mats to help with stability in the tub or shower stall.

### 4. Calm Your Surroundings.

Create a calm, sleep sanctuary with one simple trick that will start a cascade of wellness. Make your bed, everyday. It starts the day off by accomplishing a task that can spark all day productivity. It will become a habit that encourages better, more restful sleep and can benefit overall health.



### 5. Eat with family members or roommates as often as possible.

Sharing a meal with a friend or with family is a way of making eating more intentional. Socializing and being together with family causes you to eat more slowly— instead of mindlessly over eating at home, in front of the TV. Think of this as non-negotiable time to recharge and take care of your body. It's also time to slow down and separate the day from the evening, for a healthy, wind down to the day. Socializing and eating are two musts— make it with a friend or family for a win/win!



### 6. Bring the Outdoors, in!

*Did you know:*

Houseplants can naturally reduce stress. How? By fostering the relationship with the natural world and bringing it indoors. A great way to feel good about keeping something alive and have your place looking great!

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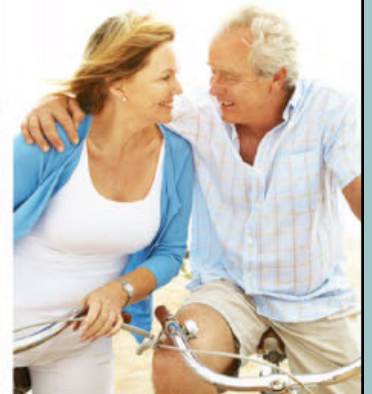
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BETTER.**



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- Retina Disorders
- Routine Eye Care



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## June 2022 Coatesville & Downingtown Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>June 1</b>	<b>June 2</b>	<b>June 3</b>
		Turkey Sandwich Chips Tomato, Cucumber Salad Fruit <i>Happy Birthday Miss Bee!</i>	Chili Over a Baked Potato Cookie	Pizza Garden Salad Fruit
<b>June 6</b>	<b>June 7</b>	<b>June 8</b>	<b>June 9</b>	<b>June 10</b>
Breakfast Sandwich Hashbrowns Fruit	Cobb Salad Roll & Butter Cookie	Birthday Bash Chicken Parmesan Egg Noodles Vegetables Cupcake & Ice Cream	Broccoli Alfredo Garden Salad Roll & Butter Cookie	Chicken Salad Croissant Soup/Crackers Fruit
<b>June 13</b>	<b>June 14</b>	<b>June 15</b>	<b>June 16</b>	<b>June 17</b>
Baked Fish Rice Pilaf Roasted Broccoli & Red Peppers Fruit	Chicken Caesar Salad Roll & Butter Cookie FLAG DAY	Sausage & Peppers Club Roll Pasta Salad Fruit	Cheesesteak Sliders Boneless Hot Wings Macaroni Salad FATHER'S DAY MEAL	ALL CAMPUSES CLOSED  MINI GOLF AT BOULDER FALLS
<b>June 20</b>	<b>June 21</b>	<b>June 22</b>	<b>June 23</b>	<b>June 24</b>
Spaghetti & Meatballs Green Beans Roll & Butter Fruit	Chicken Marsala Rice Vegetable Cookie	Mediterranean Tuna Salad Roll & Butter Fruit	Eggplant Rollette Spaghetti Garden Salad	Bologna & Cheese Sandwich Soup/Crackers Fruit
<b>June 27</b>	<b>June 28</b>	<b>June 29</b>	<b>June 30</b>	
BUGER DAY Tater Tots Cucumber Salad Fruit	STIR FRY DAY Jasmine Rice Cookie	Chef Salad Roll & Butter Fruit	Baked Ziti Roll & Butter Italian Blend Veg. Cookie ROOT BEER FLOATS	



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.

**Let the Fanfare Play  
with PECO at the Coatesville Campus**

BVAA in partnership with Pennsylvania Electric Company/PECO is hosting a Box Fan Distribution Day. for residents of Chester County, 60 year and older will receive on per fan per household.

**June 21st, 2022 , 10:00am– 12:00pm**



Coatesville  
Campus

**NATURAL  
SKIN  
CARE**

OUR SKIN NEEDS SPECIAL ATTENTION AS WE GET OLDER. LEARN SKIN CARE TIPS, SAMPLE SOME PRODUCTS AND LEARN THE SECRET TO HEALTHY, GLOWING SKIN.

*with Sherri Jarvis*

**TUESDAY, JUNE 14TH , 2022  
10:00AM**

Elder Abuse takes shape in many forms.  
Sadly, physical abuse is just one.

**JUNE 15TH  
WORLD ELDER ABUSE AWARENESS DAY**

Please join Sheriff Maddox as she warns us about the new "Deputy" scam and Victoria Long will bring us the unsettling information on scams aimed exclusively at Seniors.

June 14th, 2022; 10:30am, Downingtown Campus  
June 28th, 2022; 10:30am, Coatesville Campus  
RSVP via email: [info@bvactiveaging.com](mailto:info@bvactiveaging.com)

Brandywine Valley Active Aging, Senior Law Center  
& Chester County Sheriff's Office



FBI SPECIAL AGENT  
KEN CAMPBELL;  
PHILADELPHIA DIVISION  
PRESENTS

**Wednesday, June 1st, 2022  
1:00pm**

**Fraud Prevention**

Stay ahead of those looking to exploit seniors and discover ways to prevent falling prey to fraud.

Downingtown Campus

**DOWNINGTOWN CAMPUS**

**IMPORTANT  
INFORMATION  
FOR COVID-19  
VACCINE BOOSTER  
CLINIC**



- 1 Wed., June 22nd, 2022
- 2 10:00am-1:00pm
- 3 You will need:  
Insurance card **and** last 4 digits of social security number.
- 4 Appointment required:  
Call 610-383-6900
- 5 Bring Covid-19 Vaccination Card



Downingtown Campus

# Happy Birthday and Anniversary Bash!

June 8th, 2022

## Lunch

Meal served 12:00pm-12:30pm

## Live Music!

Steve Ritrovato

RSVP: 610-269-3939

# Happy Anniversary and Birthday Bash

June 8th, 2022

## Lunch and Live Music

Meal served 12:00pm-12:30pm  
Live Music at 1:00pm

Chelsea Aubert

Coatesville Campus RSVP 610-383-6900

## VIRTUAL CAMPUS

Questions? 610-383-6900

TUESDAY  
+  
THURSDAY  
1:00PM

# BINGO

PO•K•E•NO

TUESDAYS &  
THURSDAY  
11:00AM

**CHAIR  
BASED  
EXERCISE  
TUES/THUR  
9AM**

**WONDRIUM: THUR., 10AM**

**WHY  
ARE WE  
FAT?**

## Friday June 17th, 2022

# -CAMPUS WIDE MIXER- MINI GOLF & LUNCH

Enjoy the outdoors and make new friends-open to all campuses! Play a round of Mini-Golf at Boulder Falls and celebrate Father's Day!

DOOR PRIZES FOR DAD!

\$10.00/pp  
Covers game & Includes lunch

PRE-REGISTRATION **REQUIRED**

CALL 610-383-6900

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dbudelier@4LPi.com or (800) 678-4574 x2525

# BVAA Fitness, Activities

MONDAY	TUESDAY	WEDNESDAY
		June 1
	9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 10A Pinochle <b>C</b> 11A Pokeno <b>C, D, V</b> 1P Bingo/ <b>C, D, V</b>	9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 1P Drums Alive/ <b>C</b>
June 6	June 7	June 8
9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob <b>NEW 10:30A</b> <i>Giant Crossword Puzzle</i> 12:30P Bridge Club/ <b>D</b> 1P Monday Matinee/ <b>C, D</b>	9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 10A Pinochle <b>C</b> 11A Pokeno <b>C, D, V</b> 1P Bingo/ <b>C, D, V</b>	9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 1P Drums Alive/ <b>C</b>  <b>BDAY BASH Lunch 12P</b> <b>Live Music! at 1P</b> <b>C'ville &amp; D'town Campuses</b>
June 14	June 15	June 15
9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob <b>NEW 10:30A</b> <i>Giant Crossword Puzzle</i> 12:30P Bridge Club/ <b>D</b> 1P Monday Matinee/ <b>C, D</b>	9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 10A Pinochle <b>C</b> 11A Pokeno <b>C, D, V</b> 1P Bingo/ <b>C, D, V</b>	9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 1P Drums Alive/ <b>C</b> <b>Special Group Game</b> <b>1P Games with Missy</b> Wheel of Fortune Game/ <b>D</b>
June 20	June 21	June 22
9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob <b>NEW 10:30A</b> <i>Giant Crossword Puzzle</i> 12:30P Bridge Club/ <b>D</b> 1P Monday Matinee/ <b>C, D</b> <b>NEW 1P Games with Missy</b> 5 Second Rule	9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 10A Pinochle <b>C</b> 11A Pokeno <b>C, D, V</b> 1P Bingo/ <b>V &amp; C ONLY</b>	9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 1P Drums Alive/ <b>C</b> <b>NEW 1P Games with Missy</b> Wheel of Fortune Game / <b>D</b>  <u>Booster Clinic/</u> <u>Dtown Campus</u>
June 27	June 28	June 29
9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 12:30P Bridge Club/ <b>D</b> 1P Monday Matinee/ <b>C, D</b>	9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 10A Pinochle <b>C</b> 11A Pokeno <b>C, D, V</b> 1P Bingo/ <b>D &amp; V ONLY</b>	9A, 10A, 11A <b>Coatesville</b> Chair Based Fitness with Rob 1P Drums Alive/ <b>C</b>

# & Wellness Schedule

THURSDAY	FRIDAY
<b>June 2</b> 9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 11A Pokeno <b>C, D, V</b> <b>NEW</b> 1P Bingo/ <b>C, D, V</b> 1P Drums Alive/ <b>D</b>	<b>June 3</b> 10A Poker/ <b>D</b> 9am Walking Club/Exton Mall 10:30A Giant Crossword/ <b>C, D</b> 11:A Personal Training/ <b>C</b> <b>Movie in Dtown</b> <b>1P Otherhood</b> (Patricia Arquette, Angela Bassett, Felicity Huffman. 1 hr 40 min. Rated R)
<b>June 9</b> 9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 11A Pokeno <b>C, D, V</b> <b>NEW</b> 1P Bingo/ <b>C, D, V</b> 1P Drums Alive/ <b>D</b>	<b>June 10</b> 9A Walking Club/Exton Mall 10:30A Giant Crossword/ <b>C, D</b> 11A Personal Training/ <b>C</b> <i>No Poker 2nd Fri. of Month</i>  <b>D'town Closes 1:00P</b>
<b>June 16</b> 9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 11A Pokeno <b>C, D, V</b> <b>NEW</b> 1P Bingo/ <b>C, D, V</b> 1P Drums Alive/ <b>D</b>	<b>June 17</b>  <b>ALL CAMPUSES CLOSED</b>  <b>MINI GOLF AT BOULDER FALLS</b>
<b>June 23</b> 9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 11A Pokeno <b>C, D, V</b> <b>NEW</b> 1P Bingo/ <b>C, D, V</b> 1P Drums Alive/ <b>D</b>	<b>June 24</b> 10A Poker/ <b>D</b> 9am Walking Club/Exton Mall 10:30A Giant Crossword/ <b>C, D</b> 11A Personal Training/ <b>C</b>
<b>June 30</b> 9A <b>Virtual</b> Chair Based Fitness 9A, 10A, 11A <b>Downingtown</b> Chair Based Fitness with Rob 10A Wondrium/ <b>C, D, V</b> 10A Wii Bowling/ <b>C</b> 11A Pokeno <b>C, D, V</b> <b>NEW</b> 1P Bingo/ <b>C, D, V</b> 1P Drums Alive/ <b>D</b>	

**KEY**  
**C/Coatesville Campus**  
**D/Downingtown Campus**  
**V/ Virtual**  
 Online Class on *ZOOM*  
**• Registration Required**  
 For a Zoom Invite:  
**info@bvactiveaging.org**

## A Big THANK YOU

To the amazing, all volunteer group of **AARP** Tax Preparers who at *both* campuses ( *Dtown above; C'ville below*) helped BVAA guests and members file more than 300+ Tax Returns helping over 600 people in the process. Thank you: Barry,



Roger, Conrad, Evelyn, Henry, Lonnie and Ray.



Your service is invaluable, and as they say “you can rely on two things taxes and...” - we are grateful we can rely on you all.

## LGBT: A Brief History

1910

### The First LGBT Advocate

Emma Goldman begins speaking publicly in favor of homosexual rights. Magnus, Hirschfeld later wrote "she was the first and only woman, indeed the first and only American to take up the defense of homosexual love before the general public."



1924

### The First LGBT Rights Group

The first homosexual rights organization in America is founded by Henry Gerber in Chicago—the Society for Human Rights. The group exists for a few months but disbands under police pressure.

1937

### LGBT & World War II

The first use of the pink triangle for gay men in Nazi death camps. 3,000 to about 9,000 homosexuals died in Nazi concentration and death camps during WWII.



1946

### The First LGBT Organization

The Netherlands Center for Culture and Recreation adopts a vague name to mask its then taboo purpose. It is the oldest surviving LGBT organization in existence.

1952

### Surgical Advances Made

Christine Jorgensen becomes the first widely publicized person to have undergone sex reassignment surgery, in this case, male to female, creating a world-wide sensation.



1953

### Congress Rules

One, Inc. v. Olesen, 355 U.S. 371 (1958), was the first U.S. Supreme Court ruling to deal with homosexuality and the first to address free speech rights with respect to homosexuality.

1955

### The Lesbian Perspective

The Daughters of Bilitis (DOB) is founded in San Francisco by four lesbian couples (including Del Martin and Phyllis Lyon) and was the first national lesbian political and social organization in the United States.



1963

### Hello, ECHO

East Coast Homophile Organizations (ECHO) is established in Philadelphia; initial members include the regional chapters of Daughters of Bilitis, Janus Society, and Mattachine Society.

1966

### The Compton Riots

Compton's Cafeteria Riot occurred in August by transgender women and Vanguard members in the Tenderloin district San Francisco, CA. This incident was one of the first recorded transgender riots in United States history.

1969

### The Stonewall Riots

Police raid NYC's the Stonewall Inn instigating the Stonewall Riots, considered the spark of the Gay Rights Movement.



1970

### The First Gay Pride Parade

Organized by pioneer bisexual activist, Brenda Howard, witnesses supporters march from Greenwich Village to Central Park on June 28th in New York City.



1972

### Anti-Discrimination Legislation

East Lansing, Michigan, Ann Arbor, Michigan and San Francisco, California become the first cities in United States to pass a homosexual rights ordinance.



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THE

## MYSTERIES OF MEDICARE: PAYING FOR PART D & PART B

If you or someone you know has monthly income below about \$3500 if married, or \$2800 if single, you may be eligible for one or more of the following programs that help pay for Part D (prescription drug) coverage and in some cases Part B (medical) coverage:

**Low Income Subsidy (LIS)**, also known as Extra Help, reduces the cost of prescription drug coverage by reducing or eliminating Part D plan premiums, deductibles, and co-pays. It also eliminates the "donut hole."

**The Medicare Savings Program (MSP)** pays the Medicare Part B premium, and applicants in the lowest income and resource categories also get help with Part A and Part B deductibles and co-pays. Those eligible for any level of MSP are also automatically enrolled in LIS.

LIS and MSP have resource as well as income limits. For Pennsylvania residents with low income, but with resources too high to qualify for LIS or MSP, the PACE/PACENET program helps pay prescription drug costs. This program has a very broad formulary, low co-pays, and no donut hole.

**PACE/PACenet:** The Pennsylvania medication assistance program for seniors funded by the PA Lottery. PACE/PACenet helps pay for your Part D premium as well as decreases the costs of your prescriptions. PACE/PACenet do not consider resources for eligibility only income.

To find out more about these programs and your eligibility, contact an **PA MEDI** counselor through Donna by calling 610-383-8900, ext 106 to set up an appointment.

**PA MEDI** is Pennsylvania's statewide program of free Medicare insurance consultation under the auspices of the Chester County Department of Aging Services and the State Health Insurance Assistance Program. Formerly known as APPRISE, PA MEDI is Pennsylvania's statewide program of free insurance consultation for the Medicare-eligible. Visit our website at <http://www.chesco.org/477/PA-MEDI-Health-Insurance-Counseling>

Juneteenth

FREEDOM DAY



**SAVE THE DATE**

**BUS TRIP TO ATLANTIC CITY, NEW JERSEY**

**OCTOBER 14TH, 2022**

**CASINO TRIP**

**SAVE THE DATE**

*Senior Farmer's Market Nutritional Program*



**2022 Senior Farmer's Market Nutritional Program** applications are now being accepted! If you qualify by age (60+) and income, you may be eligible to receive **four (4) benefit vouchers** for the program year to purchase fresh, locally grown vegetables at the **Fesh2You Mobile Truck**.  
*For additional information and qualifications please call Donna 610-383-6900*

**1974 Herstory Is Preserved**  
 The Lesbian Herstory Archives opened to the public in the New York apartment of lesbian couple Joan Nestle and Deborah Edel; it has the world's largest collection of materials by and about lesbians and their communities.



**1977 Elected to Office**  
 Harvey Milk was elected city-county supervisor in San Francisco, becoming the first openly gay or lesbian candidate elected to political office in California.



**1978 The Rainbow Flag**  
 Gilbert Baker's original design of the rainbow gay pride flag is flown at the San Francisco Gay Freedom Parade.



**1981 "Rare Cancer Seen in 41 Homosexuals"**  
 The first official documentation of the condition to be known as AIDS was published by the US Centers for Disease Control and Prevention (CDC) on June 5th.

**1985 AIDS Hits Hollywood**  
 Actor Rock Hudson died of AIDS. He was the first major figure known to have died from an AIDS-related illness.



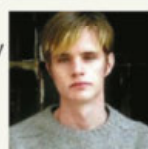
**1990 A New Diagnosis**  
 The World Health Organization states that Homosexuality is no longer an illness. It's not until 1995 that the American Medical Association reports the same.

**1993 Shhhh...**  
 The "Don't Ask Don't Tell" policy was enacted, which mandated that the military could not ask service members about their sexual orientation.



**1996 I Now Pronounce You**  
 The Defense of Marriage Act (DOMA) is a United States federal law passed by the 104th United States Congress. Defining marriage for federal purposes as the union of one man and one woman allowing states to refuse to recognize same-sex marriages granted under the laws of other states.

**1998 A Very Sad Day**  
 1998 Matthew Shepard, a gay Wyoming college student, is brutally beaten by two young men, tied to a fence, tortured and left overnight. He dies six days later.



**1999 At Long Last**  
 The Transgender Day of Remembrance was founded in 1999 by Gwendolyn Ann Smith, a trans woman who is a graphic designer, columnist, and activist to memorialize the murder of Rita Hester.



**2000 Recognition Under the Law**  
 Civil Union/Registered Partnership laws are passed and come into effect in Vermont, USA on July 1st.

**2015 I Do, I Do, I Do, I Do, I Do**  
 The U.S. Supreme Court makes same-sex marriages legal in all 50 U.S States on June 26th.



**BENEFIT RAFFLE TICKETS**

ON SALE NOW

**BVAA's Annual Raffle Fundraiser**

**TICKETS \$25**

First Place \$50  
 Second Place \$25  
 Third Place \$25

**LIVE MONTHLY DRAWING EVERY BIRTHDAY BASH**  
 Holiday Drawing: \$500, \$250, \$125  
**BEGINS IN JULY! FOR TICKETS; COATESVILLE CAMPUS/DONNA**

**AMKOR KARATE INSTITUTES**

COATESVILLE CAMPUS

**Self Defense Class**

Amkor Karate Institutes, Owner, Master Michael Campagnini teaches:  
**Basic Self Defense for the Young at Heart**  
 Thursday, June 23rd, 10:30am

amkorcoatesville.com      RSVP 610-383-6900

# STRAWBERRY SHORTCAKE



## **ONE: Make the Strawberry Shortcake Filling**

1. Cut off the tops of the strawberries and dice the berries into bite-size pieces. Toss with 2 TBS. granulated sugar.

Take a wooden spoon and press lightly until you have slightly crushed strawberries. Refrigerate until ready to use or at least an hour before serving.

## **THREE: Make the Homemade Whipped Cream**

1. Chill a mixing bowl and the whisk attachment of your mixer in the refrigerator for about 15-30 minutes. You may also use an electric hand mixer. Add 1 C heavy whipping cream, 2 TBS. granulated sugar, and ½ TSP vanilla extract to the cold mixing bowl and mix on medium-high speed until it forms stiff peaks.

## **FOUR: Assembling the Shortcakes**

1. To assemble the shortcakes, cut the shortcakes in half like a burger bun with a serrated knife. Add a generous spoon of whipped cream, then juicy strawberries. Replace the top portion for the biscuit and enjoy right away!

## **TWO: Make the Biscuit Dough for Shortcakes**

1. Preheat the oven to 400°F. Add 1 ½ C all-purpose flour, ¼ C granulated sugar, 1 TSP. baking powder, ¼ TSP. baking soda, and ¼ TSP. salt to a medium bowl. Whisk to combine.

2. Cube ½ C cold butter, add to the flour mixture. Toss to coat all the butter with flour and rub the butter into the flour until coarse crumbs form. Work quickly so the butter doesn't melt.

3. Mix 1 large egg, ½ C plain yogurt, 3 TBS. milk, and ½ TSP. vanilla extract in a small bowl. Beat to combine.

4. Make a well in the middle of the flour mixture and add the liquid to it. Mix with a spatula until a wet dough is formed.

5. Portion the dough onto a parchment paper-lined baking sheet into 8 shortcakes (approx. 2 oz.). Sprinkle the top with plenty of turbinado sugar.

6. Bake at 400°F for 17 minutes. Remove from the oven and transfer shortcakes onto a wire rack to cool completely.

## **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

**Missy Ziegler**  
Downingtown Campus  
**Jorge Ramón**  
Virtual Campus  
**Westin Pierce**  
Therapy Dog

## Information & Assistance

**Theresa Butts, Jen Manthey**  
Co-Directors  
Information & Assistance  
**Donna Pluck**  
Resource Navigator  
**Connie Tynes**  
Resource Navigator

## Dining Services

**Bee Medley**  
Chef  
**Narrina Maldonado**  
Prep Cook  
**Claudia Rose Muir**  
Nutrition Programs Coordinator

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](http://www.bvactiveaging.org)

[info@bvactiveaging.org](mailto:info@bvactiveaging.org)

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## A MISSION TO SERVE

This vibrant, senior community provides for the needs of older men and women with Independent Living, Personal Care, and Skilled Nursing. Residents enjoy a homey, comfortable atmosphere with a Quaker mission.

## 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.

## Friends Home

128 Years in Kennett

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Supportive Independent Living  
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**Brandywine Valley  
Active Aging**

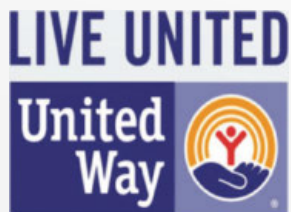
Brandywine Valley Active Aging is a non-profit organization providing services and programs to persons fifty years and better without regard to race, color, handicap, sex, national origin or sexual orientation.

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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.