



Swarthmore Senior Citizens Association

Annual Report for 2022

March 29, 2023



Swarthmore Senior Citizens Association

Contents of the Annual Report

Minutes of the previous meeting	3
Treasurer	4
Finance	4 and following
Board of Directors Report	5
Committee Reports:	
Membership	6
Personnel	6
Development	6
Communications	7
Nominating	7
Senior Wellness Fair	8
Walks and Trails	8
Nether-Swarthmore TimeBank	8
SSCA Travels	8
Lunch & Learn	9
Games, Arts and Crafts	9
Sunshine	9
In Memory	9
Association Mission Statement	10
Directors and Officers of the Association	10
Advisory Council	10

Swarthmore Senior Citizens Association

Minutes

Annual Meeting, April 6, 2022

Park Avenue Community Center, 129 Park Avenue, Swarthmore, PA

The meeting was preceded by pizza, salad, and beverages, provided by SSCA.

There were 56 attendees.

Nancy Daniel, President, called the meeting to order at 12:30 and welcomed all attendees.

There was a moment of silence for Vijay Duggal and Constance Hungerford, members who had died in 2021.

The minutes from March 31, 2020, were approved as presented.

The annual report was available in print form and it can be accessed on the SSCA website as well. The report was approved as presented.

The following directors were elected to new terms: Sheila Bell, Judie Neale, and Linton Stables.

There are some proposed changes in the bylaws, but voting for these will not happen until next year's annual meeting.

The following were discussed during the public comment portion of the meeting:

- Upcoming trips are planned, possibly one to the Restaurant School that was cancelled during the pandemic.
- Dan Snyder and Denice Bohl will lead a campus walk on April 11.
- Dorothy Gelb said she is delighted how the SSCA has grown. She has read and clicked on all links in the emails. She was pleased with how much the group has done.

Nancy recognized the work of Linton Stables, Heather Jorgensen, and Stephanie McDonough for their part in the success of this annual meeting.

The meeting was adjourned at 12:58 p.m.

The meeting was followed by a presentation of Swarthmore College staff who discussed changes on campus.

Respectfully submitted,

Sheila Bell, Secretary

Treasurer

Treasurer: Gudrun Weinberg

We have good control of our expenses, and through the generosity of past and present members, as well as the Borough, SSCA is on solid financial ground. We are happy to have continued collecting and passing along funds to combat food insufficiency in our southern Delaware County neighborhood during these difficult times. As Founding Partners with the Park Avenue Community Center, we dedicated some of our capital to go toward PACC capital and operating expenses.

Finance

Co-Chairs: Dan Snyder and Linton Stables

Following this overview and summary you will find independent accountant George Kaffes's Compilation Report which is derived from documentation of our accounts provided to him by our administrator and our treasurer. (The pages after the summary letter are are numbered 2 through 4.)

Overview:

Income for the year 2022 was derived from interest and dividends from investments, tax deductible contributions from our membership, a generous grant from the Swarthmore Borough, and support from the community. Volunteer contributions from our membership remain a very important part of our support during the year.

SSCA has an invested fund created after a bequest of approximately \$300,000 from the late Irma Zimmer. We continue to maintain our investments at Vanguard, in mutual funds that are balanced to produce growth and preserve capital.

In 2022 SSCA made a significant contribution of capital to the new Park Avenue Community Center, establishing ourselves as a Founding Partner of PACC. The Board felt that this contribution was in keeping with the intent of main donor to the investment fund in that it furthers the mission of SSCA and helps us in keeping an intergenerational aspect to our work.

For our investment accounts only:

December 31, 2021	\$411,319.75
2022 Income	\$12,673.69
2022 Unrealized gain (loss)	(\$68,158.28)
Withdrawals in 2022	(\$110,000.00)
December 31, 2022	\$245,835.16

Summary:

Our financial status is stable even while the markets are in turmoil. Our net worth has decreased significantly in the last year reflecting our \$100,000 gift to PACC and the overall market. Our expenses in 2022 were mostly covered by other income, plus a single \$10,000 withdrawal. We see no reason to revise our investment strategy at this time. We are confident of our financial situation going forward.

Board of Directors

President: Nancy Daniel

SSCA has once again risen to the demands of the times with elegant flexibility. We began 2022 with meetings on Zoom, gleefully returned to in-person events in February, but with a rise in Delaware County occurrences of COVID in March retreated briefly to online meetings and events. We were able to return to The Inn at Swarthmore for our March 26 th Wellness Fair by limiting the number of participants to maintain safe distances. Our weekly e mail newsletter, faithfully and excellently produced by Linton Stables, continued to keep members informed of goings on within SSCA and around town. During the course of the year, the number of subscriptions rose to over 900.

Our partnership with the newly-formed Park Avenue Community Center and its Executive Director, Rosemary Fox, has helped us reach beyond Swarthmore Borough limits to incorporate new membership from adjoining neighborhoods and townships. We collaborated with Widener University's chapter of the Osher Lifelong Learning Institute (OLLI) for several programs onsite at our PAC Center headquarters, and shared our space for a few Wallingford-Swarthmore Community Classes. In addition to welcoming other organizations into our location within the Park Avenue Community Center, we were fortunate to have among our weekly presenters several new leaders in the Swarthmore community: Bill Webb, Borough Manager; Dr. Wagner Marseille, Superintendent of Wallingford-Swarthmore School District; Abby Cengel, Director of the Swarthmore Public Library; Sara Kelly, Director of the Swarthmore Recreation Association, and Rev. Ali DeLeo, newly-installed Pastor at Swarthmore United Methodist Church which incorporates the PAC Center operations. All of these new connections embody the strength of this community and its capacity for fluency and continuity in the midst of change. SSCA is fortunate to be among such stalwart leadership. We were also fortunate to have the leadership of one of our new members, Dody Matthias, in examining and responding to issues of aging by initiating a series of "Occasional Documentaries and Discussions" which will continue in 2023.

In the process of continuing our Walks and Trails program, occasional day trips, creating and circulating a "Pets in our Community" calendar, our ongoing Lunch and Learn programs, and our Annual Picnic we have had a good time. In the past year Swarthmore Seniors were participants in the local Fourth of July parade and staffed information tables at the Swarthmore Farmers' Market and Fall Fair. After a challenging couple of years, it has been a delight to be out and about and find others interested in our programs, activities, and planning that "promotes the well-being of seniors and others in the community" as is our stated mission.

My thanks to our Board, our Advisors, our Administrator (Stephanie McDonough) and other friends for continuing to generate wonderful ideas and persist in bringing them to life.

Bravo to All!

Membership

Chair: Ann Foster

Membership total this past year shows a roster of 326 members, close to the previous year's total of 328. Previously SSCA experienced a major growth spurt wherein we jumped from 153 members to 328. Our new member applications have continued to show between five and ten new members joining each month.

Now that we can meet in person, many are responding to our programs which are open to the public. As these meeting times and programs expand, attendees show appreciation by joining SSCA. Our informative and weekly newsletter has continued to entice participation in our growing activity's list. The preponderance of new members are choosing to register and pay online although paper registration is available and still used. The membership chair attempts to welcome each new member with a personal email. Often new members will respond with a question or a specific request. And other times, recipients send a return email to say thank you for the welcome. We also have contact information for members who do not use email. The SSCA administrator and the membership chair coordinate efforts to keep the membership list up to date.

Development

Chair: Nancy Daniel

We are again grateful to the Borough of Swarthmore for funding our request that supports salary for our part-time administrator and in 2022 subsidized the March Wellness Fair at the Inn, as well as contributing to honoraria for Lunch and Learn speakers. A greater proportion of program participants became dues paying members this year, and we were fortunate to receive additional contributions from several members. We remained the fiscal agent for the Pantry Staples Project, collecting funds which were distributed to neighboring community food banks.

Personnel

Chair: Linton Stables

The Committee makes recommendations to the full Board regarding contracted personnel. Currently there are two contracts with our Administrator, one for administration and the other for development work. We terminated a contract with our technical assistant because we had less need for that service when we returned to in-person activities. Other than that, no changes in our personnel arrangements were made in 2022. Committee members are Sheila Bell and Shirley Mitrovich, in addition to the Chair.

Communications

Chair: Louise Coffin

The goal of SSCA communications is to inform not only seniors but also the general public about the activities and influence of the Swarthmore Senior Citizens Association. SSCA strives to be a vital force: one that is recognized and appreciated for what it offers all Borough residents.

The 2022 year saw a return to many of the programs and activities that had been in abeyance due to the pandemic. The major communications vehicle was, and continues to be, a weekly e-newsletter sent to well over 920 addresses including seniors, Borough officials, Community Directory contacts, and others who have expressed an interest in our programs. The e-newsletter provided information about a variety of opportunities and news, such as Park Avenue Community Center activities and events, support for food drives, Borough events, library updates, and the SSCA Lunch & Learn programs. Art work, photographs, and contributions from readers also appeared in the newsletter.

There was also an all-Borough mailing of a paper newsletter. The Wednesday Lunch & Learn sessions offered a wide variety of presentations, attracting from 20 to 40 attendees each week. Guest speakers shared information on topics such as Spain's Castilian Cities, sustainable plastics and metals, the history and practice of homeopathy,

Providence Animal Shelter, Nova Scotia's annual Christmas tree gift to Boston, a performance by pianist Lou Walinsky, and a holiday serenade from Strath Haven High's Silvertones. These programs were publicized in the e-newsletters and in *The Swarthmorean* weekly calendar.

We continued to promote SSCA through our website, SwarthmoreSeniors.com which has seen some needed updating. We also have a group on Nextdoor.com and a Facebook page as well as a presence on Burbio.com, a community calendar. A five-session memoir writing class was held in the spring, with four to six participants. In July, we had a table at the local Farmers' Market.

Nominating

The Board, as a committee-of-the-whole, acted as the Nominating Committee.

During 2022 one vacancy occurred on the Board with the resignation of Bill Davis. The Board appointed Denice Bohl to complete the term left vacant. Ann Foster has declined to be nominated for another term. The Nominating Committee proposes the following for election to the Board of Directors:

Nancy Daniel, re-election for a term ending in 2025.

Jo Ellis, election to a term ending in 2025.

Shirley Mitrovich, re-election for a term ending in 2025.

Bill Scarborough, election to a term ending in 2025.

Dan Snyder, re-election for a term ending in 2025.

Senior Wellness Fair

Chair: vacant

The Wellness Fair Committee recommended to the Board that we do not have a full day event in March 2023 as there is not yet a permanent chair and a theme has not been chosen. The SSCA Board agreed, and decided to look at alternatives. The annual Borough grant is partly meant to offset expenses for a wellness event, so the Board will explore a number of possible alternative events that would promote wellness for the entire community. A series of shorter activities, perhaps 4 to 6 per year, addressing different aspects of wellness might make the information more accessible and could be planned to appeal to a wider range of people.

Swarthmore Walks and Trails

Chair: Dan Snyder

The resources created in 2020 to facilitate taking self-guided walks continue to be available, online as well as at the Library. Walks and Trails Committee members and friends continued to lead organized walks, which picked up a little in 2022.

Nether-Swarthmore TimeBank

Chair: Ann Torregrossa

Administrator: Stephanie McDonough

Our TimeBank was a proud affiliate of TimeBanks USA for over 5 years. In that time we embraced the TimeBank ideal of time as currency and the intrinsic value of each person. We fostered care, respect, and justice in our communities while forging many friendships. Our events were a highlight and led to many exchanges. Yardwork, rides to doctors, and small handy man projects were some of the most popular needs. The pandemic became and continues to be a major roadblock to our organization. We still had member exchanges; we lost the momentum of the community we were building. Our Nether-Swarthmore TimeBank Leadership Team has chosen to end our TimeBanks USA membership. We will continue to champion the TimeBanks' mission.

We have transitioned to using the SSCA administrator to facilitate exchanges between timebank members or provide referrals to outside services to meet our members needs.

SSCA Travels

Administrator: Stephanie McDonough

The monthly tours were not held in 2022 due to continued COVID-19 concerns. There were some trips in 2022, including to Winterthur.

Senior Activities at the Park Avenue Community Center

The Park Avenue Community Center is our space in Swarthmore. Most of our in-person activities happen there, and seniors and all generations are welcome to drop in at any time of the day from about 9:00 a.m. to about 9:00 p.m. In addition to SSCA-sponsored activities there are many classes, lectures, concerts, and other opportunities for our members to engage in the community. SSCA is a Founding Partner of the PAC Center.

Lunch and Learn

Administrator: Stephanie McDonough

Our Lunch and Learn series presents programs on a weekly basis, with topics ranging from the origin of the first peoples of the Delaware River Valley to holiday concerts.

Games and Arts and Crafts

Chair: vacant

These activities started up again and were going strong, with new games and days for playing added. Interest varies and sometimes cannot sustain a weekly time period, but everyone is encouraged to bring their skills to the table!

If these areas of our work interests you, please contact Nancy Daniel.

Sunshine

Chair: vacant

Thank-you notes were sent to speakers and performers for their contributions to the Lunch and Learn programs. Get well cards were sent to members and friends who were ill.

All members are recognized each week during their birthday month in the newsletter and at the Lunch and Learn gatherings.

Home visits were suspended. Condolence notes and flowers were sent to those who had family members and close friends who died.

In Memory

Vimala Rajagopal
Madeline Iannucci
Sally Dow
Carolyn Stephens
Peter Bloom

Mission Statement

To promote the well-being of seniors, as well as others in the community, by providing a welcoming environment for social interaction, learning opportunities, and exploring resources through a variety of activities and programs.

Directors and Officers of the Association

Sheila Bell, Secretary	term ends 2024
Denice Bohl, Director	term ends 2023
Louise Coffin, Vice President, Communications Chair	term ends 2023
Nancy Daniel, President, Development Chair	term ends 2022
Ann Foster, Director, Membership Chair	term ends 2022
Shirley Mitrovich, Director	term ends 2022
Judie Neale, Director, Mailing Chair	term ends 2024
Dan Snyder, Director, Walks and Trails Chair	term ends 2022
Linton Stables, Director, Finance Chair	term ends 2024
Gudrun Weinberg, Treasurer	term ends 2023

Officers are elected by the Board and serve for three-year terms, which may or may not coincide with Director terms.

Advisory Council

Doug Bender	Kay Rinko	Eck Gerner	Gudmund Iversen
Maria Mooney	Christine Polito	G. Guy Smith	Ann Torregrossa