

IN THIS ISSUE

LIFE CHOICES

Grandma's Recipe Box:
 try our family favorites.....6



Reader submission:
 finding the right home.....10



Health Brief.....2
Calendar.....12
Don's Column.....23
Crossword.....23

NEXT MONTH:
Health Care

[National Senior Center Month | September]



Paola Nogueiras

From left, Curtis King, Keith Singleton, Qussie Murphy and Jean Carney lift weights during an exercise class at West Philadelphia Senior Community Center.

Today's senior community centers

By Marcia Z. Siegal

With sophisticated fitness centers and wellness programs, computer and Zumba classes, intergenerational collaborations, and a focus on active living, today's senior community centers are a far cry from the centers previous generations were accustomed to.

National Senior Center Month, observed in September, provides an opportunity to celebrate the vibrant programming featured at senior centers supported by Philadelphia Corporation for Aging (PCA), which is engaging members ranging from baby boomers to centenarians.

Computer savvy – and safe

Computer class teacher Kwaku Boateng strides into the back room at Lutheran Settlement House (LSH) Senior Center, 1340 Frankford Ave. in North Central Philadelphia, where

students await the weekly class with anticipation.

"Get ready for a lot of laughs," said student Teresa Shank. "We always have fun here." The 59-year-old has learned to use email, do internet searches, play computer games, share photos electronically, and create a Facebook account to share posts with family and friends.

Boateng begins by warning his students about spam, or unsolicited email that may contain dangerous links. "When you go in your email, make sure you clean up your inbox," he said to his students. "We all know what spam is. It's not meat that comes in a blue can. I'm talking about bad email. Delete it. Don't open it."

Next, students learn how to use the calendar application to create, edit and delete appointments and events. In subsequent lessons, Boateng promised, they would learn how to

• continued on page 14

Life Choices

An empowered death: Taking control of the end of life

By Constance Garcia-Barrio

Death, like superb wine, claims a starring role at some dinners these days. Death dinners, where people meet over fabulous food to talk about dying, help guests ditch the taboo around discussing life's final transition. More than 100,000 such dinners have taken place in 30 countries, according to deathoverdinner.org, a website that points out the benefits of having the sometimes-tough conversation.

Death dinners can ease our fears and nudge us toward the positive outlook of Elizabeth Kubler-Ross. "I've told my children that when I die to release balloons in the sky to celebrate that I graduated," the late psychiatrist and author of "Death and Dying" wrote. "For me, death is a graduation."

Fate and our genes may leave us vulnerable, but we can make choices that allow us to have a positive and empowered experience of death. Philadelphians have access to many resources and possibilities that let us shape the end of life into what we want it to be.

• continued on page 20



iStock



PHILADELPHIA CORPORATION FOR AGING

WHO IS PCA?

Philadelphia Corporation for Aging (PCA) is a nonprofit agency dedicated to serving Philadelphia seniors. In addition to bringing you Milestones newspaper, PCA offers:

- Care in the home
- Home-delivered meals
- Home repairs and modifications
- Protective services
- Senior centers
- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



- Ombudsman services
- Health education
- Information and referral

For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

Health Brief



iStock

Socialization benefits seniors' health

The negative effects of loneliness and social isolation have been widely reported in recent years. Loneliness is on par with obesity, lack of exercise and smoking as a risk factor for illness and early death, according to the journal *Heart*. On the other hand, researchers are increasingly finding that socialization may have positive impacts on health.

While the two terms are sometimes used interchangeably, it is important to note a distinction between isolation and loneliness. Social isolation is an objective state that occurs when a person does not have regular contact with a large group of people. Loneliness, meanwhile, is a subjective experience of distress or discomfort about not having enough social interaction. A person can be socially isolated and not feel lonely. Alternatively, an individual with a large social network may experience loneliness.

Older adults are more likely to be socially isolated than the general population. Social networks naturally get smaller later in life as friends and family grow apart, move away or pass on. With this increase in social isolation comes an increase in loneliness, and the negative effects that come with it. More than 40 percent of seniors experience loneliness on a regular basis, according to a study from the University of California, San Francisco.

Loneliness can raise the level of stress hormones in the body, increase inflammation and lead to a decrease in brain function. A recent study published in *The Journal of Neurology, Neurosurgery and Psychiatry* found that participants who reported feeling lonely were more likely to develop dementia than those who lived alone but were not lonely.

A similar study in the *American Journal of Public Health* showed that older women who maintained large social networks reduced their risk of dementia and delayed or prevented cognitive impairment. In fact, women with large social networks were 26 percent less likely to develop dementia than those with smaller social networks. In the study, women who had daily contact with friends and family cut their risk of dementia by nearly 50 percent.

While researchers are not entirely sure of the science behind socialization and improved brain health, many hypothesize that social interactions, like mental exercises, limit the amount of time that brains remain unfocused, leading to a reduction in cognitive impairment.

Social networks often foster other healthy behaviors, including exercise. Walking groups and dance classes are examples of healthy social networks that can also improve physical health.

There are resources available for seniors who are socially isolated and seeking a more active social life. More than two dozen PCA-funded senior community centers throughout Philadelphia offer activities including classes and shared meals to encourage socialization among older adults. You can find a senior center in your community by visiting PCAcare.org/senior-centers. For those who have trouble leaving home, communicating over the phone or online can be very helpful in combatting loneliness. AARP offers online tutorials on using computers, smartphones and social media to connect with others. Visit aarp.org/social-media for details. 🌞

Milestones

Published by Philadelphia Corporation for Aging

Call 24/7 to report suspected elder abuse.
PCA Helpline: 215-765-9040
Outside Philadelphia toll-free:
888-215-765-9041 (TDD)
www.pcaCares.org

Holly Lange, President and CEO

Board of Directors

Katherine E. Galluzzi, D.O.,
F.A.C.O.F.P., *Chair*
Judee M. Bavaria, *Vice Chair*
Sheri C. Gifford, LCSW, *Secretary*
Barbara Waynant Murphy, *Treasurer*

Louis A. Bove
Glenn D. Bryan
Angela Foreshaw-Rouse
Lydia Hernandez-Velez
Frederick Lewis
Fran Miller
Victor M. Negrón, Jr.
Satya B. Verma, O.D., F.A.A.O.
Lenore Wasserman Scola
John Whitman
Eloise N. Young
Emeritus: Arthur E. Helfand, D.P.M.

Milestones is published monthly and distributed at more than 1,100 locations throughout Philadelphia, lower Bucks and eastern Montgomery counties.

Check us out online: pcaMilestones.org.

Editor: Alicia M. Colombo
215-765-9000, ext. 5081
PCA, 642 N. Broad St.
Philadelphia, PA 19130
Email: milestonesnews@pcaCares.org

Advertising: Joan Zaremba
215-765-9000, ext. 5051
Email: Joan.Zaremba@pcaCares.org

Subscriptions & Distribution:
Home delivery: \$12/year
To subscribe or find a distributor:
Emily Porcelli, 215-765-9000, ext. 5050
Email: Emily.Porcelli@pcaCares.org

The views expressed in Milestones are not necessarily those of Philadelphia Corporation for Aging (PCA). Milestones will not knowingly accept or publish fraudulent or misleading advertising. Milestones reserves the right to edit, revise or reject ads. Milestones assumes no responsibility for errors, misprints, omissions or misinformation; for failure to publish an ad; or for any damages of any kind. Neither the publisher nor any other party is rendering expert advice in this publication. No part of this newspaper may be reproduced without the permission of PCA.

©2018 Philadelphia Corporation for Aging. All rights reserved.



Our Community. Our Health.

PA Health & Wellness is focused on whole health care, reflecting on a person's total well-being and meeting each person's unique needs. Providing whole health care and long term supports and services requires us to broaden our services and provide solutions to address all of life's changes.

Our full continuum of health, support, and services options provides diverse solutions to improve outcomes. We understand and address barriers to health and provide access to the best care for each and every person to live his or her best life.

PAHealthWellness.com

1-844-626-6813

Life Choices

Having the retirement you want

By Sally Friedman

Some go kicking and screaming. Some go jubilantly and gratefully.

"Retirement." The word inspires dueling emotions, and when it crops up, those emotions can run high. People's take on retirement can be as varied as how they see themselves, their lives and their natures. And inevitably, the burning question arises: "When is the right time?"

The issues associated with retirement are weighty; for some, they are overwhelming. They include concerns about money, health and health insurance, quality of life, and emotional adjustments.

And yes, that same "R word" makes us question, "So what next?"

Of course, there are experts to help, friends to offer guidance, families to care and a thing loosely called "instinct" that may also be a strong factor in helping us get the retirement we want.

Exploring the future can be daunting, but retirement is more than just an abstract concept for many who are at or near what

is generally regarded as "retirement age" – which, based on American culture and tradition, seems to hover around 65. Obviously, though, one size does not fit all.

Read on to learn what retirees and the experts who advise them have to say about the how, the when, the preparation and the experience itself.

An enduring passion

Stephen King (no relation to the author) was only 16 when he graduated from high school in Brooklyn, New York. He loved learning and went on to graduate from the Wharton School of the University of Pennsylvania, then responded to the draft of the era and served in the United States Army in Korea.

Education lured him back to the classroom, but this time as a teacher.

"It was important to me to do something that had meaning, and teaching did," said King, who spent his teaching career at Overbrook High School in Philadelphia from 1964 through 1991. "I taught American history, American government and economics



Courtesy: Marjorie Janoski

Retired attorney Marge Janoski plays with her 2-year-old granddaughter, Kavya. Janoski retired after 44 years in law to spend more time with her family and to care for her first grandchild.

and also became a department head," he said. "Despite the challenges, I really enjoyed what I did."

Burnout never caused the dedicated teacher, who led his students into a better understanding of their country through special projects, to say "Enough."

After he retired from teaching in 1991, King tested the waters of the insurance industry, becoming a licensed independent insurance broker – a field he had begun exploring during his after-school hours and summers.

At 73, he sold the insurance business he had created to his partner, taking some time off to travel with his wife, enjoy his grandchildren and continue his passion for tennis.

But King was not yet ready to stop working. His love of educating people led him to yet another career in insurance, this time specializing in the senior health market, with its complex issues, as a certified independent agent representing national companies offering long-term care and Medicare plans.

And lo and behold, he was back to a form of teaching – a passion he clearly had not left behind – as he explained policy options to clients.

"In teaching, you need to be prepared with lesson plans," King said. "You need to know how to impart information to others so that they understand it and master it." And in his "retirement" life, King began do-

ing that again – and with the same zest.

"Talking before a classroom group in an interesting way is not that different from talking to a client and making sure that 'student' is truly understanding," he said.

At 84, King is balancing work that is at once old and new – and enjoying it fully. He noted that he can set aside time to spend with his wife, Essie, whom he met as a pen pal during the Korean War.

"To some extent, I can control my own schedule, I'm helping people, and I'm doing what I loved to do in a different way," he said. "Life is good."

The right choice

Attorney Marge Janoski can pinpoint the precise moment when she knew it was her time to retire. It wasn't because of job burnout from her long, meaningful years as a senior attorney for Community Legal Services in Philadelphia, which she still found satisfying after 44 years.

"It was actually when I learned that my daughter and son-in-law were going to become parents," she said. "I just knew that I wanted to be more than just a proud grandmother. I wanted to become a truly meaningful part of my grandchild's life, and at the same time give my daughter and son-in-law true support during their career-building years."

• continued on page 9

Learn more about our **FREE** home and community-based services.

JEVS
HUMAN SERVICES®

Supports Coordination

Being Home.

Trusted for coordination of services, including in-home care, since 1984. JEVs goes above and beyond to ensure **you have control over your choices** and needs, your preferences are met, and services are expertly tailored to meet those needs. You can count on us to assist you or your loved one.

Services

- Personalized plan for long-term services and supports
- Dedicated Supports Coordination team that is reliable and responsive
- 24 hours on-call supports
- Nursing home placement prevention planning and nursing home transition to home supports

www.jevshumanservices.org/being-home
Serving Philadelphia & Area Counties • 215-728-4435

Life Choices



‘Seniorpreneur’ embraces gig economy in retirement

By Maggie Davenport

I decided to take a new approach to employment in mid-life.

READER
SUBMISSION

This alternate approach was fueled by a vagabond aura that has been part of me for as long as I can remember. And my new approach has a multitude of positives – particularly as I age. I have always been fairly “location independent,” meaning that I do not feel restricted to working in one area. I rent my home, so I am not bound to one place by a mortgage. The opportunities and advantages available to me are limited only by imagination and a little nerve. Location independence can be considered a lifestyle, and as such, it is easy to live your passions while pursuing goals and making a living.

Thanks to the millennial generation – who, in my humble opinion, heavily resemble their mature predecessors (we baby boomers) – I am part of a burgeoning cohort of workers who make up the “gig economy.” In my day, they called it “piecemeal.” But the concept is the same: working several part-time or side jobs instead of one full-time job.

I believe that joining this gig economy workforce at the mid-point of my lifecycle makes me a “seniorpreneur,” or an older person who seeks new business opportunities.

I earned my master’s in social work and worked almost exclusively with youth for 20 years. In 2000, when I was 46, I realized that the one-on-one aspect of social work was not fulfilling to me anymore. I thought a career change would bring me the professional ful-

fillment that I sought. I liked the “bigger picture” aspect of working in public health and began to pursue my Ph.D. in that field from the University of Cincinnati. But I dropped out after two years when I became disillusioned with my studies.

I decided to take early retirement and began collecting Social Security at 60. That’s when my “seniorpreneurship” venture really took hold. For the past several years, I’ve supplemented my income in a variety of ways. I became certified in many different areas – including fitness, which has allowed me to teach exercise classes at L.A. Fitness for the past 10 years. Drawing on my professional experience, I transferred my skills to other areas that interested me. I have been a consultant for a science, technology, engineering and math (STEM) program for children 6-12; written copy for presentations; and taken the occasional “gig” as home organizer, which is code for “downsizing and decluttering.”

In addition to meeting a variety of stimulating people and going to exciting places, this approach to work has allowed me to spend more time with my family. I am the middle child of seven siblings, ages 57 to 70. I am grateful for the opportunity afforded by this gig-based freedom to spend more time with my siblings while we are all independent and in relatively good health. Recently I was able to help one sister during her hip replacement recovery. I also was able to travel to my hometown of Cornelia, Georgia, where my youngest sister had just relocated to our family home – with lots of boxes and memories. Since she had provided and orchestrated care for our mother for many years, allowing

Critics’ Corner



‘The Sense of an Ending’ is a senior’s coming-of-age tale

By M.L. Polak

Can you have a coming-of-age film if the protagonist is already in his ‘60s? “The Sense of an Ending” shows that you can. This 2017 film is a subtly nuanced, yet gripping adaptation of British author Julian Barnes’ acclaimed 2011 novel by the same title. Directed by Ritesh Batra (“The Lunchbox”), the film stars Oscar-winning actor Jim Broadbent (“Iris”), who makes for an unlikely hero.

Broadbent’s character, Tony Webster, is best friends with his lawyer ex-wife, Margaret; brusque with the mailman; and detached from his pregnant lesbian daughter, Susie, who gives him a smartphone to “bring him into the 21st century.”

Tony runs a boutique camera shop and is placidly content with the present until he suddenly receives word of a small inheritance from the mother of a college chum. It is then that his solo life changes dramatically. He plunges back into his past and begins to re-examine half-forgotten events – a mean letter he wrote, a profound romantic betrayal, and the suicide of his best friend. The true meanings behind these partly suppressed memories of early manhood are unearthed, which provides insight into the

gradual numbing that has gotten him by in life.

Shuttling between past and present, the film explores the dramatic landscape of Tony’s student years, the formidable camera-toting young woman he later realizes was his first love, the woman’s strangely flirtatious mother (played by Emily Mortimer) and the rest of the slightly odd aristocratic clan who seemed to embrace Tony in unison.

The film shifts again as the search for a friend’s diary and small sum of money leads to the pursuit of Tony’s peculiar, paradoxically unattainable legacy. Tony reconnects with his past love over tea, learning more than he has bargained for, in encounters with the leathery, stolid Veronica Ford (played by Charlotte Rampling). Thus catalyzed, Tony thaws profoundly and emerges from his self-contained emotional glacier.

This ultimately sweet and gentle film about loss, memory, first romances and last loves finally achieves closure, reassuring us that even the forgotten parts of our life stories surely have value and impact upon whom we have become.

M.L. Polak writes, edits, draws cartoons and gardens in Philadelphia.

her to age at home, I was honored to help her in this small way.

Thanks to what I call an elevated awareness that I believe comes with mindful aging, I was able to assess my wanderlust qualities and skills, assign them monetary value and actually get paid for them. Using this new way of approaching income generation and finding a way to become part of this movement, I have found new inspiration for and use of skills whose time I thought had passed. Remember: There’s always a chance; you just have to take it!

Maggie Davenport, 64, lives in Germantown. She is an active member of the Sierra Club and volunteers her time to help causes that benefit the environment, housing and health.

Crossword puzzle solution

(See page 23 for clues.)

R	E	I	S	T	E	S	D	S	E	D	N	A	L
E	S	E	L	E	S	E	N	E	N	I	N	G	W
W	O	R	A	R	A	N	A	N	A	T	A	R	A
S	W	A	I	L	I	L	M	K	C	B	U	C	B
N	A	V	A	D	M	A	T	A	R	V	A	S	T
I	R	A	N	L	I	N	S	O	G	S	E	S	O
S	A	I	R	S	A	I	R	S	A	I	R	S	A
E	L	E	S	C	O	U	T	E	S	C	O	U	T
S	O	R	A	L	S	O	R	A	L	S	O	R	A
S	E	N	O	R	J	O	K	E	R	T	U	R	N
E	A	T	E	P	A	C	E	R	A	C	E	R	A
S	E	R	S	E	R	S	E	R	S	E	R	S	E
N	E	A	S	P	E	N	E	A	S	P	E	N	E
A	M	O	S	E	L	L	E	S	O	W	A	M	O
T	A	L	I	A	R	A	C	E	R	A	C	E	R
S	P	A	T	S	M	O	P	M	O	P	M	O	P

Grandma's Recipe Box

Milestones staff share their cherished grandmothers' recipes

In honor of Grandparents Day on Sunday, Sept. 9, Milestones staff members are proud to share the following recipes from their maternal grandmothers with readers.

Milestones editor Alicia M. Colombo's 98-year-old grandmother, Jennie Crudele, is an avid baker and chef. One of her beloved recipes is chocolate chip biscotti (pronounced "biz-cut"). Biscotti, which originated in Italy, is a crisp, rectangular cookie. Grandma Jennie's variety contains mini chocolate chips, instead of the traditional nuts.

Chocolate chip biscotti



Courtesy: Alicia Colombo

Editor Alicia Colombo with her grandmother, Jennie Crudele, 98, who shared her biscotti recipe.

Ingredients:

3 extra large eggs
1 tsp. of vanilla
1 cup sugar
¾ cup vegetable oil
3 cups flour
2 tsp. baking powder
½ bag mini chocolate chips
Cinnamon and sugar, to taste

Directions:

Beat eggs, then add sugar, vanilla and oil. Mix well, with a mixer or by hand. Add flour, baking powder and chocolate chips. Mix again until all ingredients are incorporated.

Line cookie sheets with parchment paper and then arrange dough on cookie sheet in the shape of small loaf. This recipe should make six small loaves.

Sprinkle a mixture of sugar and cinnamon on top of loaves. Bake at 350 degrees for 10-15 minutes or until light brown. Cut loaves into slices to form cookies.

Milestones writer Michael Hanisco's grandmother, Josephine DiFeo, died before he was born. But her legacy lives on in her hearty recipe for Italian wedding soup that has been passed down through generations. The soup gets its name from the Italian phrase "minestra maritata" ("married soup"), which is a reference to the flavor produced by the combination or "marriage" of green vegetables and meat. While modern versions of the soup regularly contain only one meat, this recipe contains both chicken and small meatballs. The soup is cooked slowly for several hours and is meant to be enjoyed at large family gatherings. Mangia!

Italian wedding soup

Ingredients:

1 whole chicken
1 pound of meatloaf mix (beef, pork and veal)
1 box acini di pepe pasta (or substitute orzo)
2 14 oz. cans of chicken broth
2 large carrots (chopped into small pieces)
2 bunches of escarole (washed, strained and chopped into small pieces)

Directions:

In a large pot, bring water to a boil (enough to cover whole chicken).

Reduce heat and cook chicken for 2 hours.

While the chicken cooks, ball meatloaf mix into small meatballs (about the size of a gumball or slightly larger).

Remove chicken, let cool, then remove skin and bones. Reserve water.

Add chicken broth. Add in deboned chicken, escarole, pasta, carrots and small meatballs. Simmer for two hours, until pasta is cooked and escarole is tender.



Courtesy: Michael Hanisco

Writer Michael Hanisco and his late grandmother, Josephine DiFeo, who passed down her recipe for Italian wedding soup.

Experienced, Trusted and Compassionate Home Care



Granny's Helping Hands, PA

We make life easier for you and your loved one!

Our services include:

- Personal Care
- Live-in
- Meal Preparation
- Light Housekeeping
- Laundry
- Medication Reminders
- Escorts
- Errands
- Post- Surgery Care
- Para-Transit Service
- A.M. and P.M. Care

We have award-winning direct care workers or you can choose your own caregiver.

Employment opportunities (EOE)

Private pay and approved waivers: Aging, CommCare, OBRA, Attendant, Independence, and Non-Medical Transportation

610-284-4244

We are there when you need us!

www.GrannysHelpingHands.com

Bonded and insured since 1992

Abbey Porter, who oversees production of Milestones, shares her grandmother's recipe for calico beans, or bean casserole. Mary Jane Fenton, who Porter calls "Yangee," is now 101. "This dish was a staple of my childhood," Porter says. "In keeping with my grandmother's giving nature, she found this dish an excellent one to share with others." Sugar can be reduced to taste in this colorful and easy one-dish meal.



Courtesy: Abbey Porter

Abbey Porter, who oversees production of Milestones, is pictured with her grandmother Mary Jane Felton, 101, who shared her recipe for calico beans.

Calico beans

Ingredients:

½ lb. bacon, diced
½ lb. ground beef
1 cup chopped onion
½ cup ketchup
⅓ cup brown sugar
⅓ cup white sugar
1 tsp. salt
1 tsp. dry mustard
2 tsp. vinegar
1 can each of kidney, butter, and green beans
1 can pork and beans

Directions:

Fry and drain the bacon and ground beef. Brown the onion separately, then add it to the meat.

In a bowl, mix ketchup, sugars, salt, mustard and vinegar. Drain and add the beans. Combine all ingredients in a casserole dish. Bake at 350 for 30-40 minutes.



Always Best Care™
senior services

***DHS Approved Aging Waiver Provider in
Philadelphia, Lower Bucks, Delaware Counties,
now servicing the Main Line Area!***

A leader for IN-HOME CARE & FREE ASSISTED
LIVING PLACEMENT for more than a decade.



In-Home Caregiving

- Meals Cooked and Served
- Transportation/Social Outings
- Domestic Services
- Personal Care Assistance

Free Placement Services

- Finding the Right Community
- Matching Budget, Health Care Needs, and Location
- Personal Tours
- Negotiating Rates



Contact us today for a FREE consultation!

Philly • (267) 909-9248

Lower Bucks • (267) 812-5744

www.abcphillybristol.com



For seniors, aging and staying independent is not always simple. The Mercy LIFE services offered at home and in our adult day centers help seniors remain independent, active, and healthy.

- Staying as healthy as possible is easier with a team of medical professionals available 24 hours a day/7 days a week.
- The Social Work team supports seniors as they maintain control of life's decisions and daily tasks while feeling safe and fulfilled.
- Our Certified Recreational Therapists offer a variety of activities that promote physical movement and keep the mind active & creative, while having fun with other seniors.

No co-insurance, deductibles or payments due for services you receive.

Be Independent. Keep Active. Stay Healthy. That's LIFE! Call 215.339.4747 or visit mercylife.org for more information.



Mercy LIFE
Living Independently For Elders
A Member of Trinity Health



SENIOR CENTER SPOTLIGHT



Michael Hanisco

Southwest Senior Center members (left to right) Lorraine Overton, Theresa Sams and Barbara Morris enjoy each other's company before lunch. The members meet regularly for socialization and recreation.

Togetherness is key at Southwest Senior Center: 'Everyone's welcome'

In honor of National Senior Center Month in September, we're launching a new occasional series, Senior Center Spotlight, in which we'll shine a light on each of the PCA-funded senior community centers around Philadelphia. While the centers all provide activities, education and social opportunities for seniors, each one embodies a unique personality and focus – as you'll read.

By Michael Hanisco

Just inside the entrance of Southwest Senior Center, 6916 Elmwood Ave., sits a large blackboard plastered with bright posters and stickers. The first poster features a picture of Earth from outer space and is captioned with a simple, provocative tagline: "I don't see any borders. Do you?" "No one is truly free while others are oppressed," another declares. A third plainly states, "Immigration is the American Way."

Members of the center originally put this collage together to celebrate Women's History Month in 2017, but it was so popular that staff decided to leave it up indefinitely. While new images have been added to the collection over time, the unifying message has remained the same: Everyone is welcome.

It's a message that center director Paulette Cunningham hopes gets through loud and clear to everyone who steps foot inside the center.

"We try to encourage inclusion," she said. "Every religion, sexual orientation, and culture is welcome here."

The theme of inclusion is reflected in the center's membership and programming. Southwest Senior Center serves a diverse community, with seniors representing the local African-American, Caribbean, South American and Asian populations.

The center is also home to an LGBT support group, which was started by Linda Marucci, center counselor. The group is primarily made up of members who have LGBT adult children and/or grandchildren. They meet weekly to discuss concerns, challenges and ways to change outdated perceptions of LGBT people.

Vernice Bond has two very close friends in the LGBT community. She attends the support group at the center every Wednesday along with a core group of about six others. She says she knows of at least one familial

• continued on page 17

Retirement

• continued from page 4

There were some raised eyebrows from well-meaning friends who wondered whether this accomplished and respected lawyer would find herself – well, a bit bored by spending several days a week in the company of a baby.

"I know they meant well, but I knew with certainty that this was the right choice for me," Janoski said.

A single mother herself, the grandmother also recognized the mighty need for that "village" it takes to care for children, and she was determined to be a deeply involved villager.

Her granddaughter is 2 now, and the current childcare arrangement also includes some hours at day care so that grandma also gets a break.

And those doubters?

The arrangement is working beautifully. "My life so enriched by this wonderful little girl, and retirement has been the right choice for me," Janoski said. "In a very special way, this is truly my time to do what I really want to do. I think I'm a very lucky woman."

Retirement realities

Not everyone glides into retirement without facing some emotional challenges. Just ask social worker Misa Romasco, director of the Geriatric Counseling Service for Intercommunity Action Inc.

"Retirement certainly comes with challenges, and as also has been studied, can lead to serious depression," Romasco said.

Far from a "one size fits all" situation, some transition into this new phase of life easily. Others, not so much.

"Isolation can become a serious issue for people who have developed a social network through the workplace," Romasco said. "Removing that can mean a kind of loneliness that may not have been anticipated."

Ironically, the expected "pot of gold" at the end of the work-life rainbow can instead be a feeling of isolation, after going it alone after long years with what some regard as a second family – the workplace family.

"There are many ways to help minimize all of these negative factors," Romasco said. "Senior centers in this region can be wonderful and welcoming places where activities and friendships often fill a void. Volunteering also can be extremely gratifying and also can fill the void of isolation."

Retirement, like so many other life's transitions, may take time to adjust to. "Patience is a virtue in all things, including the transition to retirement," said Romasco, who urges re-

tirees to seek connection with others. Current research suggests that particularly for those who are older, social ties can affect both physical and mental health in a positive way. (See related story on page 2.)

By the numbers

Financial security is another touchstone for a happy retirement. Anxieties about money should be handled before the decision to retire, and often, the help of an expert can save would-be retirees from panic attacks because of the lack of a financial road map.

Victor Levy, president and managing director of Philadelphia's Levy & Associates Wealth Management Group and author of the book "Kitchen Table Financial Plan," believes in demystifying wealth management by sometimes sitting at a client's kitchen table to reduce the intimidation of planning and strategizing about one's financial future.

"Of course, every single client and case is different from any other," he said, but there are some commonalities.

"I have a special interest in older clients," said Levy, who is both an attorney and a certified public accountant. "I've definitely tried to encourage our older clients not to be intimidated by technology, but rather to use it as a vital tool."

He is adamant about making sure that his clients, no matter their assets, understand basics like Social Security and health insurance. He recommends visiting USA.gov for information on topics that might seem mysterious, including money and credit related to the U.S. Government.

Levy also emphasized that dedicated wealth managers seek to help clients at all income levels to reach their financial goals. "Using a professional can actually help people to save money," he said. Often, the more wealth someone has, the greater the risk and worry about preserving resources without expert help.

Levy also suggests that the professional meet with the client regularly, ideally at least every six months, face to face.

"There's something important about connecting personally and regularly that makes the process work better on both sides," he said.

And should those meetings take place at the client's kitchen table? Levy's answer: "Whenever possible. It's the place where most of us feel comfortable."

Sally Friedman has written for the New York Times and other publications.

Stay safe, secure and well-cared-for with PCA.

Philadelphia Corporation for Aging has more than 40 years of experience helping seniors get the care they need to stay in their own homes.

For service coordination you can rely on, choose PCA.

215-765-9040
www.pcaCares.org

Now also
serving Bucks &
Montgomery
counties!



PCA

PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

Life Choices

Finding the right home provided comfort, empowerment

By Marjorie Conn

READER
SUBMISSION

In 1994, at 51, I was finally in a position where I could stop renting and buy a place of my own. After being divorced for 10 years and living in Bradford in northwestern Pennsylvania, I wanted to move closer to Chester County, where I grew up. I had this vision that homes cost too much and didn't even think of looking into buying. I thought a house cost \$100,000 at that time, which was way more than I could afford.

One day, on a whim, I went to an open house and realized that I really could afford to buy my own home. But I had no idea of how to go about the search, so I found a real estate broker, a nice older woman, to help me find a place that suited my needs.

I had been diagnosed at 45 with spinocerebellar atrophy, an untreatable, progressive neurological disease. Think of it as Parkinson's disease or multiple sclerosis with no medication to treat it. Before starting my home search, I had already begun to have

symptoms from my condition. Choosing where and how to spend the next years was one of the few ways I could take control of my life situation.

My broker took me to see many places. But none of them were satisfactory for what I thought might be needed to meet my future needs. I rejected one home because there were a few steps to the front door. Stairs were already posing difficulties when my hands were full and I couldn't hold onto the railing. Another home was quickly scratched off the list because it would require a slight uphill walk to the bus stop, which I might have needed to access if I had to give up driving. Still another had deteriorating exterior walls that would probably need to be addressed in the future. I didn't want to deal with major repairs when I was 80-plus. Finally, again on a whim, my broker stopped at a high-rise building in Roxborough and inquired whether any units were for sale.

The answer was yes. I was attracted by the convenience of a trash chute and a laundry room on each floor. The swimming pool, where I could sit in the sun after I could no

longer get into the water, was another highlight. Out front, a stop for a bus going between City Hall at one end and a big mall at the other was my idea of heaven. I had found my forever home: a one-bedroom condo on the sixth floor at DuPont Towers.

That was 28 years ago. I am now 75. I use a walker and can't do stairs. The balance problems related to my condition mean I can trip over nothing. Now, most of all, I am thankful to have an elevator to take me to and from ground level in my building.

I appreciate many of the things that led me to choose this place and have found other things to like. The rooms are small enough that when I start to fall, I can usually catch myself on furniture or the walls. I have a gorgeous view of Wissahickon Valley Park outside of my windows. I love having someone else to assure that I have heat, the roof doesn't leak and snow is shoveled.

All this time later, some of my needs are what I anticipated and some are different. I've had to make more adaptations, such as having grab bars installed in the shower. My increased fatigue and poor balance makes



iStock

getting on and off public buses difficult, so I now use SEPTA Shared Ride/CCT Connect as my main mode of transportation. The stairs to the pool pose problems, as I anticipated they eventually would. But management and concerned neighbors have created a beautiful haven in the side yard where I can sit under a tress and listen to the birds or read a good book.

I may need additional help in the future but hope I can find it and remain in my little nest until I need to be wheeled out on a gurney.

Marjorie Conn, 75, was a social worker for children for 30 years until she retired. She has been a member of Center at Journey's Way for 15 years, where she enjoys the Enhance Fitness exercise classes and book club. She has two grown sons and three grandchildren, 18 months to 17.

FUNERALS COST MORE THAN YOU MIGHT THINK ...

Today, the average cost of a funeral is over \$8,500*

Help protect your loved ones with Colonial Penn's **AFFORDABLE** Life Insurance!

ACCEPTANCE is Guaranteed – If you're age 50 to 85** you don't have to answer a single health question or take a medical exam – you can't be turned down because of your health. This is made possible by a two year limited benefit period.

RATE Can NEVER Increase – Coverage comes with a LOCKED IN rate – **100% guaranteed** not to go up for ANY reason.

BENEFIT will NEVER decrease because of your age or health.

PROTECTION lasts a lifetime as long as you pay your premiums when due.

For Faster Service Call Toll Free Today 1.800.852.2600

Visit our website at: www.colonialpenn.com

* NFDA 2015, General Price List Survey.

** Age limits vary. Plan may vary by state and age. Contact us for details on rates, benefits, limitations and exclusions. Colonial Penn Life Insurance Company is not licensed in and does not solicit business in the state of New York. Residents of New York will receive information from Bankers Conseco Life Insurance Company, Jericho, NY. An insurance agent may contact you. Group Policy Form No 12-82-043, Individual Policy Form Series 23-82-045 or 15-82-020. Individual Policy Form Series 12-82-045 or 15-82-020.



Colonial Penn Life Insurance Company
www.colonialpenn.com

Show your loved ones how much you care, even after you are gone.
Contact Colonial Penn Life Insurance Company today!

Alex Trebek – Compensated Endorser



☒ Please send me FREE INFORMATION about Colonial Penn's **Guaranteed Acceptance Whole Life Insurance** and a FREE GIFT. I understand a Colonial Penn sales representative or agent may call me at the number below.

Or return this form to:

Colonial Penn Life Insurance Company
399 Market Street, Philadelphia, PA 19181

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

☐ MALE ☐ FEMALE DATE OF BIRTH ____/____/____ MD-17580-1014



PCA's Senior Strut A Health Event in the Park

Presented by



pa health
& wellness™

Friday, October 12 • 9:30 a.m. to noon
Lloyd Hall, 1 Boathouse Row, Kelly Drive

One mile kick-off walk led by Mummers • Health screenings
Free t-shirts • Demonstration stage • Healthy snacks • DJ

TICKETS ARE \$5 AND MUST BE PURCHASED IN ADVANCE.

Call: 215-765-9000, ext. 5055 or go to: www.PCAcares.org/strut

Supported by Fairmount Park Conservancy and Philadelphia Parks & Recreation



September 2018

SUNDAY

Blue Corn Green & Organic Festival. Promotes sustainability through Mexican indigenous traditions & modern-day farming. Great Plaza at Penn's Landing. 215-922-2FUN.
Modern Times: American Art 1910-1950. Revolutionary use of shapes & colors in 20th century art. Phila. Museum of Art. 215-763-8100. \$

2

GRANDPARENTS DAY
ROSH HASHANAH *(begins at sundown)*

9

Brazilian Day. Celebrate Brazil's Independence Day with cultural food, merchandise & entertainment. 1-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

Global Guide Tour: Middle East Galleries. Tour of artifacts led by immigrants & refugees. 2:30 p.m. Penn Museum. 215-898-4000. \$

16

Mexican Independence Day. Cultural music, food, entertainment, arts & crafts. 2-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

23

Bach Fest. Performances of instrumental works by J.S. Bach. 6:30 p.m. Daylesford Abbey. 610-647-2530. \$

Philly Bluegrass Revival. Performers include The Infamous Stringdusters, Del & Dawg, Leftover Salmon, Jeff Austin Band, Larry Keel Experience, Cris Jacobs Band & Midnight Flyer. General admission, no assigned seating. 2 p.m. The Mann Center for the Performing Arts, Skyline Stage. 215-546-7900. \$

30

MONDAY

LABOR DAY



3

Holy Cross Parish Young at Heart Group. Members of the church & community welcome. Bring your lunch. 12 p.m. Holy Cross Parish, church library. 215-247-0262.
Virtual Grocery Store Tour. Seminar to navigate through the store, read food labels & make healthy food choices. 10 a.m. PSC – Allegheny. 267-268-1455.

10

Jewish Life: The Sukkah. Commemorate Jewish pilgrimage. 10:40 a.m. KleinLife: NE Phila. 215-698-7300.
Stress Management Class. Learn to identify stress or mental tension & tips for stress management. 10 a.m. PSC – Allegheny. 267-286-1455.

17

Leadership in Turbulent Times. Historian Doris Kearns Goodwin discusses presidential leadership styles throughout history. 6:30 p.m. National Constitution Center. 215-409-6645. \$
Pneumococcal, Pneumonia & Influenza Seminar. Learn how to protect yourself. PSC – Allegheny. 267-286-1455.

24

TUESDAY

Senior Safety Presentation. 10-11:30 a.m. Mann Older Adult Center. 215-967-4514.

4

PATRIOT DAY
Chair Yoga. 10-11 a.m. Mann Older Adult Center. 215-967-4514.
Health Care & Housing Options. Presented by NewCourtland. 9 a.m. to 2 p.m. Office of Senator John P. Sabatina. 888-530-4913.

11

NATIONAL HIV/AIDS AND AGING AWARENESS DAY
YOM KIPPUR *(begins at sundown)*
Benefits Resource Network Workshop. Resources to help with food or medical care. 1 p.m. Fumo Family Library. 215-685-1758.

18

Opera Philadelphia Presents: 'Sky on Swings.' World premiere performance of American music by Lembit Beecher & libretto by Hannah Moscovitch. 8 p.m. Verizon Hall, Kimmel Center. 215-732-8400. (Sept. 27 @ 8 p.m. & Sept. 29 @ 1:30 p.m.) \$

25

National Senior Center Month

Healthy Aging Month

WEDNESDAY

'WYETH: The Life of Andrew Wyeth In Bold Strokes.' Screening of film about American artist. 7 p.m. Perelman Theater, Kimmel Center. 215-893-1999. \$

5

Slavery & Its Opponents at America's Founding. Historian & author Sean Wilentz discusses our founders' debates over slavery & the constitution. 12 p.m. National Constitution Center. 215-409-6645. \$

12

Crafternoons: Cross Stitching Groups. Find creative inspiration with fellow craft lovers. 2-4 p.m. Penn Museum. 215-898-4000. \$

19

Joan Baez in Concert: Fare Thee Well Tour 2018. Influential musician & social change agent. 8 p.m. Verizon Hall, Kimmel Center. 215-893-1999. \$

26

THURSDAY

Rosh Hashanah Program. Welcome the Jewish New Year. 10:15 a.m. to 1:45p.m. KleinLife: NE Phila. 215-698-7300. \$

6

Trip: Western Suburb Cemeteries. Visit loved ones at Mt. Jacob, Mt. Lebanon & Mt. Sharon. Must know plot number & row. 10 a.m. to 3 p.m. KleinLife: NE Phila. 215-698-7300. \$

13

'Danco on 'Danco. Spot lighting the works of dancers in their formative years. 7:30 p.m. Philadanco. 215-387-8200. \$
Flower Arrangement Class. 12:45-2 p.m. KleinLife: NE Phila. 215-698-7300. \$

20

Google Search Basics. Learn basic functions of internet search engines. Space is limited. 10:30 a.m. Torresdale Library. 215-685-0494

27

FRIDAY

First Friday Genealogy. Monthly brown bag discussion group with occasional speakers. Open to anyone with an interest in family history. 12-2 p.m. Independence Library. 215-685-1633.

7

Opening Reception for 'Cotton: The Soft, Dangerous Beauty of the Past.' Explore the dichotomy between the beauty of the plant & its link to the horrors of slavery in the U.S. 6:30 p.m. African-American Museum in Phila. 215-574-0380. \$

14

Hot Summer Night Concert featuring City Rhythm Orchestra. 7-9 p.m. Northeast Older Adult Center. 215-685-0576.

21

Leslie Odom Jr. Celebrates the Philly POPS 40th Anniversary. Grammy & Tony-award winner who played Aaron Burr in 'Hamilton' performs classics from 'The Great American Songbook.' 8 p.m. Verizon Hall, Kimmel Center. 215-893-1999. (Sept. 29 & 30 @ 3 p.m.) \$

28

SATURDAY

Claymobile Sculpting & Glazing Class. 1-2:30 p.m. Lutheran Settlement House Senior Center. 215-426-8610. (Continues through Sept. 24.) \$
Labor Day U.S. Army Band Concert & Fireworks. 8-10 p.m. Great Plaza at Penn's Landing. 215-922-2FUN. \$

1

Grown Folks Fall Festival. Oldies music, vendors, moon bounce, face painting & more. Fun for the entire family. Noon to 4 p.m. St. Raymond's Church. 215-242-7300.

8

Opening Weekend: Philadelphia Orchestra. Celebrate 10 years of music with conductor Yannick Nézet-Séguin in Phila. 8 p.m. Kimmel Center. 215-893-1999. \$

15

AUTUMN BEGINS FALLS PREVENTION AWARENESS DAY
The Great Walking Tour. Rain or shine. 8 a.m. to 7:30 p.m. Phila on Foot. 856-278-3479. \$
African & Caribbean Health, Wellness & Cultural Fair. 11 a.m. to 5p.m. AFRICOM. 267-242-8233. \$

22

Educational Health & Resource Fair. 10 a.m. to 2 pm. Concilio. 215-262-8021.
Just for the Health of It. 12-4 p.m. Episcopal Community Services St. Barnabas Mission. 215-351-1463.
West Philadelphia Health & Resource Festival. 11a.m. to 3p.m. St. Ignatius Rehab Center. 215-349-8800.

29

Milestones

Events that end with a "\$" require an entrance fee or advance ticket purchase. Free events may request donations or sell items. Please call the number listed for pricing or other details.

Send your calendar items to:

ATTN: Milestones Editor
PCA, 642 N. Broad St.,
Philadelphia, PA 19130
Phone: 215-765-9000, ext. 5081
Fax: 215-765-9066

Email:
milestonesnews@pcaCares.org

Event submission deadline: 25th of the month for publication in month after next.

Meetings scheduled about upcoming changes to health care in Pennsylvania

Free outreach and education sessions about **Community HealthChoices**, a state managed-care plan, will be conducted by the Department of Human Services. Community HealthChoices is the state's new program for Medicaid-funded long-term services, which will begin for Southeastern Pennsylvania in January 2019. More than 50 sessions will be held at convenient, accessible locations within Philadelphia through Oct. 19. Translation and other needs will be accommodated and should be shared at the time of registration. For a schedule or to register, go to pcaCares.org or call 1-888-735-4416.

Community centers

• continued from page 1

use their smartphones (mobile phones that have multiple functions similar to those of a desktop or laptop computer).

"I have a passion for teaching seniors," he said. "They are so eager to learn."

Nutrition and health

A nutritious lunch has been a core program of senior centers since their inception. At LSH senior center, located in the city's Fishtown section, nutrition is especially important. The center's Hungry 2 Healthy program includes a food pantry with nonperishable items; bi-weekly distribution of fresh produce and other perishable items from Philabundance; monthly distribution of the Share Food Program's food boxes for seniors; and nutrition presentations, healthy cooking demonstrations and personalized nutritional consultations by nutrition specialist Candice Li. The center's nearby urban garden yields fresh fruits and vegetables for members' home use.

In addition, nurse Ayesha Pride is at LSH senior center four days a week to consult with individuals on health issues and provide informational sessions for members on topics such as heart health and diabetes. Pride also is alert to issues that may lurk below the surface. For example, one member came to her because she was having trouble managing her medications. Eventually, Pride was able to elicit the fact that the woman had never learned to read and could not understand the directions on her medicine bottles. "I worked with the counselor here to connect her to a literacy tutor," the nurse said. "An important aspect of my job is to build trust."

Center Director Meg Finley said services like Pride's are highly beneficial to members. "Our goal is to help people thrive in the community," she said.

An array of arts

Located at 509 S. Broad St. near many of the city's performance venues, Philadelphia Senior Center – Avenue of the Arts (PSC – Arts) is well-known for its array of creative activities. Among them are stained glass, painting, jewelry-making and tap-dancing classes; the "Best Day of My Life So Far" storytelling and writing group; a robust chorus; and an intergenerational drama class. The latter draws students from the World Communica-



Paola Nogueras

Arvel Bishop works his arms using the exercise equipment at West Philadelphia Senior Community Center.

tions Charter School across the street to write and act in plays with the seniors under the direction of instructor Denise Worthman. On occasion, performances of the finished plays have been staged at professional theaters on the Avenue of the Arts.

Through a merger two years ago, the center became home to the PSC – Arts Branch of the Asian Pacific Resource Center (formerly the PSC – Coffee Cup Branch on S. 10th Street). That merger further broadened PSC – Arts' cultural diversity, since more Chinese- and other Asian-born seniors now come to the 509 S. Broad St. site. It also resulted in a new arts class there: Chinese calligraphy. Asian Pacific Resource Center member Xiang Jin, renowned for his expertise in this ancient art, volunteers to teach the class.

"Everywhere you go, members are volunteering to teach at the center," said PSC – Arts manager Julie Nelson. "We couldn't afford to offer as many activities as we do without our volunteers."

Luvenia Black, 96, leads "mind aerobics" sessions, among her other volunteer activities. Senior centers increasingly emphasize both physical and brain fitness as crucial aspects to aging well. Mind aerobics challenges and

"exercises" the brain. "I give people things to read and ask questions about. We do puzzles and play brain games," Black explained.

Black says she's proof that mind aerobics and the other PSC – Arts activities she enjoys help her to maximize her strengths. "I just had my medical check-up, and it went well," she said. "My doctor told me, 'Whatever you're doing, keep on doing it.'"

Fitness and fun

"Once people get through the door and see the kind of activities we're having, the myths about senior centers fall away," said Julia Diggs, program manager at West Philadelphia Senior Community Center (WPSCC), 1016 N. 41st St. "They can go to our state-of-the-art fitness center and work with a personal trainer, enjoy parties and computer classes, create art and go on trips. Last December, we took four buses to the African-American Museum in Washington, D.C. Forty-three members have signed up for a trip to Hawaii ... We're always thinking of creative things to do."

In addition to its regular weekday hours, the center is open Saturday mornings for computer and exercise classes and Wednesday evenings for line dancing from Septem-

ber through May. Being flexible in meeting the needs of today's seniors is key, says Diggs.

Elaine Gavin, 64, starting coming to WPSCC after she retired last February. "At first, I was so excited about retiring. Then I began to get bored," she said. "Someone suggested that I go to the West Philadelphia Senior Community Center. This place is excellent. Just sitting home, my joints ached because I wasn't active. Now I feel stronger – like myself again. I go to tai chi, chair yoga. I'm taking line dancing, Zumba and creative movement classes.

"The fitness center is fantastic. I've lost weight since I've come here. I try to come Monday through Friday. I think everybody who retires should find a center like this," Gavin said.

To further promote health, WPSCC sponsors weekly trips year-round to Reading Terminal Market and on-site visits by the neighborhood Budget Grocer to help members access fresh produce. The center also offers a variety of nutrition and health education programs, many in collaboration with local health and pharmaceutical organizations. Among these programs is "Bridging the Gap," in which medical students spend six weeks participating in center activities alongside members and present health workshops.

Gavin said she often faces a dilemma at WPSCC when multiple programs she likes are offered at the same time. "I have to pick and choose," she said. "Sometimes I go to part of one activity and then sit in on part of another. One thing, you're never bored here. There's always something to do."

The lively socializing at the center also appeals to Gavin. "I don't know what I would do if I didn't have this center to come to and people to interact with," she said. "I've made new friends ... and I've learned from all of them. I really look forward to coming here. It's good for me in every way."

For more information about PCA-supported senior centers in Philadelphia, see the ad on page 21.

Contact Marcia Z. Siegal at msiegal@pcaphl.org.

CORRECTION

The website for Max Rivers' marriage mediation service ("Having the same old Argument?" – September 2018 Milestones) is TheMarriageMediator.net.

LibertyResources®

Home ChoicesSM

The Power of Choice. Your Home Care, Your Way



*"I can enjoy the luxury of living in the community with access to care whenever I need it."
-Ricardo*

High Quality Home and Personal Care

Liberty Resources Home Choices brings the Power of Choice to you, enhancing your health and promoting your independence. The Power of Choice to select a friend, family member, or one of our attendants to provide you with the care you want.

It's your home care, your way.

Call 215-634-2000 ext. 617 or visit us on our website www.homechoices.org for more information.

Proud
partner
of:



**Liberty
Wheels**

Mobility for Everyone

- Durable Medical Equipment
- Home Modifications
- Scooters

**Call 267-765-1530 for
more information**



LEARN MORE.
DO MORE.
SHARE MORE.

INTERNET ESSENTIALSSM FROM COMCAST

\$9.95
per month + tax

NO CONTRACT
NO CREDIT CHECK
NO INSTALLATION FEE
IN-HOME WIFI INCLUDED

ACCESS TO 40 1-HOUR SESSIONS OF
XFINITY WIFI HOTSPOTS EVERY 30 DAYS

Internet Essentials gives you access to affordable, high-speed Internet. You may qualify if you have at least one child who is eligible for the National School Lunch Program or receive HUD housing assistance.

APPLY NOW

InternetEssentials.com
1-855-8-INTERNET

**INTERNET
ESSENTIALS**
from Comcast

Restrictions apply. Not available in all areas. Limited to Internet Essentials service for new residential customers meeting certain eligibility criteria. Advertised price applies to a single outlet. Actual speeds may vary and are not guaranteed. After initial participation in the Internet Essentials program, if a customer is determined to be no longer eligible for the program and elects a different XFINITY Internet service, regular rates will apply to the selected Internet service. Subject to Internet Essentials program terms and conditions. WiFi Hotspots: Available in select locations. Requires compatible WiFi-enabled laptop or mobile device. Limited to forty 60-minute sessions per 30-day period per person/account. If session is terminated before 60 mins. remaining time expires. Unused time does not carry over to subsequent sessions or 30 day periods. Not responsible for lost data resulting from terminated Internet session or any other reason. A maximum of up to 10 devices may be registered to a single XFINITY WiFi On Demand account. May not be combined with other offers. Call 1-855-846-8376 for restrictions and complete details, or visit InternetEssentials.com. © 2017 Comcast. All rights reserved.

Remembering the Holocaust – and educating future generations

By Barbara Sherf

Anti-Semitism in the United States is on the rise at an alarming rate. The Anti-Defamation League reports that anti-Semitic incidents in the U.S. surged 57 percent in 2017, the largest yearly increase since the Jewish civil rights group began collecting data in 1979.

In addition, a poll by the Conference on Jewish Material Claims Against Germany found that two-thirds of American Millennials ages 18-34 could not identify Auschwitz, a network of concentration and extermination camps built and operated by Nazi Germany in occupied Poland during World War II.

Philadelphia native and longtime educator of Jewish history and culture Rhonda Fink-Whitman is working to educate and raise awareness of the Holocaust among children and young adults.

"Holocaust survivors are living history and giving eyewitness testimony to what happened in Nazi-occupied Europe," Fink-Whitman said. "Most of them are in their 80s and 90s, and we have to take advantage of this [knowledge] while we can. I can't reiterate enough that the clock is ticking."

The mission is deeply personal for Fink-Whitman, 54, who is the daughter of a Holocaust survivor. Knowing that her aging mother was still suffering scars left by the Holocaust some 70 years later, she decided to go to Germany to visit the concentration camps in 2007 with her family. While there, she started journaling and made her way inside the world's largest Nazi archive in an attempt to discover the truth about what happened to her mother during WWII.

Following a long day at Auschwitz, Fink-Whitman and her family went back to the hotel room but were too depressed to eat. Everyone but Fink-Whitman fell asleep.

"I sat down and started writing in my journal about how Auschwitz made me feel," she said. "I used my journal to pen my first screenplay, which I then shopped around Hollywood, and it did well in screenplay competitions. But ... no studio picked it up." Fink-Whitman, a veteran TV and radio personality, then decided to turn that screenplay into a novel, titled "94 Maidens," based on her mother's and other Jews' experiences in Nazi Germany.

"It wasn't my choice to write this story ... it was my responsibility," Fink-Whitman said.



Courtesy: Rhonda Fink-Whitman

"My daughter had said 'Mom, don't call it educational; if you call it educational nobody will want to read it.' But even people who have studied the Holocaust say, 'Wow, I knew this, but didn't know that!' It reads like a novel, and there is certainly something to be learned for everyone."

When Fink-Whitman heard about a bill lingering in Pennsylvania's legislature in 2013 that would include Holocaust and genocide education as part of the state's school curriculum, she was shocked to learn that these topics weren't already required learning. Concerned by reports of young peoples' lack of knowledge about the Holocaust, Fink-Whitman set out to visit a handful of college campuses, armed with a video camera, microphone and list of questions.

She asked students on the campuses of Drexel University, Temple University, Penn State University and the University of Pennsylvania, "What was the Holocaust?" "Can you name a concentration camp?" "What country was Hitler the leader of?" "What is genocide?" Much of the resulting video features students stumbling over their words.

Fink-Whitman used the footage to create "The Mandate Video," which she used to prove her point that mandatory Holocaust education was necessary in Pennsylvania. She worked tirelessly with area legislators until the formerly stalled bill passed unanimously in 2014. The Pennsylvania Board of Education

• continued on page 17

Holocaust

• continued from page 16

has reported that 93 percent of schools now provide age-appropriate education about the Holocaust and have promised to work with the other seven percent to get them on board as well.

Fink-Whitman has also helped Michigan, Rhode Island and Kentucky to pass similar education bills. Only nine states have such legislation in place, and her mission is to seek more co-sponsors for House Resolution 276, a Congressional resolution encouraging all 50 states to mandate Holocaust education.

Her book is now used in schools around the country and is recommended for use in curricula by both the Pennsylvania and New Jersey departments of education.

"I met with Bensalem High School students who read the book for class and shared with me how they saw themselves in the characters and how the story related to their lives in terms of bullying issues and becoming more tolerant," Fink-Whitman said. "They said that it inspired them to be 'upstanders' instead of 'bystanders.' I want to be an example for them, that one person can make a difference."

To view "The Mandate Video," purchase or read an excerpt from "94 Maidens," view Fink-Whitman's speaking schedule, or download a free teacher's guide, go to 94Maidens.com.

Author, speaker and writer Barbara Sherf tells the stories of businesses and individuals.

Center spotlight

• continued from page 8

relationship that was saved as a direct result of the group discussions. The group has been so successful that they have been invited to other senior centers in the city as a model for starting similar groups.

"I just wish people were more understanding," Bond said. "Life would be so much easier, but I guess life isn't always easy." She has "learned a lot about people" since making friends in the LGBT community.

A large number of women at Southwest Senior Center are involved in the Supportive Older Women's Network (SOWN), which meets once a week. Every meeting begins with each member expressing how she's feeling that day before branching into a group discussion on a pre-determined topic. What is said in the group stays in the group, a rule that helps to build a feeling of trust.

"A lot of seniors, especially older women, think they're the only ones going through what they're going through," said Barbara Morris, who became active in SOWN almost immediately after her first visit to the center three years ago. "But you're not alone. We're all in this together."

Cunningham wants to challenge outdated perceptions of what a senior center can be. Baby boomers want something different from past generations, she said. Computer classes at the center, which run September

through June, are always well attended. The center also has an active drama club, a busy gym, a choir and a gardening club. The gardeners grow vegetables on-site and host nutritional cooking demonstrations.

Leona Jones said she had always been a plant person but never thought she could grow vegetables in the city until she learned how at Southwest Senior Center. At 70, she is a daily visitor to the center and now grows tomatoes, peppers and squash on her deck at home. She's quick to show off pictures of her latest harvest on her smartphone.

Lorraine Overton first started coming to Southwest Senior Center to work out after retiring. Though she still works out three times a week, she has gotten much more involved in the center and with other members over the past 19 years. She now enjoys meeting new people through art classes and choir.

"All of [the programming] creates fellowship and togetherness," Overton said.

Indeed, the theme of togetherness is on full display at Southwest Senior Center, and not just on the blackboard.

"There is always a helping hand and a caring voice here," said Barbara Morris. "It's not [just] like a family. It is a family."

In addition to being funded by PCA, Southwest Senior Center also is managed by the agency.

Michael Hanisco is multimedia communications specialist at Philadelphia Corporation for Aging (PCA).



Philadelphia Corporation for Aging (PCA) offers

Delicious meals delivered to your home

*tasty, nutritious options for when you
can't prepare your own meals*

- **Quality:** home-style meals designed with fresh ingredients by a licensed dietitian
- **A personal touch:** deliveries you can count on by our friendly, dedicated drivers
- **Affordability:** low-cost or no-cost service, if you qualify
- **Expertise:** 45 years of experience caring for your neighbors
- **Reliability:** the local resource trusted by thousands of older Philadelphians

Call the PCA Helpline: 215-765-9040
www.pcaCares.org

PCA

PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™



Exceptional Care in the Comfort of Your Home

For Our Clients:

- Bathing, dressing, grooming, toileting
- Grocery shopping
- Light exercise
- Light housekeeping
- Meal preparation
- Accompany to medical appointments
- Changing Linens/Laundry
- Community Integration
- Respite
- Companion Services
- Assistance while families are out of town
- Holiday Helpers
- Additional services by request or per service plan

For Our Caregivers:

- Competitive Wages
- Medical/Dental/Life Benefits
- Paid Time Off (PTO)
- Holiday pay at time & a half
- Paid travel time between clients
- Paid training
- Personal Protective Equipment
- Discounts on scrubs & protective footwear
- Reward & Recognition program
- Flexible schedules



24/7 On-Call
Support Services



Wellness & Home Safety
Visits by Staff Nurse



Music & Memory
Program

FREE
In-Home Services Assessment

Accepting:
Medicaid, Private Pay,
and most insurance plans



www.jevsathome.org



9350 Ashton Rd., Suite 102, Philadelphia, PA 19114 | 267.298.1325

Musings on bags, past and present

By Frank Burd

Today, all the kids have backpacks as they go to and from school. When I was young, we didn't use backpacks. We carried our books.

The girls carried their books in two hands in front of them. The boys tucked the books under one arm. Many books fell to the street until someone came out with a thin rubber strap with a clip.

Of course, there were some kids who had briefcases. They were the richer kids. I didn't have one. I can't remember how we kept out books from getting wet when it rained. Well, even if they did get wet, they rarely got damaged because we were required to cover our books. Most of us used brown paper bags, but the richer kids bought covers for a nickel that had the names of colleges printed on them.

The boys were lucky. We had pants with lots of pockets and could put wallets and other possessions in them. The girls wore skirts or dresses that didn't have pockets. They carried purses. We didn't call them purses; we called them pocketbooks. Those girls sure did have their hands full.

In high school, we didn't have to carry all our books back and forth every day. But then, in college, I had to carry a heavier load of books. We all bought attaché cases – that's what they were called. They were made of plastic, and we could carry them at our side with one hand.

Now, everyone has a backpack. Not only do my kids have backpacks, but I have them as well. I have two. There is the regular backpack in which I carry the odds and ends of the day. The backpack allows my hands to be free. It's wonderful. For so many younger people, wearing a backpack helps them carry and stare at the phone in their hands as they sit on the train or walk through the streets. For me, it is so I can carry my camera in my hands and snap pictures to document my life in the 21st century.

In the 60s, when I traveled through Europe on trains or just hitched, I had a pack on my back. It was called a rucksack. In it was everything I needed for a month in Europe. Hard to believe it, but I carried my clothes, my toiletries, and my notebooks and books. One iPad can replace a lot of paper today.

The other backpack I use now is for when I want to carry my laptop, my various cables, my camera, and papers I may need while I am

out. I see so many people walking on a daily basis with heavy packs on their back and am sure that they will be in a chiropractor's office when they older. They will also have arthritis in their fingers from the intensity with which they use their digits to text and play games on their cellular phones.



iStock

There are other bags. I see paper and plastic ones when I go to the supermarket. Some markets are trying to encourage the shopper to bring their own fabric bags so as not to waste natural resources. Those little double plastic bags that the cashier put the food in are bad for the environment. They are good for picking up dog messes (for those who do). But they are littered everywhere. I even see them hanging from trees like Christmas ornaments – ugly ones.

I am trying to simplify and to carry less these days. But I don't want to leave my essentials behind. The cell phone has helped a lot, since I needn't carry my camera everywhere now. The new phones take great pictures. I've also bought an iPad.

The iPad is smaller than a laptop, much lighter, and fits into another bag of mine – a handbag. That bag is brown leather, and I bought it in a thrift shop for my daughter. But she wasn't interested, and it sat around for a few years. It has a handle and a strap to put on the shoulder. I tried it out one day. In it, I could carry a paper pad, some pens, a book or magazine, and my iPad. A friend who saw it referred to my handbag by a new name. She called it a "man bag," indicating that many men were using them. I've come a long way.

Frank Burd is a writer of fiction, plays, history and poetry when he's not photographing.

Ask the Expert

Transitioning from institutional to home living

QUESTION:

I have a relative who went into a nursing home but now wants to live at home again. Are services available to assist with her transition from institutional to independent living? (Anonymous)

ANSWER:

The Nursing Home Transition (NHT) program assists individuals with the move from a long-term care facility back to independent living. The program, which is offered by Philadelphia Corporation for Aging (PCA), is designed to help individuals who are facing barriers to such a transition, such as a lack of housing, and cannot be safely discharged into the community through the normal discharge process of the facility.

When a resident of a long-term care facility expresses interest in transitioning back to living at home, the facility provides a list of NHT coordination agencies for the resident to select from. PCA is one agency that works with NHT program participants 60 and older. PCA assigns a transi-

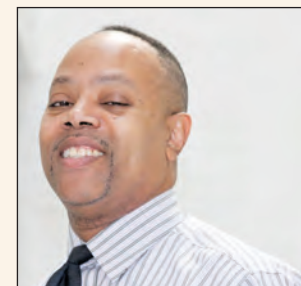
tion coordinator who partners with the facility's social worker to assess the participant's needs and develops a discharge plan.

The person's eligibility for transition services is determined on an individual basis through a collaborative effort that can include the participant, nursing facility staff, the NHT coordinator and others. The team works closely with the individual and other community agencies to plan for and support the person's return to the community. This support may include help in finding and establishing housing, modifying a current home to make it accessible, connection to services such as adult day centers or home health care, and training for independent living. Parti-

pants may be eligible for a variety of home- and community-based services following the transition back to community living. The transition coordinator collaborates with community-based services such as the Living Independently for Elders (LIFE), Options, Aging Waiver and PCA Domiciliary Care programs, to provide the ongoing support needed.

For more information about the NHT program, contact the nursing home where the interested individual lives. For information or referral: PCA Helpline at 215-765-9040 or pcaCares.org.

Sean Outen is assistant director of Long Term Care Options at Philadelphia Corporation for Aging (PCA).



PCA's Sean Outen

It's your turn!

Send Milestones your questions about aging-related issues. We will print select questions – along with answers from experts at Philadelphia Corporation for Aging (PCA) – in upcoming issues. Submit your name, address, phone number and question to: milestonesnews@pcaCares.org or: pcaCares.org

Milestones Editor, PCA
642 N. Broad St.
Philadelphia, PA 19130

Milestones reserves the right to edit submissions for print.

OVER 50? STAY HEALTHY STAY ACTIVE

✓ Farmer's market

✓ Walk the dog

✓ Get vaccines

That's right: adults need vaccines too.
So **ask your doctor what shots you need** to stay healthy and active as you get older.



Department of
Public Health

CITY OF PHILADELPHIA



Empowered death

• continued from page 1

Writing it down

Developing a plan puts you in the driver's seat in matters big and small, notes professional organizer Rie Brosco, 63, of Philadelphia, founder of RieOrganize!, a company whose services include end-of-life planning. "A written plan speaks for you when you can no longer speak for yourself," Brosco says.

Pre-planning brings peace of mind and gets some tasks out of the way. "Kathy, a client in her 60s who had a terminal cancer, arranged for a party to be held after her death where guests went through the house and chose the mementos they wanted," Brosco says. "It was a healing experience for her family and friends."

Deciding about possessions while you still can lifts a burden from your family's shoulders and often avoids fights. "You can photograph an item and write the name of the intended recipient on the back," says Brosco, who helps clients find good homes for everything from pets to stair gliders, which go to the Philadelphia Elevator Union to be serviced and passed on to veterans. "It gives you peace of mind."

Expressing your desires can help you have the end of life you want. "A Center City woman in her 90s had a few months to live," Brosco says. "She loved cashmere. We went through her wardrobe and replaced every garment that we could with one of cashmere. She fulfilled that wish for her last months."

Financial educator David Ramsey of Brentwood, Tennessee, suggests taking a proactive stance by creating a "legacy drawer." The drawer should contain all the passwords and documents your family will need after you've died. By doing so, you take the reins, put things in order and feel more at peace, Ramsey says.

We also have the power to pass along intangibles to family members as death approaches through an ethical will – or Zava'ah, in Hebrew. "Rabbis and Jewish laypeople write this document, which states ethical and spiritual values," says Rabbi David Levin, 63, of Wynnewood. Levin launched Conversations for

Life and Legacy in 2017, a service where one can make an audio or video recording instead of a written document as a gift for family and friends. "I begin by asking, 'What's the one thing you would say to your loved ones if you had a chance?'" says Levin, who works with people of all faiths. "It's an opportunity to review your life and create deeper bonds in existing relationships. I often see a level of contentment after people make the recording."

Quick tip: Keeping memories alive

You may want to ask your family and friends to put together a memory book or memory box for you. It could contain letters, photographs, or your favorite music. The book or box would be at hand for moments when you felt alone.

Some terminally ill people opt for a foretaste of the end with a living wake or funeral. The living wake, which often takes place in the sick person's home while he or she lies in a coffin, encourages people to come up to the coffin one by one and express their feelings about the sick person while he or she can still hear them.

'A good death'

We can't always control our illness, but we can have an impact on how our lives end through our election of hospice care. "Hospice is the Cadillac of health care service," says Lori Bishop, 57, vice president of palliative and advanced care for the National Hospice and Palliative Care Organization. "It's holistic," Bishop says. "It includes not only physicians and nurses, but chaplains, social workers, bereavement counselors and trained volunteers. You draw on a rich network. Medicare pays for this comprehensive benefit, including medication and equipment."

You call the shots by taking two crucial steps, says Bishop, who arranged for hospice care for her parents. "A good death means different things to different people," she says. "You have to let hospice know what you would like so services can be tailored to your wishes. The second point is to choose a hospice carefully. I

encourage people to shop a bit. Ask questions. For example, some hospices offer alternative therapies like massage." See caringinfo.org for a worksheet to help you choose a hospice.

Barbara Carr, a certified health education specialist and administrative manager for Einstein Hospice & Palliative Care, raises another point. "If your health care network has a hospice, consider using that one," Carr says. "That allows your medical information to be accessed relatively quickly and may shorten the time it takes to get the process started. If your health care network doesn't have a hospice, they'll at least know what hospices they're associated with."

Pain tops the list of concerns for many at the end of life. "Most people fear the process of dying more than the event itself," Bishop says. "Sometimes we can't eliminate pain 100 percent; however, patients have a choice ... Patients may sacrifice being alert in order to have less discomfort. Then again, you may decide that you want to be alert in spite of the pain. It's an individual choice."

You may also choose to have a death doula, or death midwife, assist in the dying process. "'Doula' comes from Greek and means a woman who serves," says Patty Burgess, 62, of Bensalem, a certified end-of-life specialist and president of Possibility of Doing Death Differently, which trains death doulas. "Doulas are trained in non-medical, emotional, physical and spiritual supportive care," says Burgess, who has worked in hospice and palliative care for 19 years. "I encourage people to plan their support early because it reduces stress. It may be the first time family caregivers have attended a death, and they may be overwhelmed or fearful. An end-of life doula can support and walk the family through what to expect and help their loved one. In addition, a doula can help reframe the death experience from one of only sadness to comfort, meaning and connection. End-of-life-doulas should listen well and be clear about services and fees."

Finally, don't limit yourself unnecessarily at life's end. "Even if someone is given a terminal diagnosis, sexual activity and loving touch

may help them transition more peacefully, if the medical provider says that sexual activity is safe," says Lenore Jefford, a licensed professional counselor and therapist certified by the American Association of Sexuality Educators, Counselors and Therapists, who has a practice in Mount Airy. "Physical touch and affection are great ways to help a sick or dying person feel cared for."

Native Philadelphian Constance Garcia-Barrio writes about many topics, including black history.

A continuing conversation

The Death Café is held the last Monday of each month – except on holidays – at Barnes and Noble, 1805 Walnut St. It is part of a global movement to provide a forum where participants can discuss death freely. The next meeting is slated for Monday, Oct. 29, 6:45-8:15 p.m. For information: meetup.com/Death-Cafe-Philadelphia.

Videos on YouTube:

- "The Only Reason We're Alive" – a sweet, sad three-minute cartoon-poem about an aged couple
- "Hospice" – a 56-minute discussion about hospice care
- "My Mushroom Burial Suit" – an eight-minute video about one approach to green burials

The Conversation Project helps you to discuss your wishes for end-of-life care. It features a starter kit about breaking the ice and segments about how to talk with your doctor. For information: theconversationproject.org/starter-kits.

My Gift of Grace: a Conversation Game for Living and Dying Well is a "surprisingly fun game about the end of life that families around the world are using." It comes with 47 question cards. Question 15, for example, is "What music do you want to be listening to on the last day alive?" The game costs \$24.95. For information: mygiftofgrace.com/about-the-game.

Children's books may offer an opening to talking about your death with young people. Consider "When Dinosaurs Die," by Laurie Krasny Brown and Marc Brown, 1998, to broach the subject of grief and bereavement. It's available for about \$8 in paperback. "I Will Remember You: What to Do When Someone You Love Dies, A Guidebook Through Grief for Teens," 2001, by Laura Dower, is available in paperback. Cost varies.

Planning ahead for health care

Taking the following steps can help ensure that your wishes regarding your health care are carried out at the end of your life.

- Prepare an advance directive. This document allows you to give instructions about your final health care choices. It can help start the conversation about the end of life if your family has been reluctant to do so. An advance directive document will make your wishes clear. Hospitals have

these forms, and you can also find them online. Google "advance directive form."

- Appoint a health care representative to ensure that the instructions in the advance directive are followed.
- Consider the Physician's Orders for Life Sustaining Treatment (POLST) form. Signed by a physician, it gives specific instructions that other health care professionals follow.

Celebrate National Senior Center Month in September!

Philadelphia has a diverse and robust network of senior community centers that are located in every section of the city. These centers offer a wide range of classes and clubs in which you can pursue your passion or explore new possibilities.



Enjoy lunch on us!

Clip this COUPON and redeem for lunch at any site listed on this page.

Offer for first-time visitor or guest only. Advance reservations and proof of age (60-plus) required. Please call the site to register. **Expires October 31, 2018.**



NORTH CENTRAL PHILADELPHIA

CHCS – Norris Square Senior Community Center
2121-37 N. Howard St. 19122
215-423-7241

*CHCS – St. Anne's Senior Community Center
2607 E. Cumberland St. 19125
215-423-2772

King Older Adult Center
2100 W. Cecil B. Moore Ave. 19121
215-685-2716

Lutheran Settlement House Senior Center
1340 Frankford Ave., 19125
215-426-8610

Mann Older Adult Center
3201 N. 5th St. 19140
215-685-9844

Northern Living Center (formerly North Broad Street Center)
Temporary location:
1039 N. Lawrence St., 19123
215-978-1300

*On Lok House
219 N. 10th St. 19107
215-599-3016

Philadelphia Senior Center – Allegheny Branch
1900 W. Allegheny Ave. 19132
267-286-1455

NORTHWEST PHILADELPHIA

The Center at Journey's Way
403 Rector St. 19128
215-487-1750

Center in the Park
5818 Germantown Ave. 19144
215-848-7722

*PHA Emlen Arms Satellite
6733 Emlen St. 19119
215-684-5892

West Oak Lane Senior Center
7210-18 Ogontz Ave. 19138
215-685-3511

NORTHEAST PHILADELPHIA

KleinLife: Northeast Philadelphia and *Russian Satellite
10100 Jamison Ave. 19116
215-698-7300

*KleinLife: Rhawnhurst
2101 Strahle St. 19152
215-745-3127

*Juniata Park Older Adult Center
1251 E. Sedgley Ave. 19134
215-685-1490

*Northeast Older Adult Center
8101 Bustleton Ave. 19152
215-685-0576

Peter Bressi Northeast Senior Center
4744-46 Frankford Ave. 19124
215-831-2926

SOUTH PHILADELPHIA

CHCS – St. Charles Senior Community Center
1941 Christian St. 19146
215-790-9530

Marconi Older Adult Center
2433 S. 15th St. 19145
215-218-0800

*PHA Cassie L. Holly Apartments Satellite
2100 Dickinson St. 19146
215-684-4893

*PHA Wilson Park Satellite
2508 Jackson St. 19145
215-684-4895

Philadelphia Senior Center – Avenue of the Arts
509 S. Broad St. 19147
215-546-5879

South Philadelphia Older Adult Center
1430 E. Passyunk Ave. 19147
215-685-1697

WEST PHILADELPHIA

Older Adult Sunshine Center
215-472-6188

West Philadelphia Senior Community Center
1016-26 N. 41st St. 19104
215-386-0379

SOUTHWEST PHILADELPHIA

*CHCS – Star Harbor Senior Community Center
4700 Springfield Ave. 19143
215-726-7468

Southwest Senior Center
6916 Elmwood Ave. 19142
215-937-1880

*Indicates satellite meal center. Hours and programming may be limited. Call for details.



DO YOU HAVE MEDICARE? YOU MAY BE ABLE TO SAVE MONEY ON THE COST OF YOUR PRESCRIPTIONS AND YOUR PART B PREMIUM!

Extra Help

Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

You may qualify for Extra Help if:

If you are SINGLE and

have a total monthly income of less than \$1,518, and less than \$14,100 in resources

If you are MARRIED and

have a total monthly income of less than \$2,058, and less than \$28,150 in resources

MEDICARE SAVINGS PROGRAM

Can help you with the payment of your Part B premium!

You may qualify for the Medicare Savings Program if:

If you are SINGLE and

have a total monthly income of less than \$1,366, and less than \$7,560 in resources

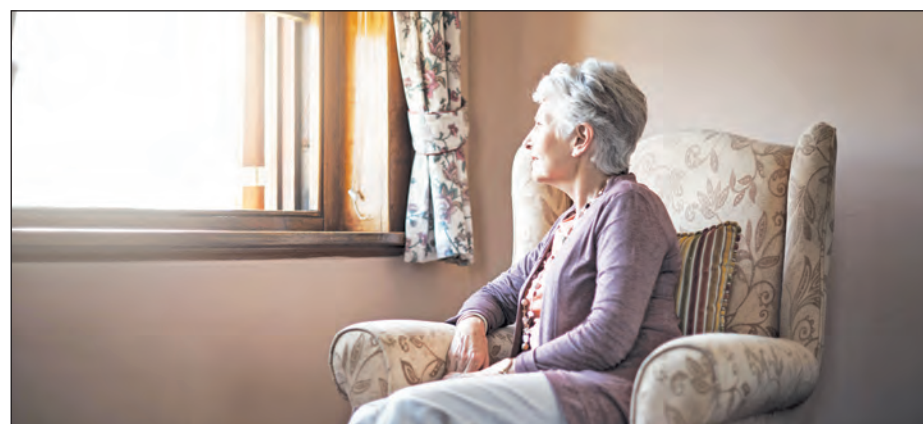
If you are MARRIED and

have a total monthly income of less than \$1,852 and less than \$11,340 in resources

Call today to find out if you are eligible and get connected to Free Medicare Insurance Counseling.

1-800-783-7067

APPRISE is a free service provide by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living. The Pennsylvania Link to Aging and Disability Resources is part of a nationwide effort to assist seniors and adults with disabilities connect to supports and services.



iStock

Suddenly solo: A guide for the perplexed

By M.L. Polak

When my dear friend Carol was precipitously widowed after four decades as part of an extraordinarily intertwined couple, not only was she overwhelmed by grief, but she realized that with all her years of being happily married, she had never lived alone or taken care of the myriad details of running a house on her own. The obligations and responsibilities of a newly solo lifestyle were alien to her, and somewhat daunting.

Carol's plight started me thinking. Just suppose you're older and you become suddenly single – you're living alone after a breakup or perhaps after your partner's death. If you're not prepared for the change in your status, the aftermath can make your life a living hell, especially if your partner took care of ... well, everything.

I'm exactly Carol's opposite. Unlike her, I've been single and on my own for four decades. Nevertheless, there are always challenges. Recently, I replaced my DVD player and had to set the new one up. Of course, I initially encountered inner resistance. Oh no! More useless complexity to fill my head with. As a single woman, wouldn't I really rather have a man with the "electronics gene" do it?

Alas, no such animal around these parts. And so, in this 21st century of ours, as a single woman in my mid-70s, I must be prepared to do it all – for survival's sake. I've discovered that certain practices make this venture easier – such as getting more organized, doing better planning, and even doing minor "fixes" yourself when possible. And then, for emergencies, developing a team of reliable, honest, trustworthy home-repair specialists – carpenter, plumber, electrician, handyman. Learn to speak "repair-ese" without being intimidated. Be sure to obtain yearly service contracts for

keeping up your furnace, getting its filter changed seasonally, and so on.

A big step in becoming comfortable going solo is making restaurant reservations for yourself, becoming comfortable eating dinner alone if necessary, then asking for the check. And paying for it. Ouch!

Finances can be a nightmare, from check-book balancing to paying taxes. Keep current, and pay utility bills on time. Save receipts. Don't get behind. Let an accountant or financial advisor do your annual taxes, but make sure the fee is reasonable.

Sometimes health care is another realm of the unknown if you're not accustomed to being on your own. Get informed about Medicare, Medicaid, Social Security, assisted living, living wills, palliative care and other options for the elderly. Make sure you have a will, a living will, and a designated power of attorney.

All by yourself.

And so you'll read the manuals. You'll make the mistakes. And then you'll correct them.

No one blames you if the soufflé falls. No one complains if dinner is late or if there is no dinner at all. No one questions your choice of music. No one pooh-poohs your primitive sound system. No one is furious about crumbs in bed. No one minds if the cat sneaks under the covers.

You know what it's really like to take out your own trash week after week, even in 100-degree weather? Haul all those huge garbage cans and festering Hefty bags and stacks of used newspapers and containers of empty bottles to the curb by yourself, sometimes in the dark? Better get used to it! And be sure you have folks to confide in when you feel overloaded. As my once-and-future therapist says, "Welcome to the world."

M.L. Polak writes, edits, draws cartoons and gardens in Philadelphia.

Don's Column

A veteran's musings



By Don Harrison

Little did I realize, as a young GI many eons ago, that years later, in my dotage, I'd owe so much to a federal agency. In fact, I doubt whether I was aware that the Veterans Administration (VA) even existed.

But since I've been sidelined by a massive stroke, the VA has been invaluable. Thanks to the VA, our house has been refitted, "sitter" services have enabled my wife to continue working and shopping, and VA nurses and other personnel have provided support in many ways.

Yes, the VA has attracted critics (I guess it comes with the territory), but I'm not one of them.



iStock

September Song

September is when everything picks up again — at work, in school, everywhere.

It's when the political scene heats up, when shoppers harbor thoughts of the oncoming holidays, when summer fades into memory.

the war, Dad," but he'd reply that war was wrong and shouldn't be glorified.

He made one exception; he loved to tell this story:

When he was being borne on a stretcher through the Argonne Forest on his way to have his wounds tended to, an enemy sniper shot a watch off his wrist.

"It was a good watch, too," he'd grumble.

That was, of course, the Great War, the war that would end all wars. Yet, in the 100 years since, there has been a string of wars the world over — and it's ongoing.

This is civilization?

It's time, in short, to get with it.

And speaking of summer, what happened to it? Seasons come and go, more quickly as we come and go.

Milestones Editor Emeritus Don Harrison served as deputy editor of the Daily News opinion pages and as an assistant managing editor and city editor of the Philadelphia Bulletin.

Crossword

Gamesmanship

Solution

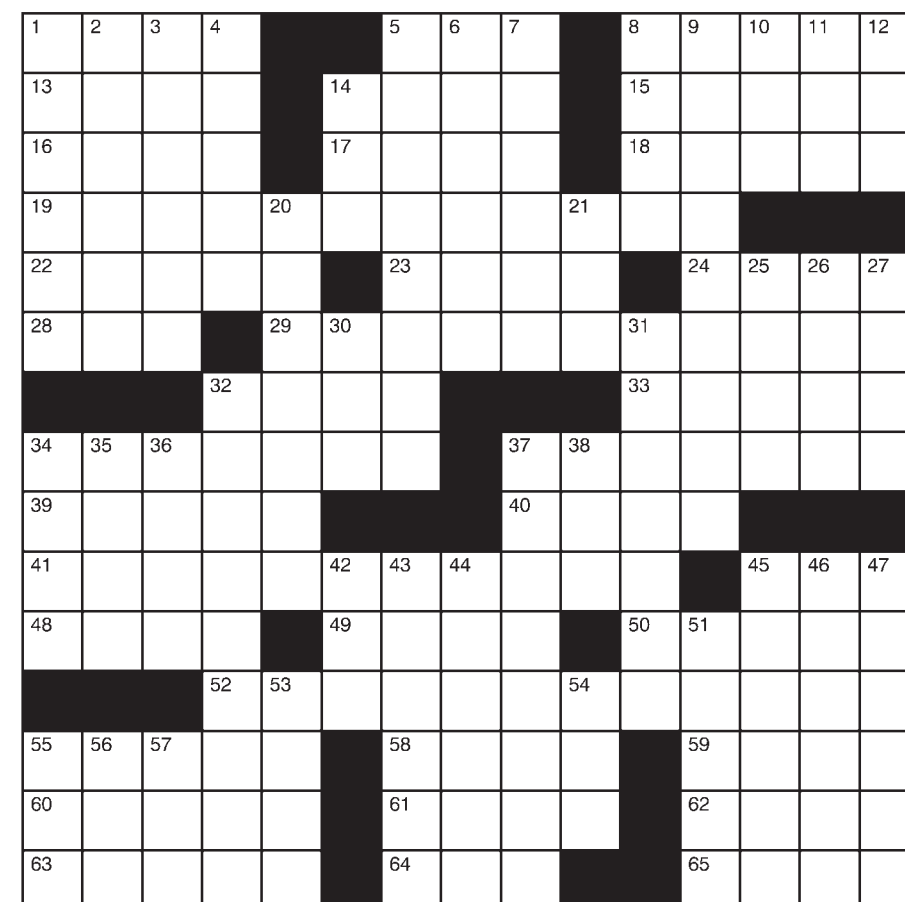
The solution can be found on page 5.

Across

- | | | | |
|---------------------------|------------------------|---------------------------|---------------------------|
| 1 Porgy's love | 22 Wipe out | 37 Tingling | 55 Grandma |
| 5 Head of hair | 23 Maple genus | 39 Makes public | 58 "... maids all in ___" |
| 8 Beau Brummel wear | 1976 US Open champ | 40 Gander in the outfield | 59 Twist |
| 13 Fitzgerald | 24 Sought office | 41 George's collaborator | 60 Vane dirs. |
| 14 Relay, e.g. | 28 Gobbler on the line | 45 Evict | 61 ___ majesty |
| 15 Shire, of <i>Rocky</i> | 29 Woolly companion | 48 Smell ___ | 62 Paul, of comedy |
| 16 Mr. Hoople | 32 Exams | 49 Huckster | 63 Gridiron |
| 17 Model MacPherson | 33 Mansions | 50 Deer on the court | 64 abbreviations |
| 18 CO resort | Abandon | 52 ___ of roses | 65 Old or young chaser |
| 19 Bengal in the ring | | | |

Down

- | | | | |
|--------------------------------------|-----------------------------|---|--|
| 1 Punisher | 10 High place | 32 Skirt part | 44 "I came, ___ overcame": Shakespeare |
| 2 City west of Binghamton | 11 Four-in-hand | 34 Half a Samoan town | 45 Turkish hostelry |
| 3 Shibboleth | 12 ___ Remo, Italy | 35 ___ Ben Adhem | 46 Branching: bot. |
| 4 Letter encls. | 14 Ump counterpart | 36 <i>Gentlemen Prefer Blondes</i> penner | 47 Solution |
| 5 Wild ducks | 20 Optical network | 37 Soup mates | 51 Telephones |
| 6 <i>Twelve ___ High</i> : Peck film | 21 Witch windup | 38 Ovid's 102 | 53 Encourage |
| 7 Comedy man Herman | 25 Art subj. | 42 Monogram of a legendary general | 54 Scale notes |
| 8 Celebrity | 26 Famed archer | 43 Islands off Scotland | 55 Cobbler's tool |
| 9 Travel necessities | 27 First word of NC's motto | | 56 Good ___! |
| | 30 Caps capper | | 57 TN roofing material |
| | 31 Chronicle | | |



Milestones wants to hear from YOU!

We welcome your story ideas, feedback and suggestions. (Story-specific comments or questions will be forwarded to the writer.) Submissions of letters or articles for publication must be signed and dated and include your address and phone number. Submission constitutes permission to edit and publish in any form or medium.

PCA reserves the right to not publish any submission; receipt may not be acknowledged; and submissions will not be returned.



Send ideas, comments & submissions to:

Attn: Milestones Editor
PCA, 642 N. Broad St.

Philadelphia, PA 19130

Email: milestonesnews@pcaCares.org



Join the plan where your health is **our focus.**

New to Medicare? Unhappy with your current coverage? Experience the Health Partners Medicare difference!

We're the Medicare solution from Health Partners Plans, the health care company that has been improving the health of Pennsylvanians for more than 30 years. Make the right choice for your health and gain peace of mind with plans that offer:

- Plan premiums as low as \$0
- Low-cost prescription drug and dental coverage options
- Vision, hearing and fitness benefits, with no copays
- Friendly customer service around the clock, 365 days a year
- All the protection of Original Medicare, plus extra benefits

Find out more about how we can help keep you healthy.

Call **1-844-259-3845 (TTY 711)**

8 a.m. – 8 p.m., Monday through Friday.

Visit [HPPMedicare.com](https://www.hppmedicare.com)

**Your
health.
Our
focus.**

Health Partners Plans



Health Partners Medicare is an HMO plan with Medicare and Pennsylvania State Medicaid program contracts. Enrollment in Health Partners Medicare depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Health Partners Medicare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-901-8000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-901-8000 (TTY: 711)。