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Exploring Delco • Healthcare & COVID-19
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from the
EDITOR

Our August issue is where we take a beat and appreciate the good life. The issue is usually full of exciting events for this month—like the Citadel Country Music Festival—and many more for the fall. And while this year is different, there's still much to appreciate even with the pandemic.

In "Destination Outdoors," Netanya Brittain and Emily Bunn guide you to great places for biking, hiking and boating here in our own backyard. No need to get on a plane.

Laurel Anderson thinks it's time to go "Exploring Delco"—another option close to home with historic sites, world-class gardens, sports centers, dining and more. And see if you know Delco by taking our trivia quiz. Answers are in the back of the issue.

Get inspired learning how Natural Lands is working with teens. In "Going Outside. Looking Inward." Kirsten Werner shares the successes of Chester County Youth Programs.

Our Home of the Month feature considers the next chapter for Wyebrook Farm in Honeybrook. Will new owners reopen the restaurant? Continue raising grass-fed cattle and heritage pigs? Start a B&B? Or create a sustainable family compound on almost 200 acres along the Brandywine Creek?

Although we hoped this would no longer be a major topic, there's important information in "The Impact of COVID-19 on Healthcare." Four articles explore the impact of the pandemic on pregnancy, children, elective surgery and telemedicine.

We are happy to share that area senior communities are coping well with the coronavirus. It's been hard, but a combination of luck, planning and excellent staffing helped. Learn more in Ed Malet's "Been Down So Long ... It Looks Like Up to Me."

And we consider how our furry friends are handling the stress of changes in work schedules in "The Dog Days of Summer Are (Not Completely) Over" by Mercedes Thomas.

Finally, we hope you vote for your favorite from our semifinalist in our annual Cutest Pet Contest! Thank you for reading.


Jo Anne Durako
Editor



COUNTY LINES MAGAZINE

August 2020

Volumes XLIII Numbers 12

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CONTENTS

VOLUME 43, NUMBER 12 • AUGUST 2020

COUNTY LINES
MAGAZINE



- 24 DESTINATION OUTDOORS**
Biking, hiking, boating and more ... all in your backyard
Netanya Brittain and Emily Bunn
- 28 EXPLORING DELCO**
This summer, we're staying close to home but still looking for new experiences
Laurel Anderson
- 34 THE DOG DAYS OF SUMMER ARE (NOT COMPLETELY) OVER**
Returning to work can be stressful for pets, too
Mercedes Thomas
- 37 CUTEST PET CONTEST**
Help choose this year's winner on Facebook
- 38 GOING OUTSIDE. LOOKING INWARD.**
Kids learn life lessons beyond stewardship of the land
Kirsten Werner, Natural Lands
- 40 THE IMPACT OF COVID-19 ON HEALTHCARE**
41 Healthy Pregnancy During the Pandemic
42 COVID-19 in Children
43 Elective Surgery During the Pandemic
44 Make Your Virtual Health Visit a Success
- 46 BEEN DOWN SO LONG ... IT LOOKS UP TO ME**
Senior communities versus COVID-19
Edwin Malet
- 48 GUIDE TO 55+ AND RETIREMENT COMMUNITIES**
Edited by Marci Tomassone
- 58 HOME OF THE MONTH**
Wyebrook Farm—Ready for its next chapter
Laurel Anderson

departments

15 GOOD TO KNOW
17 AUGUST PICKS

18 BEST LOCAL EVENTS
65 FOOD NEWS

66 INDEX

Living to the Power of You



SAGELIFE disrupts the negative paradigms around aging; outdated mindsets that have been barriers to recognizing community living as an aspirational move; as the wisest choice for aging well.

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[Good to Know] *Just a few things we'd thought you'd like to know this month*

Airfield Festivities. We're celebrating that outdoor festivals are starting up again, including **SummerFest 2020** at the New Garden Airfield, August 28th



to 30th. The Airfield will host a jet rally with a giant scale warbird, plus air shows all day and night for your entertainment. Enjoy food trucks, art vendors, crafts, kids zone, hayrides, beer, wine and Saturday night fireworks. A great way to wind down August with family and friends. NewGardenFlyingField.com.

Pamper Your Pooch. Prepare for **National Spoil Your Dog Day** on August 10th. Since dogs are our best friends, plan some extra lovin' for our furry companions. Order a Starbucks puppuccino (a cup filled with whipped cream), curl up on the couch for extra belly rubs, spring for a special grooming session or new toy, or take the high road and make a donation to a shelter in your dog's name. Whatever you do, snap a pic for social media. NationalToday.com.

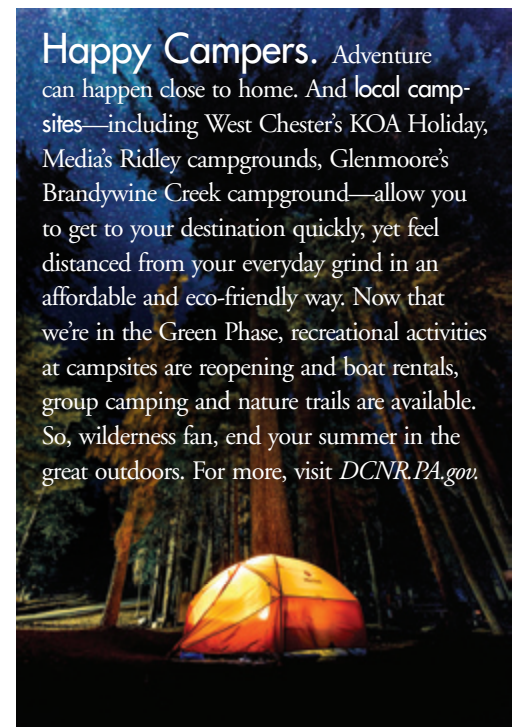


Celestial Sights. Calling all astrophiles! The **best meteor shower** of the year began July 17th and will continue through August 24th. Called Perseids—after the meteors' proximity to the constellation Perseus—this natural light show has its best nights coming up on August 12th and 13th, though the meteors will continue to peak on warm nights. Expect 50 to 75 meteor showers per hour from 10 p.m. until pre-dawn hours. Set a calendar alert and get gazing! For more info, visit DCNR.PA.gov.

Pawsitive Thinking. For many seniors living alone, pets are great companions. But because it can be challenging to care for pets' needs on a fixed income, **Henry's Helping Paws** provides pet food to seniors who can use some help. This initiative was started by PA Senator Dinniman and is named after his beloved late standard poodle. Partnering with the Pennsylvania Veterinary Medical Association and Chester County's Meals on Wheels, Henry's Helping Paws has the resources to provide quality care for your cats and canines. AnimalCarePA.org.



Happy Campers. Adventure can happen close to home. And **local campsites**—including West Chester's KOA Holiday, Media's Ridley campgrounds, Glenmoore's Brandywine Creek campground—allow you to get to your destination quickly, yet feel distanced from your everyday grind in an affordable and eco-friendly way. Now that we're in the Green Phase, recreational activities at campsites are reopening and boat rentals, group camping and nature trails are available. So, wilderness fan, end your summer in the great outdoors. For more, visit DCNR.PA.gov.





Layered Abstraction: Margo Allman and Helen Mason

Through January 17, 2021

Join us to celebrate Margo Allman and Helen Mason, two Brandywine Valley artists who have dedicated their artistic careers of more than 50 years to exploring the infinite possibilities of abstraction.

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Layered Abstraction: Margo Allman & Helen Mason was organized by the Delaware Art Museum. This exhibition is made possible by the Emily du Pont Memorial Exhibition Fund. Additional support is provided, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com. Top to bottom: *Universal Possibilities*, 1980, Margo Allman, Acrylic on paper, sheet: 27 x 39 1/4 inches. Courtesy of the artist. © Margo Allman. | *High Speed*, 2012, Helen Mason. Rubber and wood, 21 x 52 x 6 inches. Courtesy of the artist. © Helen Mason.

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Photo by Bob Leitch

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[August Picks] Our Picks for top events this month

Canoe & Dine at Northbrook Canoe's Twilight Dinner Trips

August 8 & 22, September 12 & 26



Gather the group to enjoy a 1.5 hour evening canoe trip arriving back at Northbrook for a catered dinner served in the picnic grove. Dinner is accompanied by live music and followed by a bonfire under the stars to finish off the evening. 1810 Beagle Rd., West Chester. 6 p.m. \$70. 610-793-2279; NorthbrookCanoe.com.

Virtual Musikfest in Bethlehem

Through August 9

More than 80 performers and 30 partners are joining with ArtsQuest to keep the music alive and free for the community. The 2020 Musikfest will include 40 all-new, exclusive concerts shown on the website, 40 performances by bands airing live from the Service Electric TV studios and an on-site food and beverage experience at SteelStacks that will include at least 10 Musikfest favorite food vendors. *For lineup and more information, visit Musikfest.org.*



Town Tours & Village Walks

August 6, 13, 27

“Beacons of Pride: Architecture, Artistry and Personal Expression.” Explore the rich cultural heritage of Chester County from the comfort of your home. **Aug. 6**, Village of Yellow Springs; **Aug. 13**, Historic West Chester; **Aug. 27**, Special Preview: Kennett Square Occupation Day. Visit the website for free sign-up and Zoom link. ChesOo.org/Planning/TownTours.

Bikes & Beers Social Distancing Ride

Through September 6

Cyclists and Brews of America present the Virtual Cycling Event you can do anywhere, anytime, and support Local Craft Breweries! Just sign up, start riding, log your miles and get your finisher medal package and SWAG. Benefits Gates Foundation Philanthropy Partners for Covid-19 Relief. BikesAndBeers.com.



Field to Fork Dinners at SIW

August 5, September 16, 30

This special summer dining series returns to SIW Vegetables. **Aug. 5**, Jeffrey A. Miller, chef/owner of JAM Catering; **Sept. 16**, Chef Dan Butler of Toscana; **Sept. 30**, Dan Tagle of Krazy Kat's Restaurant at the Inn at Montchanin Village. Dinners will be limited to a smaller seating capacity and diners will be provided with any specific information related to masks, social distancing, etc. 4317 S. Creek Rd., Chadds Ford. \$93. SIW-Vegetables.blogspot.com.



best Local Events

Many events are on hold for now, but there are still a great number of things to do in our area. Please be sure to check websites often for the latest updates and before you go.

FAMILY FUN

THROUGH AUGUST

Brandywine Zoo. Located in beautiful Brandywine Park, the zoo is once again welcoming visitors. 1001 N. Park Dr., Wilmington. Timed sessions, 10 to noon or 1 to 3, must reg. \$5-\$7. 302-571-7788; BrandywineZoo.org.



AUGUST 8-9

Morris Arboretum's Summer Garden Railway-Thomas the Tank Engine & Friends. Look for your favorite train characters among the whole steam engine gang from Sodor as they take over the Railway for the weekend. 100 E. Northwestern Ave., Phila. 10 to 5. Included with garden admission, \$10-\$20. 215-247-5777; MorrisArboretum.org.

THROUGH AUGUST 14

Summer Spree Remote Art Camp. Wallingford's Community Arts Center remodeled their Summer Spree Art Camp to take place virtually this summer. Campers can register for online art classes over Zoom and pick up art kits at the Community Center. For more info, visit CommunityArtsCenter.org.

AUGUST 1-16

Stroud Center Clean Water Paddle Push. Grab your paddleboard, canoe, kayak or inner tube and hit a body of water near you. Register online. \$30 per person includes a t-shirt. Benefits the Stroud Center's freshwater research, environmental education and watershed restoration efforts. Visit StroudCenter.org.

AUGUST 1-22

Folk Tales in the Garden at People's Light. A socially distanced, outdoor edu-tainment

offering for families with children, 2-10. Storytellers lead families through a world creation story inspired by Korean and First Nations' folk tales. It's a 45-minute frolic full of audience participation and will enchant the whole family. People's Light, 39 Conestoga Rd., Malvern. 10 am. \$30. 610-644-3500; PeoplesLight.org.



AUGUST 7-8

Drive-In Movie Night at Ludwig's Corner Horse Show Grounds. Save The Date! Enjoy a movie from your car or sitting on the grass under the night sky. Concessions available. 1326 Pottstown Pike, Glenmoore. 7 pm. \$25 a carload. LudwigsHorseShow.com.

AUGUST 9

Family 2nd Sunday Art Kits at Delaware Art Museum. Pick up a free kit of art supplies and activities to spark family creativity at home. Share your art on Instagram using the hashtag #delartfromhome. 2301 Kentmere Pkwy., Wilmington. Free. 302-571-9590; DelArt.org.

AUGUST 15

Drive-In Movie Night. The Pennsylvania SPCA and Main Line Animal Rescue are hosting a drive-in movie night, featuring *The Sandlot*, to raise funds for their lifesaving missions. Main Line Animal Rescue, 1149 Pike Springs Rd., Chester Springs. Gates open 6:30, movie at 7:50. \$7-10. 267-463-2320; MLAR.org/Drive-in-Movie-Night.



ART, CRAFT & ANTIQUES.....

THROUGH AUGUST 28

"Unmasked" Exhibit at The Art Trust Gallery. A virtual exhibit of art by Art Trust board members. While the exhibit runs, there's an Art Raffle benefit with each artist contributing a piece. Benefits The Melton Center, whose mission is to support citizens traditionally marginalized based on economic status, gender or race. TheArtTrust.org.



AUGUST 5, 26

Brandywine River Museum of Art-Evening at Kuerner Farm Plein Air Event. Artists working in all media are invited to explore the property where they can sketch, paint or photograph the iconic setting. Interpreters will be available throughout the event to answer questions and provide insight into Wyeth's creative process. 1 Hoffman's Mill Rd., Chadds Ford. 4:15 pm. \$20. 610-388-2700; Brandywine.org.



SEPTEMBER 12-13

Brandywine Festival of the Arts. A Delaware tradition with something for everyone, 250 artists exhibiting, live music, children's activities and a selection of local food vendors. 1001 N. Park

Dr., Wilmington. Sat, 10 to 6; Sun, 10 to 4. \$5. 302-419-6648; BrandywineArts.com.



AUTO SHOW.....

AUGUST 8

New Hope Automobile Show. One of the oldest shows in the country but with a new format. Details coming closer to event so be sure to check website. 215-862-5655; NewHopeAutoShow.com.



EQUESTRIAN.....

THROUGH OCTOBER 28

Fridays & Sundays

Brandywine Polo. Now open to spectators. 232 Polo Rd., Toughkenamon. Friday Twilight Polo—gates open at 5; match at 5:30. Sun, gates open at 1:30; match at 3, \$10-\$15. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.



SEPTEMBER 5-7

77th Ludwig's Corner Horse Show. At this



time, the Country Fair component will not be held and plans are to go forward with just the Horse Show, which is not open to the general public/spectators. There will be no Car Show on Labor Day. 5 Nantmeal Rd., Glenmoore. 610-458-3344; LudwigsHorseShow.com.

FESTIVALS & FAIRS.....

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FOOD & BREWS.....

THROUGH AUGUST, Thursday–Sunday Dining On State Street in Kennett Square. The east side of the 100 block of State Street is open for outdoor dining. 610-444-8188; HistoricKennettSquare.com.



AUGUST 5, SEPTEMBER 16, 30
Field to Fork Dinners at SIW. See *August Picks*.

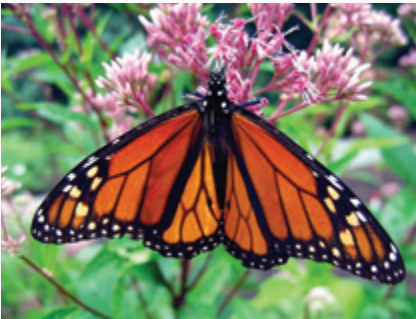
GARDENS.....

THROUGH AUGUST
Longwood Gardens. The beauty of Longwood is waiting for you as the gardens are now open to members and ticket holders. 1001 Longwood Rd., Kennett Square. Mon, Wed, Thurs, Sun 10 to 6; and Fri–Sat, 10 to 10. Closed Tuesday. Check website for guidelines. 610-388-1000; LongwoodGardens.org.



THROUGH AUGUST
Mt. Cuba Center. Experience summer in the Brandywine Valley and connect with nature. There are shaded walking paths, a vibrant meadow, ponds, stately formal gardens and

the summer garden. 3120 Barley Mill Rd., Hockessin. Check website for guidelines. 302-239-4244; MtCubaCenter.org.



THROUGH AUGUST
Chanticleer Garden. Chanticleer is open by



Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 2. Order online for delivery or pickup. ArtisanExchange.net.

Booths Corner, 1362 Naamans Creek Rd., Garnet Valley. Fri–Sat, 9 to 8. BoothsCorner.com.

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station parking lot. Sat, 9 to 1. Prepay, pre-order on the website starting Tues. each week, and pick up. Or come to the market. Face masks req. Pick-up schedule on website. FarmToCity.org.

Devon Yard Farmers Market
138 Lancaster Ave. Wed, 10 to noon. Pre-order by Tues, noon. Email confirmation with pick-up time. 610-836-1391; GrowingRootsPartners.com.

Downingtown Farmers Market, Log Cabin Field, Kerr Park, Pennsylvania Ave. Sat, 10–12. Pre-order by Fri, 10 am. Email confirmation. 610-836-1391; GrowingRoots-Partners.com.

Eagleview Farmers Market, Eagleview Town Crt., Wellington Sq., Exton. Thurs, 11–1. Pre-order by Wed, noon. Email confirmation. 610-836-1391; GrowingRoots-Partners.com.

Kennett Square Farmers Market, The Creamery, 401 Birch St. Fri, 3 to 6. Some vendors are pre-order only. Seniors & high-risk, 3–3:30; gen'l public, 3:30–6 pm. 610-444-8188; HistoricKennettSquare.com.

Lancaster County Farmers Market, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. Check Facebook to phone for pickup. 610-688 -9856; LancasterCountyFarmersMarket.com.

Malvern Farmers Market, Warren Ave. & Roberts Rd. Sat, 2–4. Pre-order by Fri, 10 am. Email confirmation. 610-836-1391; GrowingRootsPartners.com.

Pete's Produce Farm, 1225 E. Street Rd., West Chester. Daily 9 to 5; higher risk customers 8 to 9 am. Face masks required. Order online for curbside pick-up on Fri. 610-399-3711; PetesProduceFarm.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon; seniors, 9–10. Order deadlines vary by vendor. Check the newsletter. Curbside pick-up, if requested by Fri, noon. PhoenixvilleFarmersMarket.org.

Pottstown Farmers Market, 100 E. High St. Every other Sat. beginning June 13. 9 to 1. Masks required. 484-948-6061; PottstownFarm.org.

SIW Farmers Market, 4317 S. Creek Rd., Chadds Ford. Daily, 9 to 6. 610-388-7491; SIW-Vegetables.blogspot.com.

Swarthmore Farmers Market, 121 Park Ave. Sat, 9:30 to 1:30. Pre-order, prepay, pickup only. Some vendors offer home delivery. 215-733-9599; SwarthmoreFarmersMarket.org.

Sugartown Strawberries, 650 Sugartown Rd., Malvern. 10 to 6. 610-647-0711; SugartownStrawberries.com.

Thornbury Farmers Market & CSA, 1256 Thornbury Rd. Sat, 9 to 5; Sun, 11 to 5. Pre-pay, bag your own. CSA Pickup Thurs, 12:30 to 6:30. ThornburyFarmCSA.com.

West Chester Growers Market, Chestnut & Church Sts. Sat, 10 to 12. Pre-order for some vendors. Contactless payment encouraged. Vendors pre-package. 610-436-9010; WestChesterGrowers-Market.com.

Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7:30; Sat, 8 to 4. Curbside pick-up, \$10. 610-492-5700; WestChesterAmishMarket.com

Wolff's Apple House, 81 S. Pennell Rd., Media. Daily 9 to 5; 8 am to 9 am for seniors. Curbside pickup is available for grocery items. 610-566-1680; WolffsAppleHouse.com.



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reservation with limited capacity to manage safe distancing. Purchase individual tickets and 2020 Season Passes online. 786 Church Rd., Wayne. Wed–Sun, 10 to 5. Check website for guidelines. 610-687-4163; ChanticleerGarden.org.

AUGUST 8–9

Morris Arboretum's Water Features Tour. Guides will lead visitors to several natural and man-made water features throughout the garden. Discussion will include the visual beauty of water features and the evolution of the use of water in gardens. Tour begins at Widener Visitor Center.

100 E. Northwestern Ave., Phila. 11 am. \$10–\$20. 215-247-5777; MorrisArboretum.org.



MUSEUMS.....
THROUGH SEPTEMBER
Delaware Art Museum. Aug. 7, Sept. 4, Art is Tasty—dive into a work of art with a virtual tour and discussion, noon to 1. **Through Sept. 3,** Happy Hour Thursdays—relax and unwind with the museum's popular Happy Hour series, 5 to 7:30. **Through Sept.,** Art Chat Weekly, Thursdays—a virtual conversation with curators and guest speakers on everything from works of art in the collection to interviews with local artists, noon. 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.



THROUGH JANUARY 5, 2020
Winterthur Museum, Garden & Library. Outdoor areas and the first-floor galleries are now open, as is the Winterthur Store. Some in-person programs are available, including guided garden walks and garden tram tours. 5105 Kennett Pk., Winterthur, DE. Tues–Sun, 10 to 5. \$15–\$30. 302-888-4600; Winterthur.org.



MUSIC & ENTERTAINMENT.....
AUGUST 13–16
59th Annual Philadelphia Folk Festival. The Show Must Go On ... Line. The Philadelphia Folksong Society is offering a fully digital



interactive musical experience, complete with multiple stages/streams of curated music, fully integrated chat features, campfire open mics, zoom campsites, craft show, food and merchandise tents. Visit their website for tickets and details on live streaming. FolkFest.org.

OUTDOOR ACTIVITIES.....
THROUGH AUGUST 26, Wednesdays
Bike & Hike & Brews at Hagley Museum & Library. Stroll, jog or cycle the three-mile loop then, on selected evenings, enjoy Dogfish Head craft beers. Bring a picnic or dine at the Belin House Organic Cafe. Rt. 141, Wilmington. 5 to 8 pm. \$3. 302-658-2400; Hagley.org.



THROUGH SEPTEMBER 6
Bikes and Beers Social Distancing Ride. See August Picks.

SEPTEMBER 3
Virtual 5K & 10K Trail Runs for Thorncroft. Thorncroft Equestrian Center, a premier leader in the field of therapeutic horsemanship, is holding Virtual 5K and 10K Trail Runs and a 1-Mile Family Fun Run/Walk/Wheel/or Ride. 190 Line Rd., Malvern. For more info and to register, 610-644-1963; Thorncroft.org.



THEATER.....
AUGUST 8, 15, SEPT. 12, 26, OCT. 3, 17
Peddler's Village Murder Myster Dinner Theater. Cheers to Murder comedy dinner theater

show returns to the Cock 'n Bull Restaurant, Rt. 263 and Street Rd., Lahaska. 8 pm. \$69.95. 215-794-4051; PeddlersVillage.com.

TOWNS, TALKS & TOURS.....
JULY 30–AUGUST 15
Berks County's Best Kept Secrets Tour. Travel place to place, in your own vehicle. Your ticket is valid for the entire time. For more information visit BestKeptSecretsTour.com.

AUGUST 6, 13, 27
Town Tours & Village Walks. See August Picks.

AUGUST 7, SEPTEMBER 4
First Fridays. Lancaster City, 717-509-ARTS; VisitLancasterCity.com. **Oxford,** 610-998-9494; DowntownOxfordPA.org. ♦

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DESTINATION OUTDOORS: A Guide to Local Summer Fun

BIKING, HIKING, BOATING AND MORE...
ALL IN YOUR BACKYARD!

Netanya Brittain and Emily Bunn

AH, SUMMER IN THE BRANDYWINE VALLEY. There's no need to look much further than our backyard to enjoy the great outdoors. Sure, we may not have mountains or ocean beaches, but our area is teeming with rolling hills, wildflower meadows and lush forests. So don't take the natural wonders around us for granted.

Find some of your summer fun at the many local hiking trails, preserves, nature centers and state parks—

all within an hour's drive. Enjoy the great outdoors with birding, mountain biking, picnicking, fishing, boating and camping. Why waste time driving when we have so much to explore in our own backyard?

TRAILS

Some of the largest trails in eastern Pennsylvania run through Chester County. Hike, bike or skate your way through the area—where wheels are allowed, of course.

The Chester Valley Trail stretches from West Whiteland Township into Montgomery County. As part of “the circuit”—the 750-mile trail network throughout Greater Philadelphia—Chester Valley trail runs along one of the most highly populated areas outside Philadelphia's Center City. Over 13 miles of trail run through Chester County. Enjoy hiking, in-line skating, biking and scootering, and dog walking from 8 a.m. to dusk daily.

The Schuylkill River Trail, once a popular commerce route, now runs over 130 miles from Philadelphia through Schuylkill County to the northwest of Chester County. The trail follows the route of the Pennsylvania Railroad and crosses several historical sites, such as the 9/11 Memorial.

Other sites along this trail include the Philadelphia Art Museum, Fairmount Water Works, Valley Forge National Historical Park and French Creek State Park. The Schuylkill Trail is wheelchair accessible and welcomes visitors to walk, hike, bike and fish.

Not only is Valley Forge Historical Park teeming with history, it's laced with scenic trails. Try the steep, tree-lined Mount

Misery trails if you're looking for a workout on your hike. History buffs and outdoor enthusiasts will appreciate the Joseph Plumb Martin Trail, a hilly, multi-use trail that takes you past several historical sites throughout the park. Valley Forge also boasts 18.2 miles of bike trails open to friends on wheels.

PRESERVES

A mosaic of grasslands, farmlands and woodlands sits just outside the borough of West Chester. Nestled among rolling hills and meadows, Stroud Preserve invites visitors to learn about the delicate balance between cultivated and wild areas and how to protect our precious watersheds. Hike up to nine miles, kayak, canoe and learn about key historical features and landmarks throughout the area.

As the largest privately owned nature preserve open to the public in Chester County, ChesLen Preserve offers acres of beauty and space for recreation. Admire meadows of wildflowers and fields of corn and soybeans along nine-plus miles of marked trails on the 17,000-acre tract. Or, spend some time out on the water kayaking and canoeing.

Out on the Water

Cool off from the summer heat at these local watering holes.

Marsh Creek Lake

This 535-acre lake in Marsh Creek State Park is a cool spot for fishermen, sailors and waterfowl enthusiasts. Rent row boats, paddle boats and sail boats. Open weekdays, 9 to 8, and weekends, 8 to 7.

675 Park Rd., Downingtown.
MarshCreekLake.com

Northbrook Canoe

Located on the west branch of Brandywine Creek, this West Chester boat rental offers canoes, kayaks and inner tubes. “Canoe and Dine” along the Brandywine, on August 8th and 22nd. Paddle 1.5 miles down the creek, followed by a candlelit meal under the stars. Reservations required 7 days in advance. Open Mon. — Fri. 9 to 5; Sat. — Sun. 8:30 to 5.

1810 Beagle Rd., West Chester.
NorthBrookCanoe.com

Chambers Lake

Panfish, channel catfish, pickerel and bass are some of the warm-water species you'll find. If you're feeling adventurous, take out your boat and enjoy the lake. You'll likely see bald eagles and other waterfowl.

BYOBoat. Electric and self-propelled watercraft only.

1 Park Rd., Coatesville. ChesCo.org/1743/Hibernia-Park

Struble Lake Recreation Area

Anglers can expect to catch a variety of both warm- and cool-water fish at Struble Lake. Cast your line and reel in a walleye, channel catfish or black crappie. A boat launch ramp is available, as well as parking facilities.

BYOBoat. Electric and self-propelled watercraft only.

Honeybrook Township. Enter via Morgantown Rd. FishAndBoat.com

Hopewell Lake at French Creek State Park

This 68-acre lake comes with a 24,000-square-foot pool, boat rentals and an enviable stock of fish: northern pike, bass, chain pickerel, walleye, muskellunge and panfish. Come swim Mon. — Thurs., 11 to 5:45; and Fri. — Sun., 11 to 6:45. Boat rental is open 10 to 6 weekdays; 9 to 7 on weekends through Labor Day Weekend.

843 Park Rd., Elverson. DCNR.gov



Chester Valley Trail



Valley Forge National
Historical Park

Chambers Lake

Ashbridge Preserve is a 55-acre mix of woodlands and meadows that showcase the beauty of Willistown's open spaces. Ashbridge, Kirkwood and Rushton Woods Preserve are open to the public year-round and accept donations toward their upkeep from those who love and appreciate conserved land. The preserves are under the stewardship of the Willistown Conservation Trust, which has protected over 7,500 acres of natural landscape.

PARKS & NATURE CENTERS

Area parks open up more opportunities for outdoor fun and exercise. Make the most

of your experience by visiting park websites beforehand for visitor etiquette—including COVID-19 requirements—and amenities.

Encompassing over 2,606 acres of Delaware County woods and meadowland, Ridley Creek State Park offers a huge area for outdoor recreation. The park is open daily from sunrise to sunset. Visit the Colonial Pennsylvania Plantation to learn about the area's agricultural history, or take part in the special events, guided nature walks plus environmental and education programs that Ridley offers. Your options include hiking the 13+ miles of trails, picnicking, camping, fishing, wildlife watching,

hunting, biking and horseback riding.

Over the hills of north central Chester County, near Downingtown, is Marsh Creek State Park. The park boasts horse stables, environmental education programs and boat rentals for Marsh Creek Lake. Hikers can explore 19 miles of scenic trails covering a variety of terrain, including forest, fields and wetlands. The Marsh Creek trail is wheelchair accessible and welcomes dog walkers, bird-watchers and bikers.

An oasis for people and wildlife, French Creek State Park offers 7,730 acres of outdoor relaxation and recreation. If you're looking to stretch your legs, enjoy 35

miles of hiking trails also open for mountain biking, horseback riding, picnicking, hunting and playing disc golf. There's an even one-mile stretch of wheelchair accessible trail.

Check out French Creek's boat rentals, swimming pool and fishing spots, and see if you can find the park's waterfalls! You can also stay the night and camp out under the stars to get the full summer outdoor experience.

At Brandywine Creek State Park in New Castle County, DE, adventurers can hike, bird watch, fish, picnic or play disc golf beneath the forest canopy. Hike the Rocky

Run or Brandywine Trails that follow the creek or take a stroll through the Tulip Tree Woods Nature Preserve. Anglers should head to Brandywine Creek for smallmouth bass, bluegill and crappie or to Wilson's Run for trout. Canoes, kayaks and tubes are available through park programs and local outfitters.

Forests, meadows and wetlands await visitors to Coventry Woods Park in Pottstown. Over 150 species of birds have been observed at this natural park, so be sure to bring your binoculars! Rent the pavilion by the Fernbrook Lane Trail for outdoor celebrations and gatherings. Just remember to pack up

your trash before you leave and follow the park's "Pack It In, Pack It Out" policy.

Harmony Trail Nature Area is East Bradford's largest park. Featuring seven miles of natural surface trails, it's easy to enjoy hiking, mountain biking and dog walking here. The trails also have picnic grounds and a bike repair station at the 1200 Skelp Level Road parking area. This is where the Harmony Nature Trail connects to the pedestrian-only Hogs Hollow Trail at Paradise Farm Camps.

It doesn't stop here—there are even more trails, parks and preserves to explore on our website, *CountyLinesMagazine.com*. ♦



French Creek State Park



Marsh Creek State Park



Stroud Preserve - National Lands Trust



ChesLen Preserve



Harmony Hill Nature Area - East Bradford

Exploring Delco

Laurel Anderson

THIS SUMMER, WE'RE STAYING CLOSE TO HOME BUT STILL LOOKING FOR NEW EXPERIENCES.

A POPULAR DAY TRIP DESTINATION, DELAWARE County boasts charming towns, historic sites, world-class gardens, sports centers, plus dining and theater options. Yes, it's really that diverse.

One sample itinerary from Visit Philadelphia suggests stopping at the Lower Swedish Log Cabin, bird watching at the John Heinz Wildlife Refuge, touring the Brandywine Battlefield, and experiencing 18th-century life at Ridley Creek State Park's Colonial Plantation.

And that's just a taste of the what's available for destinations in Delco. We have more suggestions and a trivia quiz to see if you know Delco.

COUNTY SEAT

Media, the county seat, is a welcoming small town, known as "Everybody's Hometown" and the country's first Fair Trade town—meaning Media made a commitment that workers receive a fair price for the products of their labor.

Although it's not quite the pre-pandemic Dining Under the Stars—when restaurants brought tables outdoors for al fresco fun on the closed main street—a modified version is happening with six

feet between tables and face masks. You can also sample takeout, delivery and outdoor dining options at restaurants from Ariano to Yia It's Greek to Me, plus La Na Thai, Tom's Dim Sum, Sterling Pig Brewery and more.

Similarly, the Media Theatre attracts fans with impressive musical performances by professional theater groups. We're happy that *Mamma Mia!* was postponed and not cancelled.

Music fans come for the town's Blues Stroll and the Roots Ramble, also on hold this year, although Jazz by Night is tentatively scheduled for November 16. Some fans would ride the trolley that still runs from Philadelphia to the center of Media. Trolley tracks are visible on State Street on your outdoor walking tour of the town.

AREA GREEN SPACES

Even during the Green Phase, you may prefer to visit outdoor sites. Start with one

of the country's oldest public gardens, **Tyler Arboretum** in Media. The 650 woodland acres are open to the public and appeals to birders, botanists and nature lovers with attractions like the Meadow Maze Labyrinth and the Fragrant Garden.

At **Ridley Creek State Park**, explore 2600 acres where you can picnic, bike, hike, ride horseback or fish for trout in stocked Ridley Creek. History lovers will enjoy the 18th-century mill village known as Sycamore Mills.

Nearby **Scott Arboretum** on the Swarthmore College campus is currently closed to the public, but this "garden of ideas" is designed to "sustain the body, enchant the eye and soothe the spirit." Try their lovely virtual tours until they reopen.

One more Delco arboretum: **Taylor Arboretum** (not to be confused with Tyler) is a small 30-acre oasis at Widener University in Wallingford, along the banks of

Delco History at a Glance

With 184 square miles and 49 municipalities in the shape of a diamond, Delaware County is the oldest settled section of Pennsylvania. A 1643 Swedish settlement under Governor Johan Printz established the first court, school, church and government offices on Tinicum Island, along with a history of peaceful coexistence with the Lenni Lenape tribe.

Then in 1681 King Charles II of England granted rights to William Penn, leading to the founding of Pennsylvania and adoption of the "Great Laws of Pennsylvania," which granted various rights including religious freedom.

Early settlements sprang up in Marcus Hook, Upland/Chester, Tinicum and Darby. Farming flourished along the Delaware River, shipbuilding boomed, and a system of roads was built, including many still in use today—Routes 252, 452 and Springfield Road.

Next, the Revolutionary War, the bloody Battle of Brandywine and the 1789 split of Delaware and Chester Counties, with Delaware County's county seat moving from Chester to Media in 1850.

Railroads were built through the County—Pennsylvania Railroad's Main Line through Radnor in the north and the Baltimore, Ohio and Reading Railroad running north and south—spawning new towns along the rail lines. West Chester Pike was built for farmers to transport goods to Philadelphia. Resort hotels near Media and Newtown Square made the County a vacation destination.

Some 20th-century highlights include industrial development in Chester and along the Delaware River, where shipbuilding continued and factories sported names like Ford, Westinghouse and Scott Paper. The 69th Street Terminal was a transportation hub for the growing suburban population, making Delaware County the fifth most populated county, despite being the third smallest.

Whew!



The Delaware County Court of Common Pleas in Media



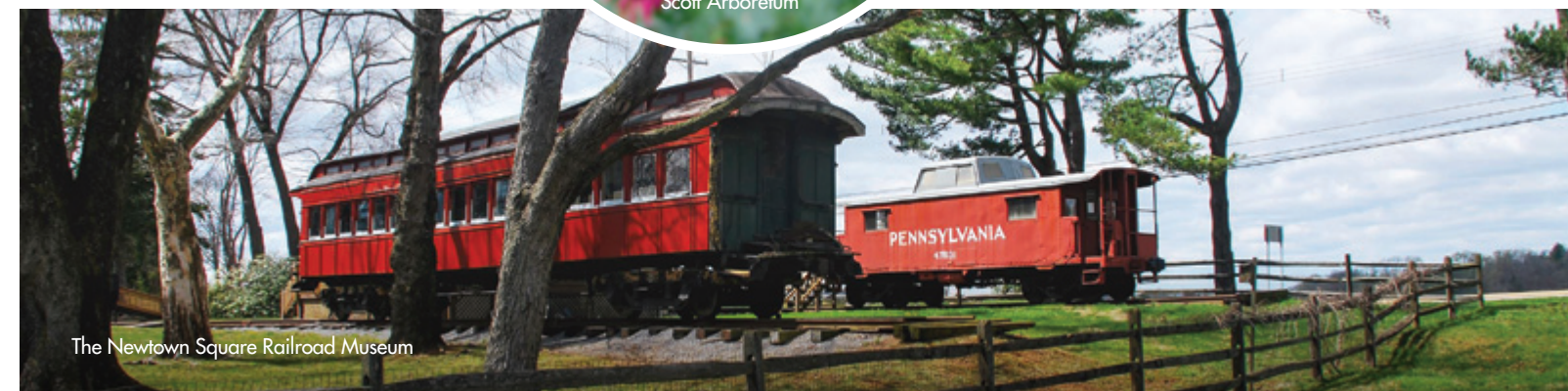
Media Theatre



Tyler Arboretum



Scott Arboretum



The Newtown Square Railroad Museum



Chanticleer Gardens
PHOTO COURTESY: CHRIS FEHLHABER



Delaware County Veteran's Memorial



The Brandywine River Museum of Art

Ridley Creek. Explore mature collections of dogwoods, magnolias and hollies along with champion trees (the largest of their species in the state): Giant Dogwood, Korean Juniper and Laceback Elm.

Perhaps one of the best-known local gardens is [Chanticleer](#) in Wayne, styled as a pleasure garden and called the “most romantic, imaginative, and exciting public garden in America.” Not much more to say. It’s a top stop.

DISTINCTIVE MUSEUMS

Our larger museums are reopening to the public, yet still make available a rich

array of online content. Though smaller specialty museums have been slower to open their doors, it’s worth adding a few to your To-Do list for when things change.

Choose from a treasure trove of art by the Wyeth family (N.C., Andrew, Jamie) at the [Brandywine River Museum of Art](#) in a converted mill in Chadds Ford (now open to the public). Or when it reopens, find a lifetime of one man’s collections in a tiny nearby clapboard house—200 years of history in eight rooms—at the [Christian Sanderson Museum](#).

Other eclectic options (check on reopening dates before you head out)

include the [Sports Legends of Delaware County Museum](#) in Radnor, celebrating locally grown athletes like Emlen Tunnell (first African American inducted into the Pro Football Hall of Fame), and the Pennsylvania Veterans Museum in Media, established in 1932 and jam packed with war memorabilia.

Though not a museum but worth a mention, the [Delaware County Veteran's Memorial](#) in Newtown Square is a living legacy to military history, open 24/7 outdoors, with guided tours, casket ceremonies, and buy-a-brick and educational programs.



Subaru Stadium in Chester, home of the Philadelphia Union



Major League Soccer team
— Philadelphia Union

SPORTS TO WATCH

Delco also sports (pun unavoidable) two major attractions for sports fans. If you like to wager, then head to Chester to watch live harness racing on one of the country’s fastest tracks at [Harrah's Philadelphia Casino and Racetrack](#) (Racino?). See the action live or enjoy simulcasts from other major racetracks. Oh, and there’s also gaming in the casino.

[Subaru Stadium](#) (formerly Talen Energy Stadium) also in Chester is home to the Philadelphia Union, the Major League Soccer team that basketball star Kevin Durant recently invested in. The Union made local

sports history as the first Philly-area pro team to play a live event since things shut down March 12, with the Phillies spring training game against the Rays.

On Thursday, July 9th they faced off against the New York City FC in Orlando. and won 1–0. At press time, the Union are the only Philadelphia sports team in actual action. Here’s hoping the bubble protects them!

DELCO DINING

Let’s start with hoagies. After all, Delco claims to be the birthplace and hosts annual Hoagie Wars—we’re currently in Round 2.

Do You Know Delco?

You likely already know Tina Fey—creator of *30 Rock*, *Mean Girls* and Delco favorite daughter—graduated from Upper Darby High School. But what else do you know about Delaware County’s fascinating history? It’s time to brush up on local trivia.

1. In what township was the first quarantine station in the United States? BONUS: What was the quarantine station called?
2. Wawa, a favorite convenience store chain in eastern Pennsylvania, was founded in Delco. Where and when did the first store open?
3. Where in Delco could you hit the ski slopes in the ‘60s, ‘70s and ‘80s? This ski area was also known as “Switzerland in your backyard” by locals.
4. Which beloved venue in Delco hosted musical legends like Kiss, The Who, Frank Zappa, David Bowie, Jerry Garcia, Bruce Springsteen and Phil Collins?
5. Hedgerow Theatre and the Media Theatre are popular venues for live entertainment in Delco, but they haven’t been around as long as this theater. What is the name of the oldest operating community theater in Pennsylvania (and third oldest in the nation)?
6. Delco is far from camera-shy. Which major film shot scenes in Aston’s Sun Center Studios in 2018?
7. Also in 2018, an iconic Delco spot was recreated on an episode of ‘The Goldbergs’ for Barry’s bachelor party. Which location, now out of business, matches this description? *Hint: The main attraction was a robot.*
8. Which company recently opened a \$115-million facility in Ridley (2019)? *Hint: They build aircraft.*

answers on page 57

Head for [Costanza Sandwich](#) in Marcus Hook, the originator of the classic in 1925. There's no website or social media, so it's definitely old school.

Beyond the old standby of a Wawa hoagie (Note: Wawa food markets opened in Delco), another favorite is [A Cut Above](#) in Newtown Square. For 25 years hungry hoagie fans have come for the great selection—four variations on the classic, plus a half dozen more named after Italian towns and regions.

And while in Newtown Square, sample

the wide range of great dining options, from upscale [Teca](#) to relative newcomer [Firepoint Grill](#), to mainstay [La Locanda](#), plus [Fellini Café](#) and [Luigi & Giovanni](#). And yes, there's more variety at [Teikoku](#) and [Spice Indian Thai Bistro](#).

For something sweet before leaving town, stop in [Christopher Chocolates](#), a second-generation business now run by its name-sake. The perfect place to stock up on your healthy dark chocolate stash. You need that good stuff now more than ever!

DIVERSE DELCO

From hoagies to high art, to top liberal arts colleges to top trade schools (that's you Williamson College of Trades), and arboretums to trolley tracks, there's great variety to explore close to home.

Take some time to get to know the places in our area at a time when travel may be better delayed.

We think you'll find much to discover and appreciate as you explore Delco. ♦

For more, go to [VisitDelcoPA.com](#).



A Cut Above



Spice Indian Thai



Teca



Penns Woods Winery



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The Dog Days of Summer Are (Not Completely) Over

by Mercedes Thomas

WITH MOST OF US RETURNING TO WORK AFTER MONTHS SPENT AT HOME, PETS MAY EXPERIENCE AS MUCH STRESS AS THEIR OWNERS.

GOING BACK TO WORK CAN BE RUFF ... particularly for our four-legged friends who've loyally kept us company these past few months. We are the ones who invaded their daily routine with our work from home schedules during quaren-time.

Even under normal circumstances, separation anxiety can be a concern with pets. Now with COVID-19, this issue is more significant and widespread. While anxiety may be better known in dogs, it's quite common in cats as well. Although some cats may act as though it's not true, they are social creatures that often form strong bonds with their human family.

Now that our area has entered the green phase and life is headed to its new normal, we need to consider what the coming changes mean for our furry companions.

If your pet has previously shown signs of separation anxiety—or you're worried that they will now—keep reading to learn how to spot the problem and how to treat it.

SIGNS OF SEPARATION ANXIETY

As you begin the transition back to work at your non-home office, your pet may need some help with the transition, too. Most pets are very attuned to our anxiety, which will trigger anxiety in them as well. And after months of having us home 24/7 only to have us abruptly change schedules, even well tempered pets may experience some separation anxiety.

So, what exactly does separation anxiety look like in our pets?

Frequent barking, meowing or whining may be common pet behaviors when an owner leaves. If it lasts for less than 15-minutes before your pet settles down, it's likely your furry friend

will adjust and get used to the transition on their own. But if that behavior continues for longer, or escalates to more serious behaviors, your pet may be having something akin to a panic attack.

In dogs, some of these escalated behaviors may include peeing or pooping where they shouldn't, chewing household items, scratching and trying to get out of the house, excessive panting, heightened levels of aggression and not eating.

Cats, too, may refuse to eat, become more aggressive and pant excessively. Yet some cats may start hiding or becoming more reclusive than usual, avoiding interactions with other pets or people in the household. Also check for dilated pupils.

If you're not sure how your pet will react to your return-to-work schedule, make a video of them during a test run. Set up a camera in your home where you can see your pet, hit record, and leave for a while. When you return home, watch the video of your pet at home to see if they're exhibiting any of the tell tale symptoms.

HELP FROM AN EXPERT

If your pet is showing signs of anxiety, consider hiring an expert, such as a trainer or animal behaviorist.

Sometimes called animal psychologists, animal behaviorists are professionals who've earned a Masters or PhD degree in animal behavior and animal learning, and are equipped with science-backed tools like behavior modification. They'll help by observing and diagnosing the cause of your pet's problematic behaviors. Then they can create and teach you a customized treatment plan.

Of course, there are levels of expertise within the field of animal behavior, from trainers working with dogs with behavior issues, to



certified animal behaviorists, to board-certified veterinary behaviorists (veterinarians who specialize in behavior). You can find professionals for any level of problems you may encounter with your unhappy pet, just be sure to do some research.

"Anyone can call himself or herself a 'trainer,' even with absolutely no credentials. Unfortunately, there are some individuals who advertise their training service but, not only do they lack credentials, they also employ unethical, force-based and shock-collar based training services," says Dr. Ilana Reisner of Reisner Veterinary Services, LLC. "Pet guardians should research their options carefully before entrusting a beloved family member to any dog professional."

You may be wondering, when working with a trainer or an animal behaviorist, how long does this type of intervention take before you see results?

Rich Simmons of Misguided Mutts Dog Behavior Training says, "For a really nervous animal, it's most likely going to be a higher hill to climb. It's probably going to be more than just a couple of weeks." On the other hand, for those pets that are only slightly anxious, you may start to see results within a month.

Remember, every pet is different, so there's no definitive way to predict how long before your pet starts to behave better. Be patient.

EASING YOUR PET'S ANXIETY

Luckily, there are ways to lessen your pet's anxiety—including tips and tricks animal behaviorists recommend. With practice, you can try many of them on your own.

For example, try changing up your routine for leaving the house. Picking up your keys or backpack or putting on your shoes may signal to your pet that you're preparing to leave, which can trigger anxiety. Instead, let your pet see you do these things repeatedly during the day but don't leave the house. This change will weaken the negative association of your behavior with you leaving your pet.

Or create a positive association with leaving the house. Give your pet a small reward, like a healthy treat, to offset feelings of anxiety.

Make sure your dog isn't bored while you're out of the house and at work. Have a few toys available during the day for your pet to play with, or stuff treats like meat, cheese and kibble into a Kong (a hollow rubber pet toy) and freeze it, so your dog has to work to get to the treats.

For cats, give them a scratching post and toys so they're can play and not get bored. These activities help your pets stay active and mentally stimulated during the day and divert their energy away from anxious behaviors.

Rich Simmons says, "If you mentally stimulate a dog every day for an hour and 15 minutes, or give them an hour walk and feed them a good diet, this puts everything in the right direction."

MORE THAN JUST A LAST RESORT

If your pet still experiences high levels of anxiety or needs help to calm down while you're away at work, medication is another option.



"I would certainly try to change the perception of medication from a 'last resort' to a practical method of reducing stress and worry so the pet can learn a little better," says Ilana Reisner. "Anti-anxiety and other behavioral medications can improve the welfare of anxious animals. I would consider them tools, rather than a last resort."

For pets that are a little anxious, over-the-counter supplements may be enough to keep them calm during times of increased stress. But, pets with significant anxiety may need more—including prescription oral medications.

Before giving your pet any anxiety supplements or medications, go for a check-up at your veterinarian. Your vet will consider your pet's weight, stress levels and other pet medications to determine if supplements or medications—and what dosages—would be recommended.

Remember that giving anxiety medication to your pet need not be a long-term solution. Some pets undergoing behavior training will take medication along with their training to help with behavior modification, but may not need the meds once their behavior has improved.

With the right guidance from a trainer or behaviorist, plus practices and medication, your pet's anxiety will be manageable in no time—and they'll probably thank you with plenty of kisses! ♦

KNOW YOUR PETS BODY LANGUAGE

Relaxed posture, mouth closed, tail held upright		RELAXED "I'm friendly"		Relaxed posture, mouth open, wagging tail
Relaxed, exposing belly		TRUSTING "I trust you"		Relaxed, exposing belly
Ears turn sideways, body tense, tail low		NERVOUS "I'm worried and unsure"		Avoids eye contact, body tense, tail low
Crouching or lying, head held low, tail tucked tightly		SCARED "Please leave me alone"		Cowering and trembling, tail between legs
Body flattened, ears drawn back, hissing or growling		ANGRY "Stay away!"		Grows and snarls, baring teeth

OUR ANNUAL CUTEST PET PHOTO CONTEST IS BACK! AND WE'RE ON THE SEARCH FOR OUR NEXT WINNER!

GIVE YOUR PETS SOME VIRTUAL LOVE—THAT'S especially important during this pandemic. Enter your pet in our 7th annual Cutest Pet Photo Contest.

If your pet make the semi-finals, they'll be published in an issue of *County Lines* and will be featured on our Facebook page for voting. Plus the winner gets a cool prize!

It's easy to be part of the contest. Just submit an original, unpublished photo of your pet striking their most purrfect pose. Submit on Facebook or by email. We define pets loosely – we've had ducks, horses and more in the contest.

We notify the semifinalists before publication. Then sit back and enjoy the attention your pet gets.

- RULES TO KNOW**
We have a complete set of rules on our website, but here are the key rules.
- Submit through Facebook by posting on the County Lines Facebook wall using #cutestpetofcountylines.
 - Or submit by email by sending a message with the subject line Cutest Pet Contest to info@valleydel.com.
 - Photos must be high resolution (300 dpi).
 - Include your pet's name, age, breed and a brief description that sets them a part from the rest!
 - Only one submission per person and per pet.
 - No professional photographers or prior winners
 - Entries must be received by August 10th, 2020.

That's it. So, see if you can add your pet to the Winners' Circle!



Avery
2016



Luna
2017



Spike
2015



Boo and Sadie
2014



???
2020



Miss Ida
2018



Pigpen
2019

Going outside. Looking inward.

Kirsten Werner, Natural Lands

KIDS LEARN LIFE LESSONS BEYOND STEWARDSHIP OF THE LAND.

A BATTERED WINDOW AIR-CONDITIONER LABORS noisily to pump cool air into Bob Steininger's office, a small room in a brick building that was once a Catholic elementary school in Phoenixville. It's been a hot, sticky summer so far.

But Bob uses even the weather as a teachable moment. "I tell these kids, 'If you can handle working outside in 95-degree heat and 100% humidity and stay focused on your project, you can do anything.'"

Bob is the director of Chester County Youth Programs with Trellis for Tomorrow, a nonprofit that creates transformative, real-world opportunities for youth who have faced social and economic disadvantages. Through the lens of sustainability, young people learn to make choices that foster health and well-being for themselves, their communities and the environment.

Since 2009, 4,500 kids have been part of Trellis' programs—one of which is still in its infancy but is off to a great start. The Youth Environmental Stewardship (YES) pro-

gram focuses on creating the next generation of land stewards.*

Supported in part by funds raised through Natural Lands' Campaign for Humans and Nature, a small group of 13- to 17-year-olds work on conservation projects at two of Natural Lands preserves: Binky Lee and Bryn Coed.

Projects in the YES program include planting trees, trail maintenance and construction, invasive species removal, and beautification projects. The program emphasizes conservation and allows participants to explore possible career opportunities in the field.

Connecting people—especially young people—to the outdoors has become an increasingly essential part of Natural Lands' work. "Studies have shown that spending time outdoors increases a child's interest in and care for the environment," says Oliver Bass, president of Natural Lands. "Part of our job is to cultivate the next generation of conservationists. Getting them outside for hands-on experiences has a far greater impact than simply teaching them about the importance of the natural world in a classroom."

Every weekday morning during the six-week program, Bob drives his van around northern Chester County to pick up a dozen youth from Spring City and Phoenixville, then drives them to meet with Natural Lands Preserve Manager Darin Groff. They work for four hours on whatever tasks Bob and Darin have selected.

While the students benefit from real-world work experience, Natural Lands' preserves feel the love as well. "Help from the YES kids means my staff can focus on other projects we might

not get to otherwise. Our staff is working on a lean budget to manage over 600 acres on these two preserves alone—every bit of help counts," says Gary Gimbert, regional director of preserve stewardship.

Participants must apply to the program, which offers a carrot of a \$7.50-an-hour paycheck. But Bob says the kids also join YES to try something new, to have something to do for the summer, to meet people, or—and this really excites him—to learn more about environmental stewardship.

At face value, the YES program looks like many others that offer kids from underserved communities career training and hands-on work experience. But Bob makes each experience on the preserves a metaphor for the real world.

Challenging Choices

Natural Lands has also developed a partnership with NorthBay, a leading outdoor education and character development program provider. The result is Powered by Nature—an innovative, outdoor-focused educational experience that helps youth discover the choices they make have the power to transform the planet, their community and themselves.

The program began as a pilot with the Pottstown School District, which serves an economically challenged community, working with students for three consecutive years beginning in fourth grade. In their final year of the program, kids experience a five-day intensive residence at the NorthBay facility in Cecil County, Maryland, where activities focus on environmental investigations and character education. When they return, the students develop a research project to complete at a Natural Lands preserve, their school or a nearby stream.

"Today was awesome," said a fifth-grader at Pottstown Middle School after a trip to Crow's Nest Preserve in Elverson, where students explored French Creek. "We went snorkeling, we saw a lot of little clams and fish, and most of all we were doing team building. This is the best day of my life!"

At the end of each season, YES program participants complete a survey. One question asks, "How did this program change you?" Here are a few of their answers:

- "I didn't know how important plants were."
- "I look for invasives on my own now."
- "I consider how my actions affect the natural world."
- "I learned how to push past obstacles."

Natural Lands is dedicated to preserving nature's wonders while creating opportunities for discovery in the outdoors. As the Greater Philadelphia region's oldest and largest land conservation organization, Natural Lands—which is member supported—has preserved more than 125,000 acres, including 44 nature preserves. Some 2.5 million people live within five miles of land under its protection. Land for life, nature for all. NatLands.org.



Photos Courtesy: Dana Lewis and Bob Steininger

* EDITOR'S NOTE: Plans for these programs are evolving along with health and safety protocols for the pandemic.

The Impact of COVID-19 on Healthcare Today

HEALTH PROFESSIONALS SHARE THEIR ADVICE



ONCE AGAIN WE TURNED TO LOCAL EXPERTS ASKING THEM TO SHARE their expertise on a range of topics related to the COVID-19 pandemic—a topic still very much on our minds. Five area physicians remind us of best practices, latest developments and their advice on four key issues.

Dr. Matthew Hoffman advises on “Having a Healthy Pregnancy During the COVID-19 Pandemic,” and Drs. Olubunmi Ojikutu and Cynthia Schadder discuss “COVID-19 in Children.” We learn about “Elective Surgery During the COVID-19 Pandemic” from Dr. David Raab. And in a time when telemedicine is growing, Dr. Seth Rubin explains how to “Make Your Virtual Health Visit a Success.”

We hope you find something helpful in these pages. And here’s to your continued good health!

Having a Healthy Pregnancy During the COVID-19 Pandemic

EDUCATION IS THE BEST WAY TO PREPARE.

Matthew Hoffman, M.D., MPH, *ChristianaCare*

IF YOU OR A LOVED ONE IS PREGNANT, YOU’RE LIKELY concerned about the impact of COVID-19 on a mother-to-be and her baby. Even if a pregnant woman does not contract COVID-19, apprehension and misinformation surrounding the virus can influence prenatal care and self-care.

Education is the best way to combat your fears, reduce the risk of getting COVID-19 and prepare for a healthy delivery.

WHAT ARE THE RISKS?

Current research does not indicate that pregnant women are at a higher risk of getting COVID-19. But, pregnant women who are COVID-19-positive do have a higher rate of hospitalization and a greater need for respiratory support, according to the Centers for Disease Control and Prevention. These hospitalizations may reflect caution on the part of the health care professional who is caring for not one but two patients: mother and baby.

Statistics are showing that race and ethnicity raise the risk of getting COVID-19. Nationally, Hispanic and African American communities have been disproportionately affected by the virus.

It’s also been found that youth can be an advantage. Most pregnant women are young, and COVID-19 symptoms are typically milder in younger people. But youth is not complete protection. Women of any age who have high blood pressure or diabetes are at an increased risk for more severe COVID-19-related illnesses.

WHAT CAN A MOM-TO-BE DO?

Like the general population, moms-to-be should follow these standard practices to protect themselves and their unborn baby from the virus:

- Wash your hands frequently with soap and water for at least 20 seconds, especially before and after eating. If water and soap are unavailable, use a hand sanitizer with 60% alcohol content.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid people who are sick, and stay at least 6 feet away from others in public places.
- Wear a face covering when out in public.
- Wear a face covering to doctor’s appointments.
- Consider how to social distance, like waiting in your car rather than in a waiting room for your doctor’s appointments.

Dr. Hoffman is the Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology at ChristianaCare. A clinician and researcher, he’s contributed to reducing Delaware’s infant mortality rate and unnecessary procedures during childbirth, improving patient care. A fellow of the American College of Obstetrics and Gynecology, he lectures and publishes widely on women’s health and conducts research internationally.



Continued on page 61



COVID-19 in Children

FOR COVID AND MIS-C,
PREPARATION IS KEY

Olubunmi Ojikutu, M.D., Chair, Department of Pediatrics –
Tower Health

Cynthia Schadder, M.D., FAAP, Pediatrics –
Tower Health Medical Group

WHILE RESEARCH HAS SHOWN THAT CHILDREN have been less likely to become infected with COVID-19, it's important to remember that doesn't make them immune to the virus.

Many parents became more nervous about the coronavirus when reports of multisystem inflammatory syndrome in children (MIS-C) started appearing in April. Luckily MIS-C is rare, with only hundreds of cases worldwide. Doctors believe it's an inflammatory reaction in the body triggered by infection or exposure to COVID-19 within the past month.

For both COVID-19 and MIS-C, prevention is key.

WHAT TO KNOW

Symptoms of COVID-19 in children can be the same as other common viruses. Some children will get respiratory symptoms such as cough and shortness of breath, while others get gastro-intestinal symptoms with vomiting and diarrhea.

According to pediatrician Dr. Cynthia Schadder, "Most children with COVID-19 will get a fever." She recommends monitoring your kids for other signs of illness. "We ask parents to contact us with symptoms when their child has a fever, is not able to drink enough fluids to stay hydrated or urinate regularly, if the child is lethargic or irritable, has problems breathing, or a has a new rash—especially if it's dark red or purple or doesn't turn white or briefly fade when you push on it."

There are more symptoms to monitor. "Some children with COVID-19 have presented with red or purple toes, referred to as 'COVID toes,'" says Dr. Olubunmi Ojikutu, Chair of Pediatrics at Tower Health. "Recently, we have seen belly pain, with or without vomiting and diarrhea. Less common but important symptoms are chills, shivering, sore throat, muscle pain, headache, loss of smell or taste, and skin rashes," she continues.

Continued on page 61

Dr. Schadder is a pediatrician at Pediatrics – Tower Health Medical Group in Wyomissing. She earned her M.D. at Penn State University and is board-certified in pediatrics, with more than 26 years of medical experience.



Dr. Ojikutu, Chair, Department of Pediatrics, has practiced as a pediatrician at Reading Hospital since 2005. As Chair, she ensures delivery of high-quality care to Tower Health's youngest patients. She is board-certified in pediatrics and earned her M.D. at the University of Medicine and Dentistry of New Jersey.



Elective Surgery during the COVID-19 Pandemic

ELECTIVE SURGERY HAS RESUMED WITH
NEW SAFETY MEASURES.

David C. Raab, D.O., Premier Orthopaedics

AS YOU LIKELY REMEMBER, ON MARCH 11 THE World Health Organization declared the novel corona virus a global pandemic. Rapid spread of the virus was evident throughout the United States. Washington, Northern California, New York and surrounding cities on the East Coast noted a rapidly increasing number of symptomatic COVID-19 patients with an estimated fatality rate of 3.5%.

The burden of depleted personal protective equipment (PPE) for front line healthcare workers, staffing shortages in acute care settings, and an exponential increase in emergency room visits and hospital admissions were felt immediately. The sustainability of our healthcare system was in question.

IMMEDIATE ACTION

The healthcare community immediately took steps to marshal resources needed to combat the pandemic and reallocate supplies and medical personnel.

As part of that overall effort to conserve masks, gowns and other equipment needed to protect workers treating COVID-19 patients, elective surgeries were put on an indefinite hold.

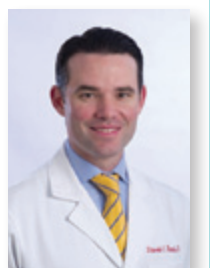
During the pandemic's initial phase, operating room respirators were reserved for possible conversion to long-term ventilators for COVID-19 patients needing respiratory support. Operating room nursing staff was diverted to high priority areas to provide care for the overwhelming number of patients affected by the virus.

Health systems and Ambulatory Surgery Centers (health care facilities focused on providing same-day surgical care, including diagnostic and preventive procedures) worked in tandem to identify available PPE and patient care areas and available medical staff. The surgery centers provided a daily report of available PPE and ventilators at the state government's direction.

Using guidelines from the Center for Disease Control, the definition of elective surgery was revised to conserve vital medical resources. It's notable that in 2019, approximately 177 million surgeries were performed in the U.S. In contrast—although the numbers are not yet complete—it's anticipated there was a 75% reduction in surgeries during the initial eight weeks of the virus outbreak.

Continued on page 62

Dr. David Raab is a board-certified orthopaedic surgeon specializing in shoulder, elbow and knee disorders. He's a board member of the PA Orthopedic Society's Bylaws Committee and CEO/Medical Director of the Premier at Exton Surgery Center. Dr. Raab has been in practice for 14 years and currently treats patients in Premier Orthopaedics' Malvern, Exton and Collegeville offices.





Make Your Virtual Health Visit a Success

TELEMEDICINE HAS BEEN AROUND FOR YEARS. NOW YOU MAY GET TO USE IT.

Seth Rubin, M.D., *Medical Director for Primary Care, Main Line HealthCare*

ONE OF THE MOST ENJOYABLE ASPECTS OF being a primary care provider is connecting with patients. Meeting with our patients on a regular basis over time helps establish a collaborative relationship, which in turn, allows us to provide more patient-centered and effective care.

For decades, primary care providers and patients accomplished this during in-person visits in an office or patients' homes. Even when meeting in-person isn't an option, communication and connection with patients is still a top priority.

Fortunately, today's videoconferencing technology makes this possible, even though the connection part works a bit differently. And these virtual visits have been around for some time—especially in rural area with physician shortages and for follow up care when travel is difficult.

Virtual health visits can be just as meaningful and beneficial for patients as their standard in-person appointments so long as they know what to expect and how to make the most of the time.

HOW DO VIRTUAL HEALTH VISITS WORK?

In response to the COVID-19 pandemic, many primary and specialty health care practices are offering expanded “virtual” access to their providers through telemedicine services.

Telemedicine visits use audio-only or video conferencing applications such as Apple FaceTime, Microsoft Skype or Zoom to connect

patients with their care providers online. Most providers and insurers prefer conducting these visits with video, to make this as much like an in-person office visit as possible.

These virtual appointments are typically scheduled directly through the clinicians' offices or via a scheduling service offered by the health system.

HOW DO YOU PREPARE FOR YOUR VIRTUAL VISIT?

During virtual health visits, health care providers want to spend as much time as possible addressing their patient's concerns and providing them with the care they need. To do this, it's helpful for you to prepare for your virtual appointment. This means making sure you have access to your most current medical information, are

Continued on page 63

Dr. Rubin specializes in family medicine and is the Medical Director for Primary Care, Main Line HealthCare and Associate Medical Director of Main Line Health Physician Partners, a clinically integrated network of primary and specialty care providers serving patients in the area. His expertise is in quality improvement, healthcare value, clinical workflows and communication about health care.



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Been Down So Long ... It Looks Like Up to Me

Senior Communities versus COVID-19

Edwin Malet

PERHAPS NO ONE HAS HAD A HARDER TIME COPING with the COVID-19 pandemic than our senior communities. As the pandemic progressed, we were told seniors were exposed to the highest risk of infection. Nursing homes were epicenters. Perhaps a few other places had it worse, but many of the reasons for choosing a senior community—care, safety, assistance, entertainment—were potentially compromised.

With these sad stories filling the news, we were delighted to find the best of our senior communities have fared well under such trying conditions. Though *County Lines* did not conduct a thorough survey, it found, with few exceptions, senior communities in our area did not experience any coronavirus confirmed cases!

And we wondered how.

ACTING EARLY

The leaderships attribute their success in so far keeping COVID at bay to good planning. The Kendal-Crosslands Communities in Kennett Square, for example, reported they were “ahead of this pandemic from the beginning.”

Shipley Manor in Wilmington reported it “got a good jump on things ... and went into shutdown a week before everyone else.”

Friends Home at Kennett had implemented most of the guidelines before they were mandatory.

In Lititz, **LutherCare** activated its corporate pandemic response plan on March 3, stressing the “serious nature of taking proper precautions and infection controls and practicing social distancing to protect themselves from the spread of the virus.”

LISTENING TO STAFF AND EXPERTISE

The communities also credit their staffs: the heroes of COVID-19. At **The Hickman** in West Chester, an Infection Preventionist has been doing daily rounds to confirm that all people in the buildings are in compliance with precautionary protocols.

Similarly, Friends Home at Kennett has had an Infection Preventionist on staff to implement the protocols and recommendations of the Pennsylvania Department of Health and Centers for Disease Control. Dot Folz applauded her staff, calling it “nothing but miraculous.” Executive Director Christine McDonald says, “It really has been a team effort ... keeping abreast of new developments, sharing that information with your colleagues, and practicing creative listening to make sure your fellow workers are in good spirits and are up to date on new data and procedures.”

EMPHASIS ON PROCEDURE AND HYGIENE

Barclay Friends, like others, stepped up screening and hygiene. It screened residents for temperature, blood oxygen and symptoms as well as required staff, residents and visiting medical providers always to wear masks.

New residents were quarantined. Residents were allowed private rooms. A no-visitor policy was implemented, though closed window visits by family and friends were arranged.

All common spaces such as living rooms, dining rooms, meetings rooms and lounges were cleaned several times a day. “High touch” surfaces—tabletops, handrails, door-knobs, keyboards, public bathrooms—were cleaned more frequently, while hand sanitizer was made available throughout the community. All resident rooms, upon discharge, were disinfected and cleaned thoroughly before another resident was admitted.

TESTING AND PPE

Testing was an issue for the communities, especially at first. The Hickman, for example, was initially unable to acquire the right tests or get labs to process them in a timely manner. The same was true for Personal Protective Equipment (PPE). Ultimately, Chester County did supply antibody tests kits and The Hickman was fortunate not to have any residents test positive or show symptoms.

For Barclay Friends, accessing PPE has been a continuing struggle. They have put “considerable effort into identifying sources of masks, gowns, face shields, gloves and other PPE needed to care for those in our care effectively and safely.” Now it continually assesses its need to make sure it’s “fully prepared now and into the foreseeable future.”

THE CHALLENGE OF ISOLATION

All the communities, of course, went into lockdown. At **Eagleview Senior Apartments** in Exton, for example, all social and communal programs were cancelled, all residents and visitors were required to wear masks in common areas of the buildings and practice social distancing. Group gatherings in common areas or anywhere in the buildings were not allowed, and visitors

were limited to essential visitors and delivery personnel only.

At Shipley Manor residents were strongly advised to stay in their rooms. The restaurant-style dining, as well as socials and activities, were shut down. Breakfast, lunch and dinner were delivered by staff to the residents’ rooms.

The feeling of isolation was hard, but the communities found ways to cope. At The Hickman, the staff and residents initiated “hallway activities.” “Musicians stroll, play to each room that would welcome a serenade, and take requests. The arts and crafts cart visits each room daily with materials for creative activities. Magazines, books and refreshments come around and the staff tell jokes and riddles, discuss topics from the newspaper, and engage in personal and group movement classes and recreation,” they reported.

MORALE, WITH AND WITHOUT TECHNOLOGY

Kendal-Crosslands’ residents discovered “unimaginable good can come from a worldwide tragedy.” One resident says, “I’m happy with social distancing rules ... I’ve learned a lot not only from different Zoom classes but other on-line lessons, books, readings, exercises and meditation.”

Joe Giffin of Shipley Manor observed, “To help fight loneliness and isolation, residents were checked on regularly. I noticed firsthand how a simple hello can go a long way. We taught the residents how to use FaceTime and Zoom so that they could see their families. A few family members would even come to the windows and see their loved ones.”

SageLife, which operates four communities, **Plush Mills**, **Echo Lake**, **Kyffin** and **Daylesford Crossing**, says, “When tech support is needed, we have helped keep residents in touch with family members via FaceTime and Zoom. Residents simply sign up and a staff member comes to their apartments to help connect them with loved ones.”

At Eagleview Apartments, the residents miss the daily socialization and regular programs and activities, but “plan to have a big birthday bash when we can all be together again.” Meanwhile, the commu-

nity partnered with the Eagleview Farmers Market and local restaurants to provide residents with a hearty meal or a bag of groceries each week. Local restaurants provided free take-out delivery service. Residents also took advantage of Rover’s short-notice scheduled trips to grocery stores for early morning seniors-only shopping.

PROVIDING ACCESS IN SPITE OF OBSTACLES

Creativity was key in avoiding infection. SageLife expanded its use of “telehealth.” “Visiting the ER for non-emergency reasons during the height of the outbreak was being tracked as a source of infections. Telehealth combined with our 24-hour care staff has been a huge benefit at a time like this.” Barclay Friends also encouraged meeting with physicians through telemedicine.

LOOKING AT THE FUTURE

The open question is, when will it all end? Kendal-Crosslands senses a ‘new normal’ is emerging. “Slowly, the community can open their outdoor pool, provide outdoor exercise classes on their 500-acre campus, and some services can resume but with proper mask wearing, social distancing, and contact tracing measures.”

We all hope so. Meanwhile, we can take comfort that our senior communities are acting safely, responsibly and with foresight. ♦





Senior Communities and COVID

55+ Communities for the Fit, Active and Independent

There are a variety of communities in our area built and managed for active seniors living an active and healthy lifestyle with amenities geared toward that group. Whether you're looking for a townhouse, condo, apartment or single home, these communities cater to older adults and offer settings that generally feel like resorts. They're designed to make retirement healthier and more enjoyable.

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MeridianEagleview.com

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MEDIA

Springton Lake Village
 610-356-7297;
SpringtonLakeVillage.com

LANCASTER

Lancashire Terrace Retirement Comm.
 610-430-6900; LancashireTerrace.com

PHOENIXVILLE

Coldstream Crossing
 610-321-1977; ColdstreamCrossing.com

WEST CHESTER

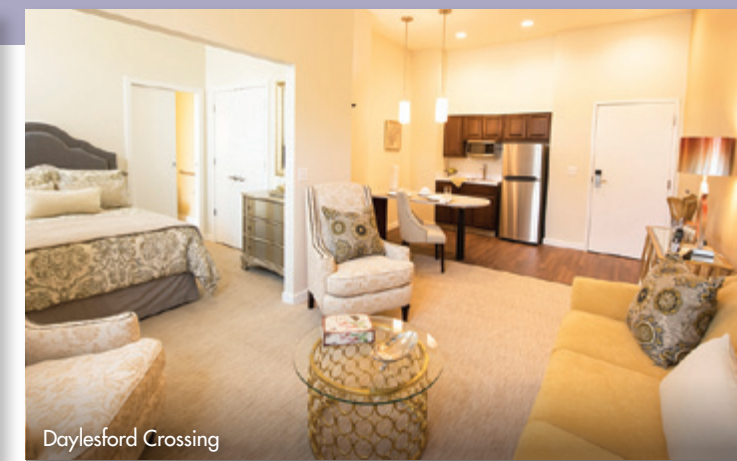
Harrison Hill Apartments
 610-430-6900
HarrisonHillApts.com

Harrison Hill's 5-stories offer 114 apartment homes comprised of one bedrooms and one bedrooms with dens. The grounds feature a community patio, a walking trail, gazebo and dog park. Residents enjoy coffee and each other's company at "Monday Mingles," holiday barbecues and pizza parties, games in the activities rooms and once-a-week free transportation to set destinations. Call for details and to schedule a tour.

Hershey's Mill
 610-436-8900; HersheysMill55Plus.com



Echo Lake



Daylesford Crossing



Millcroft Senior Living



Luther Acres



St. Martha Villa



Harrison Hill Apartments



Canvas Valley Forge



Kyffin Grove



Willow Valley Communities

55+ and Retirement Communities

Thinking of downsizing or relocating to a 55-plus community in the Delaware Valley? Hershey's Mill is situated around an 18-hole championship private golf club. This premier community also offers Tiger Turf coated tennis courts, pickle ball, bocce courts, shuffleboard and horseshoes, as well as miles of walking trails. This gated community also has a manned main gate 24/7. Visit their Community Open House Day, October 20th.

Communities for the Independent, with Continuing Care and life CARE communities

Many seniors are currently independent, but want or need, for themselves or their spouse, to live with support—moving from independent living to assisted living, followed by skilled nursing and several kinds of specialized facilities. When the sequence is

combined on a single campus, it's called a continuing care community or life care community. Those listed have strong "independent living" programs.

Pennsylvania

DEVON

Brightview Devon

484-519-0097; BrightviewDevon.com

The Devon Senior Living

610-263-2300; TheDevonSeniorLiving.com

DOWNTOWN

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org

Since 2003, St. Martha Villa has proudly served the Chester County community by providing exceptional service to independent and personal care residents. Activities serve a wide range of interests, which include pet therapy, gardening, musical events and daily Mass. St. Martha Villa shares its campus with St. Martha Center for Rehabilitation and Healthcare.

EXTON

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

Vantage Point Retirement Living

844-493-3900; Vpretirement.com

Vantage Point is a family-owned company who is putting the heart back in senior living. When you live in one of their communities, you're a part of something truly different and special; a part of their extended family. With brand new communities in Chester and Montgomery Counties, as well as Middletown and Coastal Delaware, they can't wait to welcome you home!

GLEN MILLS

Glen Mills Senior Living

610-358-4900; GlenMillsSeniorLiving.com

HONEY BROOK

Heatherwood Retirement

610-273-9301; HeatherwoodRetire.com

KENNETT SQUARE

Friends Home in Kennett

610-444-2577; FriendsHomeInKennett.org



Foulk Manor North



Five Star Senior Living

HersheysMill55Plus.com



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Kendal-Crosslands Communities

844-907-1800; KCC.Kendal.org

Customizable cottages and apartments adjacent to Longwood Gardens on an over 500-acre, accredited arboretum campus. Two LifePlan Communities and two 50+ neighborhoods. Amenities: several indoor and outdoor pools, art studios, gardens, hiking trails, dog park, tennis courts, therapy, fitness, multiple dining venues, two libraries and putting greens, all with 5-star rated healthcare. Member of Leading Age, FSA and accredited by CARF-CCAC.

LANCASTER

Willow Valley Communities

866-454-2922

WillowValleyCommunities.org

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Hershey's Mill



Kendal-Crosslands Communities



Dunwoody Village



Friends Home in Kennett



Riddle Village



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Luthercare

Luther Acres, 600 E. Main St., Lititz
St. John's Herr Estate, 200 Luther Ln., Columbia
Spang Crest, 945 Duke St., Lebanon
717-388-0274; Luthercare.org

Luthercare's three senior living communities offer a full complement of lifestyles, services, amenities and programs that empower residents to live healthy, more socially-connected lives. Explore the many options at their communities, from independent living cottages and apartments to supportive personal care and more. Here, you decide how you want to live without worrying about the future.

MALVERN

Echo Lake

484-568-4777;
LivingAtEchoLake.com; SageLife.com

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MEDIA

Riddle Village

610-891-3700; RiddleVillage.org
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NEWTOWN SQUARE

Dunwoody Village

610-359-4400; Dunwoody.org
Since 1974, Dunwoody Village has set the standard in comfortable retirement living. With a convenient location in Newtown Square, residents enjoy a variety of amenities, including fine dining, fitness services and superb cultural offerings, as well as the peace of mind that Five-Star Healthcare offers.

White Horse Village

610-558-5000; WhiteHorseVillage.org

NORTH WALES

Kyffin Grove

267-460-8100
KyffinGrove.com; SageLife.com

A perfect location—a campus of coordinated care. Kyffin Grove offers customized care and innovative memory care, beautiful surroundings and a cozy, intimate setting. Call to find out more. Personal Care and Memory Care.

PAOLI

Daylesford Crossing

610-640-4000
DaylesfordCrossing.com; SageLife.com

Daylesford Crossing is one of the Main Line's favorite supportive living community ...completely personalized care, uniquely sophisticated surroundings and unparalleled hospitality. Boutique sized, with 78 supportive living and specialized memory care apartments, Daylesford Crossing is perfectly located right in the heart of the western Main Line. Personal Care and Memory Care.

WALLINGFORD

Plush Mills

610-690-1630; SageLife.com
Plush Mills is different. You feel it when you walk through the door; upscale décor, comfortable atmosphere and the feeling that this is a place where people know what it means to live well. With 157 independent and supportive living apartments, Plush Mills is just the right size—big enough to count on, small enough to care. Independent Living and Personal Care.

WEST CHESTER

Barclay Friends

610-696-5211
BF.Kendal.org
Barclay Friends, a Continuing Care Community, is a Kendal Affiliate. With five gardens surrounding the community, they cultivate the arts and gardens through music, visual arts and horticultural therapy. Their highly regarded services include post-acute rehabilitation and nursing care, and they are Medicare and Medicaid certified. Coming Fall 2020, the Preston building brings resi-



Vantage Point Retirement Living



Foulk Manor South



Barclay Friends



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302-366-0160

FiveStarSeniorLiving.com

With more than three decades of attentive, friendly service, Millcroft is a senior living community offering spacious and comfortable independent living and assisted living apartments, as well as skilled nursing care, rehabilitation services, and respite/short stays, all in one beautifully landscaped campus with a highly skilled 24-hour staff.

Somerford House Assisted Living Somerford Place Memory Care

302-266-9255; SomerfordHouseNewark.com

Offering assisted-living apartments and the award-winning Bridge to Rediscovery program for people with dementia. Residents enjoy many services and amenities, including restaurant-style dining, 24-hour staff, social, educational and recreational activities, exer-

cise/wellness programs, beauty salon, library, transportation, laundry and housekeeping.

WILMINGTON

Forwood Manor

302-529-1600; ForwoodManorDE.com

Located on 13 beautifully landscaped acres in Wilmington, Forwood Manor is a full-service senior living community offering some of the finest in independent living and assisted living residences, as well as skilled nursing care, rehabilitation services, and respite/short stays—all featuring friendly service by highly skilled 24-hour staff.

Foulk Manor North

302-478-4296; FoulkManorNorth.com

Located in the heart of North Wilmington, Foulk Manor North is convenient to local shopping, restaurants and entertainment. They offer complete Senior Care for Independent Living, Assisted Living, Memory Care and Skilled Nursing. Ten-acre grounds have gardens, a screened-in porch and walking trails. Call for details and to schedule a tour.

Foulk Manor South

302-655-6249; FoulkManorSouth.com

Foulk Manor South is a luxurious senior living community that offers spacious and comfortable assisted living apartments, Five Star's award-winning Bridge to Rediscovery program for people with Alzheimer's and other types of dementia, and respite/short stays. They also offer intermediate care as a long-term skilled nursing option.

ShIPLEY Manor

302-477-8813;

FiveStarSeniorLiving.com

ShIPLEY Manor has 24-hour, five-star service in a cottage or an apartment. You'll love their warmth, hospitality, dining and dedication to your health and wellness. Most of all, you'll love being a part of their family, from independent living, assisted living to skilled nursing and rehabilitation. ♦

Please visit our online Guide at
CountyLinesMagazine.com



WE ARE HERE FOR YOU

At Riddle Village, we understand that this is a time of change and adjustment for everyone. Having over 25 years of experience serving and caring for our residents at every level has helped us respond quickly and effectively to the Covid-19 crisis facing every individual in our global economy today.

We are not just a community; we are a safe place to call home. We are taking every precaution in this difficult time to ensure our residents, employees and caregivers are protected. At the same time, we are still working with those looking for the peace of mind that we can offer with our extensive Lifecare contract.

Riddle Village knows Lifecare and our team members are working diligently to provide our Residents with the best that life has to offer each and every day.



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DO YOU KNOW DELCO?

answers / questions on page 31

- 1 The Lazaretto Quarantine Station** in Tinicum Township, near Essington. Considered the Ellis Island of Philadelphia, the facility was constructed in 1799 in response to the Yellow Fever epidemic in 1793. The abandoned facility still stands today, although it was closed because of the pandemic.
- 2 The original Wawa** stood on **1212 MacDade Boulevard, Folsom** (Ridley Township). It opened in 1964 and closed in 2016, when a superstore Wawa opened nearby at the intersection of MacDade Boulevard and Kedron Avenue.
- 3 Chadds Peak in Chadds Ford.** When the original owners retired and sold the property back in the '80s, the ski area sat idle and fell out of use.
- 4 The Tower Theater in Upper Darby.**
- 5 The Barnstormers Theater in Ridley.** Open since 1909, Barnstormers hosts plays, musicals, an annual murder mystery with themed appetizers and desserts, and a one-act festival each year.
- 6 "Creed II."** All boxing matches, including the Barclays Center and Moscow matches, were filmed here along with indoor training montages of Creed and his competitor. M. Night Shyamalan's film "After Earth" was the first major production that used the studios in 2011.
- 7 Pulsations Nightclub.** Pulsations, a bar and club rivaling the Las Vegas scene, opened in 1983 in Glen Mills and closed in 1995. Pulsar, the club's interactive robot, was shipped to California for a cameo appearance in the episode. The robot was also leased for use in "Rocky IV," starring as Paulie's birthday gift.
- 8 Boeing,** for the production of their V-22 Osprey model that will replace the Navy's C-9 Greyhound carrier. The Ridley plant has built the CH-47 Chinook helicopter since the 1960s.

Learn more at VisitDelcoPA.com.

Wyebrook Farm

READY FOR ITS NEXT CHAPTER

Laurel Anderson

WHEN DEAN CARLSON LEFT HIS WALL STREET job of 15 years and bought Wyebrook Farm at a foreclosure sale a decade ago, he had a vision. And that vision let him see past the ramshackle property he purchased. “Dilapidated is almost too positive a description,” he says, remembering the property’s early condition.

The 360-acre farm in Honey Brook included several structures. “There’s an 18th-century manor house, a smaller home, a massive stone bank barn, along with a classic red barn, plus other outbuildings, including a spring house near the pond,” says Carlson. The rolling northern Chester County hills frame enviable protected views of the east branch of the Brandywine Creek, which Carlson proudly points out.

You may have read about Carlson’s initial plan—to create a small sustainable farm that would be a model for a new kind of farming. Beginning by raising grass-fed cattle, heritage pigs, chickens and goats, he sold meat

from his special breeds, butchered on-site, at the farm’s market, then later at Reading Terminal Market in Philadelphia.

But Carlson believed the idyllic setting of the farm should be shared. To supplement income from the meat sales, he opened a destination farm-to-table restaurant in 2012, to showcase dishes created from his animals and to bring more people out to enjoy the property.

As the restaurant’s reputation grew, it became the primary source of income. “The restaurant produced 70% of our revenue,” says Carlson. And use of the property evolved—even Martha Stewart visited for a 2015 article. Activities included private dinners, special events, classes (including a butchering class attended by *County Lines* former food editor, Laura Brennan). Wyebrook Summer Fest, an annual music festival, attracted more fans to enjoy the farm.

After a few years of expanding the uses of the farm’s property, Carlson decided it was

time for a change for himself and his family. “I went back to working in finance. ... For now my trading desk is in the restaurant space with the beautiful views,” he says.

NEXT CHAPTER

Realizing the farm had a better use than a remote office, Carlson and wife Emelie decided to sell the larger part of the property, almost 200 acres, while remaining on a parcel across Brandywine Creek on Brookdale Farm.

So the question is: what does the future hold for Wyebrook Farm? So many possibilities!

Will new owners revive the beloved restaurant and farm market? Create a B&B in the manor house? Open a destination event space for weddings, concerts and other gatherings? The former restaurant space has been thoughtfully converted with the help of local artisans—down to the exposed beam interior, reclaimed wood tables, full-length windows capturing the views.

Or will owners create a multi-generation family compound in the two houses (with the option to build one more house on the property). The stone barn is the best possible party barn with its own





commercial-grade kitchen on the ground floor, plus a courtyard flanked by open-air pavilions that could as easily surround a grand swimming pool.

And more interestingly, this is a property that allows new owners to live a self-sustained life—raising livestock, chickens and eggs, growing vegetables and herbs, even harvesting their own honey. A private enclave where you can grow your own food.

Endless possibilities.

FARM LIFE

Or the next owner could simply enjoy farm life on this secluded sanctuary, away from the fray but with easy access to city life.

The original 1785 stone manor home—with seven bedrooms and four baths—has been updated for modern life while retaining its period charm. Renovated

in 2011 with a new cedar roof, updated kitchen, radiant floor heating, new windows and HVAC, the center-hall Colonial home enjoys high ceilings and warm original wood floors.

A formal dining room, paneled den, large eat-in kitchen and spacious family room with French doors opening to the terrace with countryside views make for a comfortable county life. Bedrooms and updated bathrooms are on the two upper floors. An additional bedroom and bath are in the adjacent brick-floor summer kitchen.

A smaller farmhouse, renovated in 2010, offers more living space in its four bedrooms, two baths, with living room and office.

Equestrians will find plenty of open and fenced pastures. Repurposing the large red barn (95' x 70') into an indoor arena is another option.

For the farmer, there's a full cattle handling system, scale and head chute. The pastures have a solar powered well and gravity system.

Other structures on the property, in addition to the home, stone barn/former restaurant and open-sided red barn, include two large open post-and-beam pavilions, one smaller pavilion, a mechanical barn, two high-tunnel greenhouse. And, of course there are also the almost 200 acres of bucolic Chester County farmland.

Yes, Wyebrook Farm is the kind of property that dreams were made for. ♦

To learn more about Wyebrook Farm's 197 acres (all but 7 acres under agricultural easement) and its potential uses, contact Karen Nader, 484-888-5597, at Brandywine Fine Properties Sotheby's International Realty; KNader@bfpisr.com. Offered at \$4,985,000.

Pregnancy during COVID-19 *continued from page 41*

Many hospitals ask moms to wear masks during labor. And while that may present a challenge, health care providers can help patients who have concerns.

ARE PRENATAL APPOINTMENTS SAFE?

Yes, it's safe and vital to your health and your baby's to keep your prenatal appointments. Health care providers and doctor's offices have adapted services to include such things as virtual visits that enable moms to connect with their doctor from the comfort of their own home and other ways to help pregnant women stay on top of their health.

Local medical providers have created a variety of services to help. For example, ChristianaCare recently launched the Pregnancy Care Coach app for mobile phones to let moms-to-be monitor their health, track their baby's growth and prepare for their baby's arrival.

Similar apps guide women through their pregnancy and contain approved content from medical experts—including information about COVID-19. The medical community learns new things about this virus with each passing week and wants to keep patients informed.

Other lower tech examples include such things as offering blood pressure cuffs for home monitoring for moms-to-be who need to track that information.

ARE TRADITIONAL BABY SHOWERS AND BABYMOONS SAFE?

To help keep the risk of COVID-19 low, moms-to-be should consider alternatives to

a traditional baby shower or a baby moon trip. Virtual and drive-by showers are popular and safer. A baby moon getaway for the parents-to-be might look more like an at-home picnic or take-out from a favorite restaurant now.

WHAT IF YOU SUSPECT YOU HAVE COVID-19?

If you suspect you have COVID-19, ask your health care provider immediately about getting tested.

Testing centers are designed to promote social distancing, and the teams wear personal protective equipment. You may need a prescription and an appointment to get tested at some locations, so call ahead.

Most hospitals offer COVID-19 testing to all women who come there for delivery. So far, the numbers in our area have been reassuring, with only a small number of positive cases in moms coming for delivery. If a mom tests positive, your health care provider will teach her how to safely care for herself and her baby while recovering from COVID-19.

Several area health care centers including ChristianaCare's new Center for Women's & Children's Health in Newark, Delaware, have specially trained staff prepared to care for women with COVID-19 who come to deliver their baby. A dedicated space for moms with COVID-19 is generally provided.

CAN COVID-19 BE PASSED TO THE BABY?

Scientists are studying whether there's

"vertical transmission," which happens when a baby contracts the virus while still in the womb. In instances where this may have occurred, the babies have had only mild symptoms. That's likely because the virus is more infectious in older populations.

What's more, moms also pass antibodies to their babies, which protects them. However, at this point further research is needed.

SHOULD YOU WAIT TO GET PREGNANT?

We have no idea how long COVID-19 will be part of our lives. For now, there's no immediate end in sight. But there's no reason to be overly concerned if you are pregnant.

Admittedly, it's a stressful time, and pregnant or not, we all need to find time to relax.

- Take breaks from the news and social media.
- Keep your regular appointments and talk to your health care providers about any concerns.
- Try relaxation techniques, such as prenatal yoga, meditation or other resources online.
- Stay informed through trusted sources, such as the CDC.

If women take the proper safety precautions, there's no reason why they can't have a healthy, happy pregnancy whenever they wish. ♦

COVID-19 in Children *continued from page 42*

To help prevent infection, both physicians echo the importance of teaching children to wash their hands for a minimum of 20 seconds, coughing or sneezing into their elbow, and practicing social distancing. Children over 2 should wear a mask when in public places indoors, although masks are not recommended for children under 2 due to the risk of choking or breathing problems.

HELPING CHILDREN MANAGE THE STRESS OF COVID-19

Because children often take their cues from adults, it's important for parents to remain calm and reassuring when discussing COVID-19 with their kids. Keep the conversation simple, avoid blame or exaggeration.

You might start by asking your kids open-ended questions about what they know and

what questions they have. This helps you identify gaps in your child's awareness and will help you how to reassure and correct misinformation.

"I recommend parents use phrases such as 'we will go through this together as a family' and 'we are here for you' to help reassure children when discussing the virus," says Dr. Ojikutu. She believes it's also important to leave children with one or two simple



things they can do to prevent getting sick, like washing their hands or using a mask as recommend.

Dr. Schadder recommends children “practice” wearing their mask at home so they have experience with it before going out in public. Children should also be taught not to share their mask or touch others’ masks.

During these uncertain times, parents should be on the lookout for stress in their kids. And parents should be sure to model healthy stress responses to help children deal with their feelings.

“Stress might look different in children,” says Dr. Ojikutu. “They can become anxious, fearful, sad or depressed. If the source of stress is prolonged and compounded—as we are seeing during the COVID-19 pandemic—children could have a combination of these responses.”

Dr. Ojikutu adds that children might become clingy or angry, worry about others, sleep poorly or excessively, eat poorly or eat too much. They may also become more argumentative than usual or lose interest in the things they typically enjoy.

Social isolation and loss of peer relation-

ships that are happening as a result of staying at home and social distancing can put teens at risk of depression or thoughts of suicide.

If you have a child already under care for mental health, it’s important to continue the counseling services and other behavioral health care. And if you have a teen who is showing new signs of depression, don’t minimize those concerns. It’s best to contact your pediatrician immediately.

COPING

Dr. Ojikutu recommends that parents help children explore and develop coping mechanisms to deal with their feelings. The loss of normal routines makes many individuals look for something else to control.

She recommends helping children find something safe they can be in control of, or steering the child into healthier diversions. It may also be useful to try to maintain some forms of normalcy, including things like following a healthy sleep routine.

Many young children will be excited to explore new activities if the people they love join them. Consider taking a walk, playing games as a family, playing in the backyard,

learning (silly) dance moves, or doing regular Zoom sessions with others the child is close to but cannot be with.

Positive attention is one of the best ways to reassure your children that your family will weather any difficult situation—including COVID-19—together.

Since daily routines have changed, it’s more important than ever for everyone, including children, to get daily exercise. Dr. Schadder recommends being outdoors to enjoy the benefits of fresh air and natural vitamin D. Exercise is beneficial for both mental and physical health and helps prevent obesity as well as depression.

Additional COVID-19 online resources are available on the websites for

- Centers for Disease Control and Prevention, at CDC.gov,
- American Academy of Pediatrics, at AAP.org, and
- American Academy of Pediatrics, at HealthyChildren.org.

If you have additional questions or concerns, you should contact your pediatrician or other healthcare provider. ♦



EVOLVING SURGICAL PRIORITIES

During the first eight weeks of the pandemic, the revised surgical priorities permitted only surgeries that provided life-saving measures and managed severe disease. These priority surgeries—labeled Tier 3—include trauma, cardiac surgery, transplant surgery and limb-threatening vascular surgery. In addition, acute tendon ruptures, fracture surgery and surgical cases where delaying the procedure would lead to a poor outcome were continued on an outpatient basis at Ambulatory Surgery Centers.

Lower priority surgeries were placed on hold. This included intermediate-acuity surgeries in healthy patients—Tier 2 procedures such as orthopaedic hip and knee replacement and spine surgeries—along with low acuity in healthy patients—Tier

1 for conditions such as carpal tunnel release, colonoscopy in stable patients and cataract surgery.

THE ROADMAP

During the early weeks of the pandemic, the focus on Tier 3 surgeries did not eliminate the need for other elective surgeries. On April 17, a joint statement was released from the American College of Surgeons, the American Hospital Association, and other national associations creating a Roadmap for Resuming Elective Surgery. This plan provided a framework for facilities to prepare for the backlog of elective surgeries.

In addition to requiring a sustained reduction in the rate of new COVID-19 cases in the relevant geographic area of a surgical facility planning to resume elec-

tive surgery for at least 14 days, this plan provided critical elements relating to direct care of surgical patient care.

Key provisions of the policy include requirements that the surgical facility should:

- Have an appropriate number of intensive care unit (ICU) and non-ICU beds, personal protective equipment (PPE), ventilators and trained staff to treat all non-elective patients without resorting to a crisis standard of care.
- Use available testing to protect staff and patients whenever possible, and should implement a policy addressing requirements and frequency for patient and staff testing.
- Not resume elective surgical procedures until they have adequate PPE and medical surgical supplies for the number and type of



procedures to be performed.

- Establish a prioritization policy committee consisting of surgery, anesthesia and nursing leadership to develop a prioritization strategy appropriate to immediate patient needs.
- Have and implement a social distancing policy for staff, patients and patient visitors in non-restricted areas in the facility that meets current local and national recommendations for community isolation practices.

ELECTIVE PROCEDURES RESUME

On May 4, Tiers 1 and 2 elective surgical procedures were permitted to resume at Ambulatory Surgical Centers. All procedures had to adhere strictly to the established protocols.

These guidelines required a comprehensive system to protect patients as well as medical staff. Requirements included use of masks by all patients and staff throughout the facility, daily temperature check of all staff and patients entering the facility, proper spacing of patients in the preoperative and recovery areas, protective eyewear and gowns, use of N95 masks for personnel present during patient intubation, proper handwashing, and terminal cleaning of all patient care areas.

Patients are required to answer the CDC travel and exposure questionnaire before arriving at the surgical facility. And any patients or staff who test positive for COVID-19 or are presumed positive cases were not permitted. In addition, no family

members are allowed in waiting areas or recovery areas, as further protection from the virus.

After May 4, all tiers of elective surgery were permitted to be performed on low-risk patients in Ambulatory Service Centers.

Yet even with these extensive precautions, surgeries on higher-risk patients are currently still delayed.

Hospitals with low or no active COVID patients followed the lead of Ambulatory Surgery Centers by allowing elective surgical procedures, starting May 11.

Barring an increase in COVID cases, we expect a 100% return to elective case scheduling at Pennsylvania hospitals by August 2020. ♦



familiar with the technology you’ll be using, and come prepared with a list of questions you have for your provider.

Here are a few simple steps to take to prepare for your virtual health visit:

1. Familiarize Yourself with the Technology

This is the first time most patients have used a video conferencing app for a health care appointment. If it’s your first time or the first time you’re using the video app used by your provider, contact the care provider’s office ahead of time. Ask for a tip sheet or recommendation for a webpage that includes instructions on how to use the platform.

If necessary, download or install the video conferencing platform you’ll be using before the day of your appointment (Zoom, Skype, etc.). Taking these steps before the day of your visit will likely help reduce the stress of using the video app for the first time.

2. Make Sure Your Connection is Stable

Whether you’re using your smartphone, tablet, laptop or desktop computer, you’ll

want to make sure it’s fully charged and capable of hosting a video call.

While most smartphones, tablets and laptops have a video camera, not all desktop computers do. Check to make sure your device is connected to a camera that works with the video app you’ll use.

If possible, choose a location with a strong internet connection and a steady Wi-Fi signal.

Do a practice video call to make sure everything works well. Make sure your device is well-charged before the visit. Try to be ready 10 minutes ahead of your virtual visit appointment time.

3. Gather Your Health Information and Have It On Hand

Like most in-person appointments, virtual health visits will likely include your care provider asking questions about your current medications, allergies to medications, medical history and concerns. Having this information on hand to start your visit will save time, ensure the provider’s advice is the most appropriate for your situation and help ensure your questions

and concerns are fully addressed before the end of the visit.

4. Prepare to Talk About Your Concerns

Your virtual visit is an opportunity for you to talk openly with your provider about your concerns and questions. Prepare a list of questions, and be able to specifically describe or demonstrate symptoms you’re having.

Pick a comfortable location with good lighting. Close windows and doors to ensure the room is private and quiet.

If you share a living space with roommates or family members who you don’t want to overhear any medical information, ask that they give you privacy during your virtual visit. Wear headphones so only you can hear what your provider is saying.

You can learn more about telemedicine capabilities from your health care provider and read about how doctors are keeping patients safe as they return to area hospitals, health centers and physician offices. ♦

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[Food News] *A few of our favorite things to share this month about local food and drink*

Farming For All. What's better than fresh produce? Fresh produce that's accessible to everyone. For 24 years, **Pete's Produce Farm** in Westtown has partnered with the Chester County Food Bank, starting with what was known as the Gleaning Program. This year they are quadrupling the amount of land designated for food bank donations. Pete's team (yes, there's a Pete) is designing community service projects to help get our community involved. Follow Pete's Produce on social media and read more on their website. PetesProduceFarm.com.

Early Happy Hour. During the pandemic, the average PA employee **starts drinking at 5:06 p.m.**, a bit later than the national average of 4:36 p.m. (and much later than 3:24 p.m. for West Virginians!). From a national study of 3,300 employees working from home, 1 in 5 says they now drink during the week and the weekends. And 15% have experienced more hangovers during lockdown. Yes, it's easier to deal with intoxication at home but how much is too much? More in *Boozy Business at Alcohol.org*.

Futuristic Food. New technology is making eating safer and healthier for hospital patients and certain seniors. Developed by Natural Machines, the **Foodini 3D food printer** promotes personalized nutrition, less waste and increased kitchen efficiency. Flavorful food in paste form allows safe swallowing as the printer recreates food shapes and colors for things like chicken drumsticks or carrots. Foodini is currently available to commercial kitchens but is undergoing further development for public use. Welcome to the future of culinary! 3DPrint.com.

Zoom Bakery. "Treats by Ash," led by 14-year-old Californian Ashleen, hosts interactive cooking classes every Sunday at 4 p.m. PST (7 p.m. EST). Kids, teens and adults are welcome to join this hour-long session stuffed with trivia, music and fun recipes. This month, you'll make banana bread, apple crisp, chocolate chip muffins, peanut butter cookies and blueberry muffins. Pick a date that works for you on their Facebook Events page, where each session's recipe and Zoom link are included. Facebook.com/TreatsByAshleen.

Fruity Fun. Peaches, raspberries and grapes are available for the picking at Milburn Orchards this August. Through **U-Pick Adventures** at the family farm in Elkton, Maryland, harvest seasonal delights and make memories along the way. Turn your visit into a day trip and stop by Big Back-Yard playground, featuring barnyard buddies and a tractor tire tower. For advance notice and the latest info, call or sign up for email notifications. MilburnOrchards.com.

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Adorn Goods.....33	Friends Home in Kennett55	Sage Life14
Appetites on Main.....64	General Warren.....67	St. Martha Villa.....55
Artisan Exchange.....64	Harrison Hill Apartments.....45	Sugarbridge Kitchens & Baths.....back cover
Barclay Friends51	Hershey's Mill50	Timlyn Vaughan Fine Art Printing & Photography64
Berkshire Hathaway Fox Roach / Holly Gross Group7	Kendal-Crosslands Communities.....53	Tower Health.....8
Boyles Floor & Window Designs23	Key Financial, Inc.....3	Vantage Point Retirement Living.....4
Brandywine Fine Prop. / Sotheby's – K. Nader9	King Construction.....20	Walter J. Cook Jeweler12
Canvas Valley Forge.....45	Lebanon Valley21	Welcome Neighbor66
Chester County Hospital / Penn Medicine.....5	LutherCare Communities.....11	White Horse Construction, Inc.22
Delaware Art Museum.....16	Murphy Business Sales.....33	Willow Valley Communities.....6
Dunwoody Village.....54	PA Cyber Charter School55	Winterthur Museum & Library.....16
Five Star Senior Living, DE2	Penn Medicine at Chester County Hospital5	
Flowing Springs Landscape Design ..55	Phoenixville Country Club33	
	Riddle Village56	
	SV Dental19	

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