



Milestones™

A publication of Philadelphia Corporation for Aging

News and Possibilities for Seniors

July 2016 • Free

Inside

Produce vouchers:

Distribution starts July 11

... 18



Affordable access:

Internet for low-income

seniors ... 19



Health Briefs 2

Calendar 12-13

Don's Column 23

The Milestones

Crossword 23

Next Month:

Education & Brain Health

Vital support helps him keep her home



Photo by Alicia M. Colombo

Caregiver Philip Cohn, 92, and his beloved wife Colette, 89, used to travel the world together. Now they enjoy the arts locally.

By Alicia M. Colombo

Philip and Colette Cohn met at a dance more than 40 years ago and have remained in step ever since. The pair quickly bonded over a shared passion for the arts and culture. "We love music, and we want to be happy," said Colette. She came to America from her native France around 1945, to marry her first husband. Over the years, she taught high school French in Jenkintown and worked as a travel agent.

Philip Cohn served in the Army in England; Normandy, France; and Belgium. He also spent some time living in Florence, Italy, studying the Italian traditions of painting; then returned to the United States and went to the Pennsylvania Academy of Fine Arts under the GI Bill.

"My art sustains me, but I never made a living out of it," he said.

When the two got together, they combined their mutual love of travel, art and culture. "Colette and I went to France many times and stayed with her family; also Spain, Portugal and Mexico, but Italy to me is the best," he said. "Everyone should see Italy. Every town has a church and beautiful public buildings. It's a wonderful experience. The art, architecture and music are phenomenal. The people are human beings, they have stories to tell. And, they know cooking.

"In our younger days, I'd just pick myself up and say let's go," he said. "We'd go to New York or Washington, D.C. on a whim. Now, after 20 minutes, we're tired."

Age takes a toll

A few years ago, Philip noticed that Colette was getting slow and needed help to do normal activities. Then, in 2010, she was hit by a car while crossing the street.

Caregiving

Seeking help when mental illness strikes

By Constance Garcia-Barrio

Crucial questions pile up for parents of adult children with mental illness: How do I help my son, who's living on the streets? How do I set limits for my daughter whose mood swings cause chaos in the house? What will happen after I die?

Serious mental illness affects one in five Americans, according to the National Alliance on Mental Illness (NAMI). That statistic translates into many seniors in the Philadelphia area confronting the psychiatric issues of their grown children, grandchildren, spouses, siblings or aging parents. All too often, families grapple with these difficulties alone.

"Shame and guilt may make them hesitate to seek help," said Edie Mannion, director and co-founder of the Mental Health Association of Southeastern Pennsylvania's Training and Education Center (TEC). "They may have run up against hurtful comments in the past after they discussed a grown child's psychiatric illness," said Mannion, 57, of Roxbrough, a licensed family therapist.

Mannion co-founded TEC in 1985 to help family members in an atmosphere of empathy and confidentiality. TEC offers consultation, educational support groups, and a workshop designed to provide knowledge and skills to foster better relationships with mentally ill relatives. All services are free if you or your loved one live in Philadelphia. Otherwise, a fee may apply for the consultation and the workshop.

One of TEC's popular programs is the Morning Family & Friends Group, offered the third Thursday of the month from 10 a.m. to noon at

• continued on page 22

• continued on page 10

Holly Lange, President and CEO

Board Officers and Directors

Glenn D. Bryan, Chair
Katherine E. Galluzzi, D.O., F.A.C.O.F.P.,
Vice Chair
Sheri C. Gifford, Treasurer
Barbara Waynant Murphy, Secretary
Judee M. Bavaria
Jack Dembow
Angela Foreshaw-Rouse
Dick Goldberg
Frederick Lewis
Frances Miller
Victor M. Negron, Jr.
Satya B. Verma, O.D., F.A.A.O.
Lenore Wasserman Scola
John Whitman
Emeritus: Arthur E. Helfand, D.P.M.

Editor: Linda L. Riley
215 765-9000, ext. 5080

Advertising:
Joan Zaremba, 215-765-9000, ext. 5051

Distribution & Subscriptions:
Home delivery: \$12/year
LaTasha Johnson,
215-765-9000, ext. 5050

We welcome your letters, comments and suggestions. All submissions of letters for publication must be signed and dated and include writer's home address and phone number. Submission constitutes permission to edit for clarity, length or space and to 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.

Mail to: PCA Milestones Editor
642 N. Broad St.
Philadelphia, PA 19130-3409
Email: milestonesnews@pcaphl.org

Milestones is published monthly and distributed at more than 800 locations throughout Philadelphia including stores, libraries, community and senior centers, and organizations and agencies serving older adults.

Milestones will not knowingly accept or publish advertising that is fraudulent or misleading. Milestones reserves the right to edit, revise or reject advertising. Milestones assumes no responsibility for errors in advertisements, misprints, omissions and misinformation, for failure to publish an ad, or for any damages of any kind. In this publication neither the publisher nor any other party is rendering expert advice. No part of this newspaper may be reproduced without the express written permission of Philadelphia Corporation for Aging.

©2016 Philadelphia Corporation for Aging. All rights reserved.

Health Brief

Sleep is essential to your health

Getting a good night's sleep is not necessarily as simple as it might seem, and it can become more challenging as you age. Insomnia (trouble falling asleep and staying asleep) is the most common sleep problem in adults age 60 and older, according to the National Institute on Aging (NIA) of the National Institutes of Health. Lack of sleep may cause you to be forgetful or depressed, feel sleepy during the day, and have more falls or accidents.

If you feel tired and unable to do your activities for more than two or three weeks, you may have a sleep problem, NIA experts say.

Here are some tips compiled from the Mayo Clinic, NIA and the National Sleep Foundation to help you get a good night's sleep:

- **Ensure adequate exposure to natural light.** This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.

- **Exercise daily.** Do any vigorous exercise in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.

- **Stick to a sleep schedule.** Try to follow the same bedtime and wake-up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.

- **Don't go to bed either hungry or stuffed.** Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the bathroom.

- **Be careful of nicotine, caffeine and alcohol.** The stimulating effects of nicotine and caffeine can take hours to wear off. While alcohol might make you feel sleepy at first, it can disrupt sleep later in

the night as the body begins to metabolize the alcohol, causing arousal.

- **Avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.

- **Develop a bedtime routine.** Take time to relax before bedtime each night.

Some people watch television, read a book, listen to soothing music, or soak in a warm bath.

- **Avoid electronics.** If you have trouble sleeping, avoid electronics before bed or in the middle of the night. The particular type of light emanating from the screens of these devices is activating to the brain.

- **Evaluate your bedroom.** It should be cool, between 60 and 67 degrees; free of any light; and free of noises that can disturb your sleep. Consider using blackout curtains, eye shades, ear

plugs and "white noise" machines.

- **Sleep on a comfortable mattress and pillows.** The lifespan of a mattress is about 10 years. If yours has exceeded its life expectancy, replacing it may improve your sleep. Choose comfortable pillows and make sure the room is free of allergens.

- **Manage stress.** When you have too much to do – and too much to think about – your sleep is likely to suffer. Jot down what's on your mind and then set it aside for tomorrow. Learn and practice relaxation techniques, such as breathing exercises, meditation, prayer, yoga or tai chi.

If you're still having trouble sleeping after trying these tips, consult your doctor or find a sleep professional. Your sleep difficulties could be a side effect of a medication, an illness; or a condition, like sleep apnea that causes short pauses in breathing while sleeping.

For more information, contact the National Sleep Foundation at 1-703-243-1697 or go to www.sleepfoundation.org.



Milestones file photo

Daily exercise can help you get a good night's sleep.

ARE YOU DEPRESSED? AGE 50 AND ABOVE? ARE YOU INTERESTED IN A TREATMENT STUDY?

IF SO, you may be eligible to participate in a **research study** at the University of Pennsylvania! We are looking for people who fit the following criteria:

- Depressed females and males
- 50-85 years old
- Normal cognition and no history of neurological disease
- Not currently on antidepressants or want to change current medication



TO LEARN MORE, please contact Emma Satchell or Ben Rosenberg at the Center for Neuromodulation in Depression and Stress at 215-573-0083 or by email at satchell@mail.med.upenn.edu or brosenb@mail.med.upenn.edu.



Choose SarahCare, Because your Health Matters!

Adult Day Care Center

- Supervised & Structured Day Program
- Stimulating Activities & ADL Assistance
- Fresh Hot Meals
- Nursing Service, PT & OT, Podiatry Services
- Bathing, Personal Care & Hair Services
- Alzheimer's & Dementia Care

Home Health & PAS

- Skilled Nursing
- Physical, Occupational & Speech Therapy
- Direct Care Workers
- Home Health Aides
- Medicare & Medicaid Certified
- Wound Care
- JCAHO Accredited

Hire your friend or family member to be your direct care worker!
Ask about our new AT HOME HOSPICE, which offers a unique Telehealth Monitoring System!

SarahCare[®] • 215-663-8090 • www.SarahCareJT.com
Adult Day • Home Health • Hospice

Caregiving

Support groups at senior centers throughout the city help address many concerns

By Alicia M. Colombo

Emotional support is an important protective factor for dealing with life's difficulties, according to the American Psychological Association (APA). A 2015 APA survey found the average stress level among Americans with emotional support was 5.0 out of 10, compared to 6.3 for those without such support.

But where to get it? The older we get, the more likely it is that our circle of close friends and family is shrinking.

"Philadelphia has a vibrant senior center network where support groups offer a means to connect with others in a safe space, link to services and resources, and ultimately let you know that you are not alone," said Lesa Sulimay, MSW, LSW, senior center supervisor at Philadelphia Corporation for Aging.

"Whether you are dealing with the challenges of caregiving, struggling to manage a chronic health condition, are newly retired and wonder what's next, or just need someone to talk with; support groups provide a way for you to connect and get the support you need," she said.

Building connections

Support groups come in many sizes and shapes. Some groups are run by health professionals, therapists and/or counselors. "People need to talk about their losses, their grief, and life's ups and downs," said Linda Marrucci, who leads several support groups, including a bereavement support group, at the Southwest Senior Center where she is the center counselor. "It's not all doom and gloom, but a way to garner the support and resources they need while they work through life's challenges and changes," she said.

Some groups are led by trained "peer leaders," volunteers who are seniors themselves and can truly empathize with the members.

One example is "The Next Chapter: Talking About Our Lives" support groups that are run by Journey's Way and presented at about a dozen different senior

centers throughout the city. "It's a forum for sharing life experiences in a confidential setting, while developing strategies for resilient aging," said Misa Romasco, LCSW, vice president of Journey's Way. "The goals are to foster connections with other seniors who are likely experiencing similar changes and concerns in the aging process and to prevent the development of isolation and/or depression."

Romasco said its effectiveness had proven success – almost all of "The Next Chapter" participants surveyed over the past 10 years (99%) reported they maintained or increased levels of socialization and life satisfaction as a result of the program – two key components for preventing depression. "People come away from the groups realizing they are not alone. Often, the rooms fill with laughter as participants reflect on the joys and challenges of their lives, learn to take life a little less seriously, and maximize this time of life," said Romasco. Topics discussed include health issues, changing family relationships and dealing with losses.

Caregiver support is also available at many of the centers, including Marconi Older Adult Program in South Philadelphia and West Philadelphia Senior Center, which also has a Care Receivers Support Group.

Some senior center support groups focus on people who are struggling with a specific disease or condition. There are groups for people with low vision, memory retention problems and cancer survivors.

"These are just a few examples of the support that is offered throughout our community. There are also a variety of less formal groups that meet regularly for socialization and support with less of a therapy feel, as the concept of a support group may be daunting to some seniors," said Sulimay.

Gender-specific groups, including "Senior Gents" at the Older Adult Sunshine Center in West Philadelphia and "Phenomenal Women" at Philadelphia Senior Center – Allegheny Branch, are characterized by less structured discussions. There are also topic-related or goal-oriented



Milestones file photo

Support groups come in many forms, including sessions led by trained counselors and informal peer-led discussions.

gatherings, such as those for prayer and spirituality, current events discussions, mindfulness meditation, and positivity or self-esteem building.

Find the right group for you

Information about support groups both at local senior community centers and elsewhere can be found on PCA's website at www.pcaCares.org/events-search. There are two categories specifically dedicated to support groups: "Caregiver Support" and "Support Groups."

You can also call the PCA Helpline at 215-765-9040 to obtain a list of senior centers near you. All of the 20 full-service senior community centers managed or funded by Philadelphia Corporation for Aging offer support groups and counseling. Contact the center directly for the full range of available services, including dates and times.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Free CARES program meets monthly

The Caregivers Reducing Stress (CARES) Program of Lutheran Settlement House is designed to ease the stress experienced by informal caregivers of older adults. Through this free program, six individual and/or family counseling sessions are available; home visits can be arranged if needed. Assistance is provided in finding resources, such as respite care and financial assistance; legal counseling is provided; and there is a monthly lecture series.

CARES holds monthly support groups in four different locations, for caregivers of older adults. The free support groups are held at a regular day and time each month. Registration is

requested at 215-426-8610, ext. 1207. The regular schedule is below. (Please note: If a scheduled session falls on a holiday, please call for the rescheduled date.)

- Northeast Regional Library, 2228 Cottman Ave. (at Bustleton): First Thursday from 10:30 a.m. to noon

- Marconi Older Adult Program, 2433 S. 15th St. (at Porter): 3rd Monday from 12:30 to 2 p.m.

- West Philadelphia Senior Community Center, 1016 N. 41st St. (at Poplar): Last Wednesday from 11:45 a.m. to 12:45 p.m.

- Wesley Enhanced Living – Burholme, 7040 Oxford Ave. (at Princeton): Last Thursday from 6:30 to 8:30 p.m.

Conductor proved himself a quick study

By Rita Charleston

Max Kaplow gave up the violin to become a barber, so he could earn a living for his family. His son, Maurice Kaplow, followed his lead only as far as the Cleveland Institute of Music, which his father had attended. "Music came easy to me, but I was determined not to follow in my father's footsteps to the point of becoming a barber."

Instead, his father, who was his inspiration, instructor and mentor, had the joy of seeing him achieve what could be considered the pinnacle of success in the field of music.

"My father was the first to introduce me to the violin when I was just five years old," said Kaplow, who lives in Center City Philadelphia.

Just how easily he learned is illustrated by his success as a French horn player. Drafted into the army in the '50s during the Korean War, he tried to get into the Army Band. "I initially went to the bandmaster and told him I played the viola, and he told me he needed a French horn player. He told me he'd give me eight weeks – the time basic training lasted – to learn."

Kaplow contacted a good friend who was concertmaster of the Louisville Symphony, and asked that he teach him just to make a sound and play the scales. Within the prescribed time, Kaplow taught himself the rest, auditioned, and found himself playing the French horn for the next two years with the Third Army Band while stationed in Fort Knox, Kentucky.

After his discharge, Kaplow went on to the Eastman School of Music for his master's degree. He was playing with the Philadelphia Orchestra when he met Pierre Monteux, who guest conducted the orchestra, and also conducted the Boston Philharmonic and the Ballet Russe. Kaplow expressed interest in conducting, and over the summer Monteux taught him some of the finer points. "Monteux told me to start conducting a ballet, which was the best place to learn. And he was right."

When he first left the Philadelphia Orchestra, he said, "it was like quitting the New York Yankees. But then Barbara Weisberger, who founded the Pennsylvania Ballet, came along and really changed my whole life. She had heard I had studied with Monteux and was sufficiently impressed. She asked if

I had ever conducted a ballet and I said I had. But truthfully, I never, ever saw a ballet. In fact, the only dancing I had ever seen was in the movies with Fred Astaire."

But he was so skilled, that he was eventually hired.

Demands of ballet

Kaplow said conducting for ballet imposes certain requirements. "Yes, music is music, but when you're conducting for dancers, that's a completely different art form. The body has its limitations so the dancers rely on strict tempos, which are crucial. And you never watch the dancers, which can be very hard to do."

Kaplow recalled conducting for Mikhail Baryshnikov when the Russian dancer first came to the United States. "He said, 'don't watch me; don't look at me.' Then he's jumping around, and by the end of the music I'm almost sure this guy's not gonna make it. Maybe I should slow down to help him. But then bang! He made it and everything he was supposed to do, he did. Great dancers can do that.

"Opera requires a different set of skills, because you're dealing with text as well as music," he said. "The orchestra can hear the singers, and a good orchestra can almost do their part without a conductor. In ballet, however, the orchestra hears nothing and is totally dependent on the conductor."

Kaplow conducted the Pennsylvania Ballet from 1963 when it was just getting started and for the next 26 years, then moved on to the New York City Ballet for 20 years until his retirement in 2010.

Today at age 85, Kaplow is enjoying his retirement. Making up for time lost from enjoying the company of friends due to a very busy schedule, his social life is quite full. And he now has enough time to pursue his love of composing, recently completing a collaborative effort with Philadelphia native Eric Porter.

"I've been a very lucky man," he concludes. "Music has given me so much. I've had the opportunity to bring pleasure to others and myself by creating beautiful music. And, aside from my family, music has been my life."

Rita Charleston has been a freelance writer for 30 years.

LOOKING FOR A LOW COST, LEGAL ALTERNATIVE TO BANKRUPTCY?

Are you a Senior, Veteran or Disabled Person
Living on Social Security, Disability, Pensions
or Veteran's Benefits?

Federal law protects your income from creditor garnishment. Debt Counsel for Seniors, Veterans and the Disabled (DCSD) can protect you from creditor harassment. If you can't pay your credit card or medical bills or your student loans or payday loans, you can stop paying them without filing for bankruptcy.

We are celebrating 15 years of helping seniors with their debt without filing for bankruptcy and protecting them from letters and calls from collection agents. You too can live worry-free as thousands of our clients do.



Like us on
Facebook

Call Debt Counsel for
Seniors and the Disabled
For a **FREE**
Consultation at
1-800-992-3275
ext. 1304

Founded in 1998
Jerome S. Lamet
Founder & Supervising Attorney
Former Bankruptcy Trustee
www.debtcounsel.net
info@lawyers-united.com

BEST SERVICE AT THE MOST REASONABLE PRICE



McCafferty
Funeral & Cremation Inc

Direct Cremation **\$995**
Traditional Funeral & Burial
\$4,200

Mark McCafferty F.D Supv.

www.phillycremation.com
215-624-4200

6709-11 Frankford Ave., Philadelphia, PA 19135

Please send me a brochure and pricing

Name _____
Address _____
Phone _____ e-mail _____

Caregiving

Adult day services provide safe haven, respite for caregivers and peace of mind

By Marcia Z. Siegal

Senior Care of the Northeast, a medical adult day health center, offers a daytime program with recreational and therapeutic activities, social services, meals and nursing care for the consumers it serves.

It gives their caregivers something equally important – peace of mind.

“I get to see Bobby happy, wanting to go,” says Peaches Williams, caregiver for her cousin, Bobby Coleman, 68, who lives with her and attends the center. “He enjoys lots of activities there. Meanwhile, I can get things done in the house that I put aside when he’s here.”

“Our purpose is to provide safety and security for individuals who can’t care for themselves at home and to provide a quality option for caregivers who need respite,” says Sarah Greenstein, center director of Senior Care of the Northeast. “Often they are working, caring for their own kids or have health problems of their own. One caregiver came in this morning and said, ‘I had such a hard night. All I want is a nap.’ She can leave her loved one with us; and go home and get that nap.”

“For me personally, it’s a great feeling working here,” Greenstein says. “It’s giving back to people who gave so much to us over the years.”

Helping families

Adult day centers are non-residential, professionally staffed facilities that provide a safe setting for individuals who are unable to remain safely at home alone due to a physical or mental disability or chronic illness. The centers can enable a caregiver to keep their loved one in the home, while still holding a job and going to work; and are a less costly alternative to assisted living facilities or institutional care for those requiring supervision and assistance. In Pennsylvania, adult day centers are licensed by the Pennsylvania Department of Aging.

According to a 2002 study conducted by the Wake Forest University School of



Photos by Paola Noguerras

Bobby Coleman, a member of Senior Care of the Northeast, gets a strike as Kristin Smith, program manager, offers guidance.

Medicine, 35 percent of adult day center care recipients live with an adult child, 20 percent with a spouse, 18 percent in an institutional setting, 13 percent with parents or other relatives, and 11 percent live alone.

Mary Maher, 97, lives with her godson, Jordan Roberts, who is her sole caregiver. For a while Maher accompanied her godson to the hair salon he owns and operates, where she would chat with the customers and help with small tasks. When her daily living needs became significantly greater, he decided to enroll her in Senior Care of the Northeast, located at 9475 E. Roosevelt Blvd. “My godmother loves it there, and she never wants to be in a strange place so that alone is saying something,” he says. “It’s a break for me too when I am at work. I would recommend this center to anyone.”

Open 7 a.m. to 6 p.m. on weekdays and 9 a.m. to 4 p.m. on weekends, this medical adult day health center is staffed

by a registered nurse; certified nursing assistants (CNAs); program assistants; and a program manager in addition to Greenstein, who has a social work degree. Physical, speech and occupational therapists and a podiatrist make visits by appointment to work with specific care recipients, and a hairdresser comes as requested. For caregivers, these arrangements offer an added convenience.

The center provides breakfast, lunch and snack each day (special diets are accommodated). Staff assists with feeding, bathing (there is a shower on site); grooming, dressing and toileting as needed; and promotes daily exercise. The registered nurse on staff dispenses medications prescribed by the member’s physician; monitors blood pressure, diabetes and other medical conditions; performs health screenings; and follows care directives of the member’s physician.

While care recipients get help with health issues and the basic activities of daily living, “they also have fun,” Greenstein says. There are outings; cognitively stimulating activities, like discussions about current events; exercise; entertainment; bingo; Silly Sock Days; craft activities; and more. “We had a senior prom, and the families went all out to do their loved ones’ hair and make-up,” she says. “Music is also an essential part of our program. The power of music is profound, especially for those with cognitive deficits. Many can’t remember what they did yesterday, but they can recite a song in a heartbeat. We play a lot of music from different generations: Elvis, the Beatles and the Big Bands.”

Williams says her cousin Bobby has made new friends since coming here. He’s gone on an excursion to Styer’s Or-

• continued on page 6

Choosing and locating adult day services

The National Adult Day Services Association (NADSA) estimates there are more than 5,000 adult day centers nationwide, which fall into one of three general categories:

- **Social:** Provide meals, recreation and some health-related services
- **Medical/health:** Provide meals, social activities, and more intensive health and therapeutic services
- **Specialized:** Provide services targeted to specific populations, such as those with diagnosed dementias or developmental disabilities

Seniors attending adult day service centers may be eligible for funding from a number of sources, including Medicaid-waiver programs and Veterans’ programs. An assessment is needed to determine eligibility and can be requested by calling the Philadelphia Corporation for Aging (PCA) Helpline at 215-765-9040. Veterans benefits counseling is available by calling the Philadelphia Regional

Benefits Office of the U.S. Department of Veterans Affairs at 1-800- 827-1000.

Find an adult day center

Philadelphia area: Visit Philadelphia Corporation for Aging’s (PCA) website: www.pcaCares.org. On the homepage, click on “Find a Service Provider;” then click on “Adult Day Services” under “Category.” You may also call the PCA Helpline at 215-765-9040 for information.

Pennsylvania: Visit the Pennsylvania Adult Day Services Association website at www.padsa.org. Click on “Family and Caregiver Resources.” You may also call 610-527-4220.

National: Visit the Eldercare Locator, a public service of the U.S. Administration on Aging, at www.eldercare.gov, enter your location information and click on “Adult Day Program.” You may also call 1-800-677-1116.



Be a V.I.P. **If you have both Medicare & Medicaid, join the plan that treats you like a V.I.P.**

1-855-241-3648

7 days a week, 8 a.m. to 8 p.m. (Oct. 1-Feb. 14);
Mon.-Fri., 8 a.m. to 8 p.m. (Feb. 15-Sept. 30)



Keystone
VIP CHOICE

Keystone VIP Choice is a HMO-SNP plan with a Medicare contract and a contract with the Pennsylvania Medicaid program. Enrollment in Keystone VIP Choice depends on Medicare contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

Y0093_PRA_963_Accepted_10232014

COVERAGE BY VISTA HEALTH PLAN, INC. Independent Licensee of the Blue Cross and Blue Shield Association.

All images are used under license for illustrative purposes only. Any individual depicted is a model.

©VIPCHOICE 11/2014

YOU MAY BE ABLE TO SAVE MONEY ON THE COST OF YOUR PRESCRIPTIONS



The Extra Help Program is offered to Medicare recipients and can:

- ✓ Lower your prescription co-pays and premiums
- ✓ Cover the cost of the Donut Hole (gap in coverage)

If you are SINGLE; and

have a total monthly income of less than \$1,485 per month; and less than \$13,640 in resources

If you are MARRIED; and

have a total monthly income of less than \$2,003 per month; and less than \$27,250 in resources

...then CALL to see if you are eligible for Extra Help!

Please Note: Not all income and resources count in deciding who is eligible for Extra Help. If you are close to meeting the income and asset limits above, we encourage you to call.

1-800-866-1807

Monday-Friday 9 a.m to 5 p.m.

Jack Belitsky: Performing *mitzvot*

By Marcia Z. Siegal

Jack Belitsky is six feet, four inches tall, but it's his big heart that distinguishes him most. Well before he reached his current age of 76, he made a point of doing good for his community, especially its senior citizens. Since retiring from his 36-year career as a teacher and reading specialist for the Neshaminy School District, he's taken on a volunteer schedule that's equivalent to a full-time job.

Belitsky says he's motivated first of all by his Jewish faith. "I believe in performing *mitzvot*, sometimes called 'good deeds.' Actually, in Jewish tradition, a *mitzvah* is a commandment. I believe we are required to help other people, especially older people," he says.

His sensitivity to the needs of older adults dates from childhood, he says. One of his most memorable experiences occurred during the 1940s, when he accompanied his grandmother on her door-to-door solicitations for the Jewish National Fund (JNF) before the State of Israel was established. At that time, JNF funds were used to buy and develop land for Jews to settle in Palestine (then under British civil rule). His elderly grandmother was not able to walk up the steps. "So I would take the donation box and walk up the steps and ring the bell for her," Belitsky says.

All in a day's (volunteer) work

Mondays and Tuesdays, at 7 a.m. sharp, Belitsky can be found at KleinLife: Northeast Philadelphia on Jamison Avenue, packing food for the home-delivered meals program which serves frail, homebound older adults in Philadelphia, the City Avenue area, and Abington and Cheltenham Townships. "We delivered 90,000 meals last year," he says proudly.

His volunteerism on behalf of fellow seniors finds yet another outlet at KleinLife's Rhawnhurst location, where he leads lunch-and-learn programs and a twice monthly book discussion group.

While Belitsky focuses much of his volunteer work on older adults, he also makes time for the younger generation as a participant in the RSVP pen pal program based at KleinLife: Northeast



Photo by Paola Noguerras

Jack Belitsky helps pack home-delivered meals as a volunteer for KleinLife's home-delivered meals program – just one of his many volunteer pursuits.

Philadelphia. Through the program, he's matched with a fifth grader from a local school for the duration of a school year. The two correspond monthly about their activities, hobbies and more. "The child writes first so I get to see what his interests are," says Belitsky. They don't meet in person until the end of the school year, when the center hosts a luncheon where the seniors and their student pen pals meet in person. "The kids are usually surprised that I'm six feet, four inches tall," Belitsky says.

Preventing hunger

Soon after retiring, Belitsky had an experience that has stayed with him. He was serving as a volunteer food coordinator at the former David G. Neuman Senior Center, and got a call from the rabbi of a Northeast Philadelphia synagogue. She told him, "I'm going to pick you up. There's a woman living near I-95 with no refrigerator, no stove and no food. I'll bring a microwave and you bring food."

• continued on page 20

DO YOU OR A LOVED ONE NEED A HEALTH CAREGIVER?

WE OFFER QUALITY ONE TO ONE CARE

- SENIOR CITIZENS PERSONAL CARE
- ALZHEIMER'S AND DEMENTIA CARE
- ATTENDANT CARE/COMPANION/RESPIRE (WAIVERS)
- MEAL PREPARATION
- LAUNDRY AND LIGHT HOUSEKEEPING
- NURSING VISITS
- PRIVATE DUTY (1 TO 1) CONTINUOUS CARE

"RELIABLE AND MOST RECOMMENDED"

CALL GOLDEN HEALTH SERVICES
TO DISCUSS YOUR NEEDS!
215-289-9005

AFFORDABLE CREMATION SERVICES

IF YOU WANT A FUNERAL with an expensive casket and embalming, go to a funeral home! If you are interested in affordable CREMATION SERVICES, WE ARE THE NAME TO REMEMBER! We specialize in cremation only, statewide, no removal fees.

No Embalming

No Caskets

CREMATION SOCIETY OF PENNSYLVANIA, INC.

SERVING ALL OF PHILADELPHIA SINCE 1981. Largest in the State of PA

For free Brochures and Pricing call

1-800-720-8221 (toll free) or mail us...

Please send me **FREE**
Brochures and Pricing!
www.auergroup.com



NAME _____
ADDRESS _____
PHONE _____

4100 Jonestown Road, Harrisburg, PA 17109
Shawn E. Carper • Supervisor

Code
MIL



Keeping You Independent and Comfortable in Your Home and Community



Our Services:

- Bathing, Grooming, & Dressing
 - Meal Preparation
 - Housekeeping & Laundry
 - Daily Errands & Shopping
 - Transportation to Community Events
 - Transportation to Doctor's Appointments
 - Light Exercise
-
- If you qualify for a Medicaid Waiver, our services are provided at no cost to you.
 - We work with YOU to find the best possible caregiver for your needs – you can refer a friend or family member to care for you, or we can work with you to find the best caregiver for your needs.
 - You never have to leave the comfort of your own home – we even come to you to begin the registration process.

For More Information:
(267) 298-1325 or (866) 964-4617
www.jevsathome.org

Caregiver support

• continued from page 1

"The accident really accelerated her needs. She started complaining about her back. She had spinal fusion surgery and rehab. It's been downhill ever since," he said.

Seemingly overnight Philip had become a caregiver for his beloved wife, now 89. At first, he tried to bear the load all on his own. Colette has three grown children from a previous marriage, but due to living outside of the area or their own caregiving issues, they can't provide the daily physical assistance that she needs. "They've got their hands full, but support us morally," Philip said. He knew he needed help, but did not know where to turn. "You don't realize until you're up against a problem that you need help. Absolutely, caregivers need help."

Help for caregivers

A little over a year ago, he contacted the Caregiver Support Program of Philadelphia Corporation for Aging (PCA) in search of help. While caregiving is traditionally thought of as a woman's role, that is changing. Men account for 27% of the program's caregivers – most of them sons or husbands. "When a husband is the caretaker for his wife, the bond is especially strong," said PCA Care Manager Francine Williamson. She coordinates care for 73 families, including the Cohns. "The care and unconditional love between spouse-caregivers is so deep. It's indescribable," said Williamson.

The Caregiver Support Program's main goal is to help relieve caregiver stress and to make caring for a loved one easier. "We know caregiving can be physically stressful. The caregiver is often in better physical health than the recipient, but it takes a toll," Williamson said. "I tell my caregivers, 'You have to take care of you, in order to take care of them.' We have access to a list of support groups, education and benefits counseling, so we can link them to other community programs that extend the help well beyond PCA's reach." (See page 11 for details.)

The assistance from PCA has enabled Philip and his wife to remain together. "We're really close; she's with me all the

time. I want to keep my wife at home, definitely. I lose my temper once in a while, but I try to do what I can for her. She has the burden. PCA has been very helpful, monetarily and morally. Anything we need, Francine is there for us," he said.

The Cohns use the monthly reimbursement funds to purchase supplies, including nutritional drink supplements; pay for monthly rental of a stair glide; and so Colette can attend a local adult day center a couple times per week for stimulation and respite for Philip.

At 92, he still drives and takes her out to enjoy the arts and entertainment locally. He takes her to the adult day center for the music and dance programs. "We go there for lunch and stay for the entertainment. I do a little sketching while I'm there. I don't know what I would do if I was home by myself. She's been wonderful company with me. I couldn't do without her. She's always ready to come along with anything I want to do," he said.

Philip relieves stress and derives much joy from making art. The Cohns' three-story home off City Line Avenue is filled with hundreds of his canvases and tiles of all sizes. "As long as I'm living, eating, and walking – I'll be painting. I'm lucky that I can still do what I love. If I don't do it, then I'm not enjoying myself. My art is decorative in a certain sense, but it deals with the human factor. I'm inspired by nature and other traditions of painting; we're not in a vacuum. We often go out to the Art Museum just to sit outside. We're people watchers," he said.

With their previous lifestyle as world-travelers long behind them, the Cohns have come to enjoy a much simpler life. "She was a great cook of wonderful French food. I ate very well," said Philip. "She doesn't cook anymore, so I do what I can. We make do. Yesterday we went out to dinner, and sometimes I bring something home. We're not big eaters, so it doesn't take much to please us," said Philip. "It's a good life," Colette agreed.

Contact *Alicia M. Colombo* at
acolombo@pcaphl.org

Caregiving

Program combats isolation, connects Parkinson's caregivers from home

By Marcia Z. Siegal

Jean Bradley has had little time to care for herself for the past seven years, because she's devoted herself to caring for her husband, Greg Bradley, who has Parkinson's disease (PD). "The only time I can get out is when there is a caregiver in the house," she says. "Even then, I can't depend on getting out if the caregiver is late or cancels, or if my husband is not having a good day."

But now, for an hour once a week, she knows she can connect with others who are in the same situation, through a telephone conference call. "I can be home and talk in the kitchen. My husband knows that this hour is for me and that the support is important," she says. "One of the things that's stressed in this group is the importance of 'me time.'"

Caregiver Support Program can help

Caregiving is a labor of love, but it can take an emotional, physical and financial toll. Training, resources, referrals to community services and, in some instances, financial aid are available through Philadelphia Corporation for Aging's Caregiver Support Program, which last year provided assistance to 1,112 families.

To be eligible for Caregiver Support Program services, a caregiver must have primary responsibility for the care of a person with physical and/or cognitive impairments who lives in Philadelphia and is unable to perform essential self-care tasks.

The caregiver does not have to be related to or live with the care recipient. The care recipient must either be age 60-plus; younger than 60 with chronic dementia; or aged 19-59 with disabilities and living with a relative caregiver who is age 55-plus. The program also supports grandparents and other relatives who are raising children 18 or younger.

The Supportive Older Women's Network (SOWN) developed the Parkinson's Care Partners Support Group as a pilot program, with funding from The Parkinson's Council, based in Bala Cynwyd, and Penn Medicine Parkinson's Disease and Movement Disorders Center with the support of the George C. Beyer P.D. Caregiver Support Fund. Group members, which include both men and women, have the opportunity to share their experiences, resources and coping mechanisms, and connect with other caregivers or "care partners" as SOWN also calls them. Information can include tips for getting a loved one with PD ready for an appointment on time; where to get the best deals on incontinence products; and resources, such as subscription meal services that deliver time-saving meal kits ready to be cooked, according

Through PCA's Caregiver Support Program, eligible caregivers may receive monthly reimbursement of \$200 to \$500 for related expenses. The most frequent expenditure is for respite care, which provides personal care or companion services for the older person while the caregiver is at work, medical appointments, taking a break or running errands. Ointments, incontinence supplies and other related items may also qualify for reimbursement.

In addition, participants may receive up to \$2,000 in housing modifications and assistive devices to assure that the caregiver can safely assist with their loved one's care.

The care recipient must meet household income guidelines for financial support to be available, but other services are not dependent on income. For more information, call the PCA Helpline at 215-765-9040 or go to www.pcaCares.org.

to the accompanying recipe card.

While each PD patient is unique in how the disease affects him or her, their caregivers share many common issues and stresses, according to Patty Davis, the SOWN senior social worker who facilitates the group.

"Caregivers often feel isolated," says Davis. "Typically they're not getting out as much as they're used to, and when they do, it's usually centered around their loved one's needs – such as doctors or physical therapy appointments." Groups help relieve that isolation and the telephone format is convenient, Davis says. "Members don't have to go anywhere, be pressured to get ready or worry. They can be at work or in their pajamas at home and still be part of the group. They can also be anonymous; and not have to talk about their loved one in front of him or her."

Sessions are held once a week for an hour and group members are asked to commit to eight weeks. Since launching the program earlier this year, SOWN has run four groups, averaging 10 members each. Many members chose to continue after the eight-week sessions are completed, and Davis continues to facilitate. Bradley is among the continuing participants. "We look forward to talking to each other," she says. "We've become very close."

Long, hard journey

According to the Mayo Clinic, PD affects as many as one million Americans in the U.S. A chronic progressive movement disorder, the effects of PD can include tremors, rigidity, loss of balance and coordination, difficulty swallowing, and dementia. On average, individuals live between 10 to 20 years after the diagnosis. For both patients and caregivers, it's a long journey.

Bradley says the group includes caregivers who have been caring for a loved one 15 to 20 years, as well as those new to caregiving and others like her in the middle in terms of experience. She is learning from those longer-term caregivers what she might expect down the

road. "I sit with a notepad and pen and jot down their tips and put them in a folder because I may need the information someday," she says.

Davis found that many caregivers have difficulty accepting help from anyone. "Most come from a generation used to taking care of its own needs. Now they are not only shouldering caregiving, they may also be shouldering responsibilities single-handedly that their spouse used to do – such as finances or yardwork. They may be making decisions alone that they once planned to make with their loved one, such as whether to remain in their home as they age."

Bradley says that while she does not have local family support, she has learned to ask neighbors for help and many have become proactive in helping her with chores, like clearing the snow from her driveway.

"Caregiving can be overwhelming. It's not a matter of being dependent, but of being interdependent," Davis says. "At the same time symptoms kick in for the patient, aging often kicks in as well – not just for the patient but for the caregiver, which can pose more health issues. The more the caregiver feels supported, the better he or she can take care of the care partner, and the better it is for both of them."

For information, including joining a Parkinson's Care Partners Support Group, call Patty Davis at 215-487-3000, ext. 25; e-mail pattydavis@sown.org; or visit www.sown.org and click on "How Can We Help."

For information about Parkinson's disease and resources for families, contact The Parkinson Council at 610-668-4292; info@parkinsoncouncil.org; or the website: <http://theparkinsoncouncil.org>.

(Names of the support group participant and her spouse in this story have been changed to protect confidentiality.)

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Milestones

Events that end with a \$ require an entrance fee or advance ticket purchase. Events that are free may request a donation or offer items for sale. Please call the number listed for information on pricing or other questions about an event.

Send your calendar items to:
Attn: Calendar Editor
PCA Communications Dept.
642 North Broad Street
Philadelphia, PA 19130-3409
Phone: 215-765-9000, ext. 5081
Fax: 215-765-9066
E-mail: acolombo@pcaphl.org

July 2016

Sunday

3

Welcome America Festival. Free Museum Day @ Phila. Museum of Art & Barnes Foundation, 10 a.m. to 5 p.m., 215-763-8100 & 215-278-7000. Historic Phila. Block Party: Music, food & activities; adjacent to Independence Hall, 1-8 p.m. The Philly POPS on Independence concert begins at 8 p.m.

10

"Arresting Patterns" Townhall & Open House. View special exhibition & performances by local artists. Panel discussion about racial disparity inherent in U.S. justice system. 2-5 p.m. African American Museum in Phila. RSVP: 215-574-0380.

17

Historic Houses Trolley Tour: Revolutionary Politics. Learn about the divisive arguments & decisions early Philadelphians made as you tour the Laurel Hill, Woodford & Cedar Grove houses. 1-4 p.m. Departs/returns: Phila. Museum of Art, West Entrance. Tickets: 215-763-8100. \$

24

American Sign Language Social Group. 1 p.m. Northeast Regional Library, Humanities Dept. 215-685-0512. (Meets every other Sunday)

"The Two Gentleman of Verona." Outdoor performance. 7 p.m. Shakespeare in Clark Park. 215-764-5345.

31

Monday

Independence Day

4

Welcome America Festival. Free Museum Day @ National Museum of Jewish American History, 10 a.m. to 5 p.m., 215-923-3811. Celebration of Freedom Ceremony @ Independence Hall, 10 a.m. Parade starts 11 a.m. @ Independence Visitor's Center. Benjamin Franklin Parkway: Block party, concert & fireworks, noon-10 p.m.

11

Spiritual Journeys Class. Session for the mind, body & spirit with Rev. Nate & Delores. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926. (July 25)

18

Free Library Job Seeker Resources. Job fair with employers for customer service, education, retail, sales, warehouse positions: 12:30 p.m. @ Whitman Branch, No RSVP required, 215-685-1754. Job Seeker Workshop: Tips from Karen Walcott of Rock Your Resume, 3 p.m. @ Welsh Road Branch, 215-685-0498.

25

2016 Democratic National Convention. Events held at Wells Fargo Center. Info: <https://convention.democrats.org> or www.phldnc.com. (Through July 28)

Tuesday

5

Independence Day Celebrations. DJ, dancing, refreshments, door prizes: 10:45 a.m. @ St. Anne's Senior Community Center, 215-426-9799, \$. Enjoy a festive meal & sing patriotic songs: 11:45 a.m. @ KleinLife: Northeast Phila., 215-698-7300, free.

12

July Birthday Party. Birthday cake with tunes by entertainer Joe Parker. 11:45 a.m. to 1:45 p.m. KleinLife: Northeast Phila. 215-698-7300.

19

Summer Jewelry & Handbag Sale. Gently-used items in various sizes & styles at value prices. Proceeds benefit Active Adult Life program. KleinLife: Northeast Phila. 10:30 a.m. to 2 p.m. 215-698-7300.

26

Monthly Birthday Party. Cake, ice cream, lunch & live entertainment. 11:45 a.m. Peter Bressi NE Senior Center. 215-831-2926.
Training for Volunteer Discussion Group Leaders. Learn to facilitate peer discussion groups about health, successful aging, retirement & more. Groups meet weekly at Phila. senior centers. 10 a.m. to 3 p.m. Journey's Way. RSVP: 215-487-1750, ext. 1214. (Continues Tuesdays through Aug. 23.)

Wednesday

6

Tai Chi – Keep Moving! Improve balance, increase muscle tone & reduce stress. 10 a.m. St. Anne's Senior Citizen Center. 215-426-9799. (Wednesdays)

13

Christmas in July. Items for sale, food, raffles, costume contest for best summer Christmas outfit, 7up cake contest, wrapped gift exchange. 11 a.m. St. Charles Senior Community Center. 215-790-9530.

20

Trip: "Love Will Keep Us Together" Show at Bristol Riverside Theater. Features music of the 1970s. Optional lunch available at center prior to departure. 12:45-5 p.m. Departs/returns: KleinLife: Northeast Phila. RSVP: 215-698-7300, ext. 176. \$

27

"Let's Stay Together." All Green tribute show & lunch. 9 a.m. to 6 p.m. Departs/Returns: PSC – Avenue of the Arts. RSVP: 215-546-5879. \$
South Philly Neighborhoods Mural Arts Tour & Lunch at Reading Terminal Market. Bus ride through Bella Vista area & Italian Market. 9:30 a.m. to 3:30 p.m. Departs/returns: KleinLife: Northeast Phila. RSVP: 215-698-7300. \$

Thursday

7

EnhanceFitness. Physical activity designed for mature exercisers. Includes strength, aerobic, flexibility & balance exercises. 9:30 a.m. St. Anne's Senior Center. 215-426-9799. (Thursdays & Fridays)
Screening Under The Stars: "Creed." 8:30 to 10:30 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

14

Screening Under The Stars: "Teenage Mutant Ninja Turtles." 8:30 to 10:30 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

21

Divine Sources Healthy Eating. Learn to make healthy, delicious recipes. 1:30 p.m. PSC – Avenue of the Arts. 215-546-5879.

28

Screening Under The Stars: "Star Wars: The Force." 8:30 to 10:30 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

Friday

1

Independence Day Party. DJ, entertainment, games, trivia, prizes & more. Wear red, white & blue. Bingo following party. 11 a.m. St. Charles Senior Community Center. 215-790-9530.
Welcome America Festival. Free Museum Day @ African American Museum in Phila., 10 a.m. to 5 p.m., 215-574-0380. Fireworks @ Penn's Landing, 9:30 p.m.

8

Art After 5: South-African Inflected Jazz. Bakithi Kumalo, acclaimed bassist & composer featured on Paul Simon's "Graceland" album. 5-8:45 p.m. Phila. Museum of Art. 215-763-8 100. \$

15

Cookology Class. Dietician makes delicious, nutritious treats with samples. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926.

22

Art After 5: Peter Beets. Dutch Pianist. 5-8:45 p.m. Phila. Museum of Art. 215-763-8100. \$
PoliticalFest. Non-partisan festival of political history, government & the presidency, held in collaboration with 2016 Democratic National Convention. 10 a.m. to 6 p.m. Multiple locations: Phila. History Museum, National Liberty Museum, Historical Society of Pa. Tickets: www.phldnc.com/politicalfest. (Through July 27) \$

29

Final-ly Friday. Mt. Airy. businesses stay open late, featuring special items & events to connect the arts with restaurants & retailers. 5:30-8:30 p.m. 7100 Block of Germantown Ave. 215-844-6021. (August 26)

Saturday

2

Welcome America Festival. Free Museum Day @ National Constitution Center, 9:30 a.m. to 5 p.m., 215-409-6600. Fireworks @ Penn's Landing, 9:30 p.m.

9

The PECO Multicultural Series: Hispanic Fiesta. Cultural food, dance, arts, music & activities. 2-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN. (July 10)
Seniors & Caregivers Expo. Info on free or low-cost services in the community. Includes lunch & health seminars. 10 a.m. to 3 p.m. First Corinthian Baptist Church. Sponsored by Boomers R' Heroes, Inc. RSVP: 215-718-9890.

16

Community Health Fair. Health screenings; free food, music & dancing; raffles & giveaways; kids activities. 10 a.m. to 3 p.m. Home Health Care Plus, Community Development Center. 215-474-2273.
State Rep. Leslie Acosta's Health Fair. Health screenings; healthy cooking, gardening & exercise demos; info on health insurance, government resources, violence prevention, veterans' benefits. Noon to 3. Fairhill Square Park. 215-457-5281.

23

Women's Wellness Workshop: Trauma & Abuse. Health & lifestyle issues affecting African & Caribbean immigrants. Access to healthcare, job & resume help, legal services & more. 10:30 a.m. to noon. African Cultural Alliance of North America (ACANA). 215-729-8225.

30

Jazz Age on the Delaware. 1920s-style music, dancing, performances, lawn games, pie baking contests, fashion walks, antique cars, vendors & more. 11 a.m. to 5 p.m. Glen Foerd on the Delaware. Tickets: 215-632-5330. (Rain date: July 11) \$

Always[®] BEST CARE *ABC* SENIOR SERVICES

The leader in
NON-MEDICAL IN-HOME
CARE & FREE ASSISTED LIVING
REFERRAL
for more than a decade.



- Alzheimer's & Dementia Patients
- Cancer Patients
- Bathing
- Comfort Care
- Companionship
- Dressing
- Escort/Transportation
- Errands
- Grocery Shopping
- Grooming
- Hourly or Live-in Care
- Incontinence Care
- Light Housekeeping
- Laundry
- Meal Preparation
- Medication Reminders
- Weekends & Holidays

*DHS Approved Aging Waiver Provider in
Philadelphia, Bucks and Delaware Counties*

Philly • 267-909-9248
Lower Bucks • 267-812-5744
www.abcphillybristol.com

Making paper and preserving history



Photo by LaFayette W. Bell Sr.

Costumed guide Ruth Konrad stops outside the 1707 Homestead at RittenhouseTown with a tour group from Kenton Mennonite School.

By Constance Garcia-Barrio

When bread bakes in the beehive oven at RittenhouseTown, 208 Lincoln Dr., the rich scent conjures the bustling colonial village that papermaker William Rittenhouse hewed out of the wilderness. "The oven, which dates from about 1725, makes good pies and pretzels too," said Chris Owens, 65, executive director of RittenhouseTown. "The Bake House, where we hold classes in colonial cooking, functions as it has for nearly 300 years."

Owens, who has a bachelor's degree in colonial history from Bucknell University, feels at home on RittenhouseTown's 25 acres. "I grew up in the neighborhood behind the Plymouth Meeting Friends School," said Owens. "I knew from an early age that Washington had marched with his troops through the intersection of Butler and Germantown Pikes. It always held a fascination for me. History provides a context that nothing else can."

First paper made in America

RittenhouseTown, a National Historic Landmark District, is open on weekends from June to September. It provides a view of an early industry, offering papermaking workshops using methods that the Rittenhouses employed from 1690,

when they made the first sheet of paper in England's North American colonies, to the 1820s when papermaking became mechanized.

Born Wilhelm Rittinghauser in 1644 in Mulheim-am-Ruhr, Germany, Rittenhouse took a risk in moving to a land he knew only through Penn's advertisements to draw craftsmen. Money was also a potential problem. "Starting a paper mill required cash to buy land and equipment," Owens said. Despite these challenges, in the late 1680s Rittenhouse, his wife and three children established their homestead here, northwest of Philadelphia, tucked back from what's now Lincoln Drive. The nearby creek's water turned the mill which produced North America's first paper in 1690. "Before then, the colonies imported paper," Owens said. "The Rittenhouses probably made about 500 sheets of paper a week at first. We have a 1769 bible printed on Rittenhouse paper."

Germantown's paper enjoyed high repute. In 1698, Englishman Gabriel Thomas visited Pennsylvania. Once back in England, he wrote "An His-

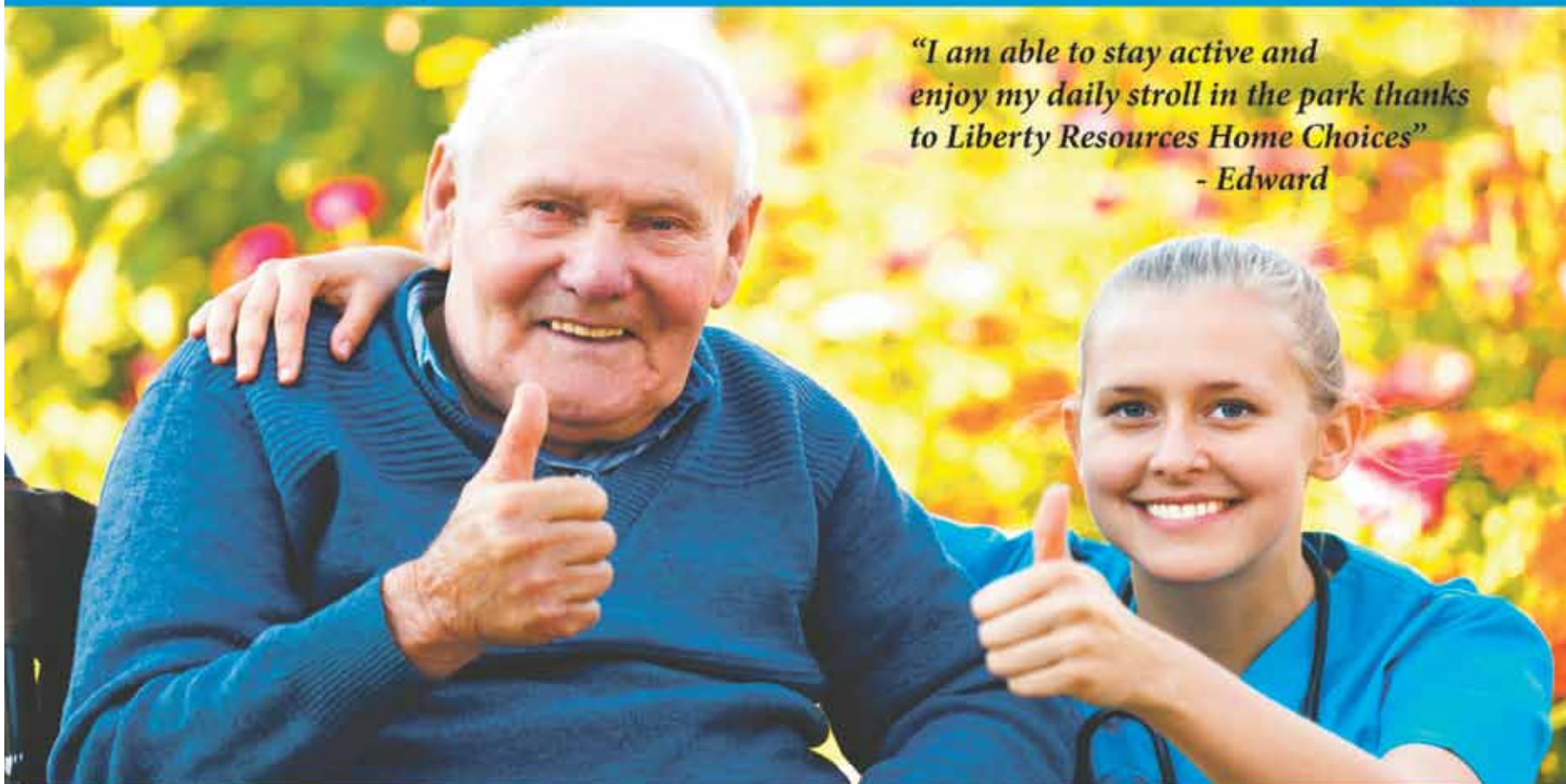
LibertyResources®

Home Choices™

The Power of Choice. Your Home Care, Your Way.

*"I am able to stay active and
enjoy my daily stroll in the park thanks
to Liberty Resources Home Choices"*

- Edward



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 at
www.homechoices.org

Proud Partner with



LibertyWheels
Mobility for Everyone

- Durable Medical Equipment
- Home Modifications
- Scooters

Call (267) 765-1530

In Season

Fresh summer salads that offer a delicious, nutritious alternative to lettuce

More than 25 kinds of Pennsylvania-grown produce will be in season this month. The timing of this bounty could not be more perfect with PCA's distribution of Senior Farmers' Market Nutrition Program produce vouchers to low-income seniors starting on July 11 (see page 18 for details).

Most of the vegetables featured in the recipes below are in season now, including beets, broccoli, cabbage, corn, lima beans and tomatoes. These salads would be a great addition to your next backyard cookout, picnic in the park or family dinner.

Broccoli and Everything Salad

(Serves 8)

Ingredients:

3 cups raw broccoli, chopped

1 medium carrot, peeled and diced
2 stalks celery, thinly sliced
1 ½ cup raisins
1 ¼ cup onion, chopped
1 cup cooked ham, chicken or turkey
1 ¼ cup light mayonnaise
1 ¼ cup plain, non-fat yogurt
1 tbsp. sugar
1 tsp. vinegar

Directions:

In a large bowl, mix together broccoli, carrot, celery, raisins, onion and meat.

Mix together mayonnaise, yogurt, sugar and vinegar in a separate bowl. Add mayonnaise mixture to salad and mix well. Refrigerate leftovers within two hours.

Note: If you do not like raw broccoli, you can lightly steam or boil the broccoli for 2-3 minutes. Let the cooked broccoli cool completely before using.



Fresh Cabbage and Tomato Salad

(Serves 8)

Ingredients:

1 small head of cabbage, sliced thinly
2 medium tomatoes, cubed
1 cup radishes, sliced
½ tsp salt
2 tsp. olive oil
2 tsp. rice vinegar
1 tsp. pepper
2 tsp. fresh cilantro, chopped

Directions:

In a large bowl, mix together cabbage, tomatoes and radishes.

In another bowl, mix remaining ingredients; then pour over vegetables.

Raw Beet Salad

(Serves 4)

Ingredients:

1 lb. beets
1 large shallot
¼ tsp. salt
Pepper (to taste)
2 tsp. Dijon mustard
1 tbsp. extra virgin olive oil
2 tbsp. sherry vinegar or other strong vinegar
1 tbsp. parsley/dill/chervil, minced

Directions:

Peel the beets and shallots. Finely mince shallots and grate beets using a box grater.

In a bowl, combine olive oil, vinegar, mustard, salt and pepper; whisk well. Add in herbs to combine, then pour dressing over beets and shallots. Mix well.

Succotash Salad

(Serves 4)

Ingredients:

2 cups corn
2 cups lima beans
1 bell pepper, chopped
3 scallions, chopped
1 clove garlic, minced
2 tbsp. vegetable oil
2 tbsp. vinegar
½ tsp. salt
Pepper, to-taste

Directions:

In a large bowl, combine corn, beans, bell pepper, scallions and garlic.

In a small bowl, mix oil, vinegar, salt and pepper.

Add oil mix to large corn mixture. Mix well and serve.

Are you having trouble paying for health care or health insurance costs?

Extra Help is available to Medicare recipients and can:

- Lower your prescription co-pays and premiums
- Pay for prescriptions during the coverage gap

If you are single and have:

Monthly income less than \$1,485

Resources less than \$13,640

If you are married and have:

Monthly income less than \$2,003

Resources less than \$27,250

Medicare savings program can help with Part B:

If you are single and have:

Monthly income less than \$1,345

Resources less than \$7,280

If you are married and have:

Monthly income less than \$1,813

Resources less than \$10,930



APPRISE is the State Health Insurance Assistance Program for Pennsylvanians age 60 and over. The state Department of Aging created APPRISE to help older adults understand their health insurance options and make the best decisions about their insurance needs.

Source: The Agatston Urban Nutrition Initiative (AUNI), a program of University of Pennsylvania's Netter Center for Community Partnerships

Discover *the Gateway Difference*



Designed to meet members' individual and holistic needs, Gateway Health Medicare AssuredSM plans offer high quality, affordable health care coverage and so much more:



Primary care and specialist visits



Dental, vision and hearing



Over-the-counter allowance



SilverSneakers[®] fitness program



Up to 24 one-way trips to plan-approved locations each year

If you are eligible for both Medicare and Medicaid, it's time you take a look at Gateway Health. As an experienced Dual Special Needs Plan (DSNP), we know how to help people just like you.

**Call TODAY
to learn more.**

**1-877-GATEWAY
TTY: 711**

**8 a.m. - 8 p.m.
7 days a week**

Gateway Health
A better way.™

YEAR ROUND ENROLLMENT | www.medicareassured.com

Gateway HealthSM offers HMO plans with a Medicare contract. Some Gateway Health plans have a contract with Medicaid in the states where they are offered. Enrollment in these plans 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 may change on January 1 of each year. Y0097 738 Accepted

Free produce vouchers are available to low-income seniors, starting July 11

Nearly 32,000 Philadelphia seniors skip meals due to lack of money. Food programs, like the Senior Farmers' Market Nutrition Program (SFMNP), help to address this need. Each summer since 2000, Philadelphia Corporation for Aging (PCA) has distributed \$20 worth of SFMNP produce vouchers to more than 36,000 seniors. Distribution this summer begins on Monday, July 11 and continues while supplies last. Eligible Philadelphia seniors may receive the vouchers once per year and use them to purchase seasonal Pennsylvania-grown produce at more than 50 certified farmers' markets throughout Philadelphia.

Distribution sites

- PCA, 642 N. Broad St., weekdays from 9 a.m. to 4 p.m.
- Reading Terminal Market, 12th & Arch Sts., July 19 and 20 from 10 a.m. to 2 p.m.

- Share Food Program, 2901 W. Hunting Park in North Philadelphia, July 21, 12:30 to 2:30 p.m. and July 22 from 11 a.m. to 1 p.m.

- Senior Community Centers (dates and times vary; call your local senior center or the PCA Helpline at 215-765-9040 for details)

Fruit and vegetables from Share's Nice Roots Farm will be available for purchase on the distribution dates, including collard greens and a wide variety of healthy, fresh-picked items, grown right on site. Both the Reading Terminal Market and Share Food Program accept SFMNP vouchers.

This program meets a real need among older adults. "It is often difficult for low-income seniors to regularly eat fresh produce, because many seniors live in areas of the city where the stores near their homes sell mostly convenience foods, and no produce," said Victoria Sutton, special projects



said Sutton. The SFMNP takes this into account. The produce vouchers can be spent in \$5 increments through November 30 of the current year. "We often hear that seniors use the remaining vouchers to purchase vegetables for Thanksgiving," said Sutton.

Eligibility

In order to receive the vouchers, you must be an income-eligible Philadelphia resident who will be age 60 or older by the end of the year. The 2016 household income limits are \$21,978 for an individual, \$29,637 for couples, \$37,296 for three people and \$44,955 for four people. (Proof of age and residency is required; income test is self-declaratory.)

For more information, including distribution sites and farmers' markets that accept the SFMNP produce vouchers, call the PCA Helpline at 215-765-9040. The vouchers, made available through funds from the U.S. Department of Agriculture and the Pennsylvania Department of Agriculture, must be used by November 30, 2016.

Choose PCA to Care for You

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

Safe, secure and well cared-for.

For service coordination you can rely on, choose PCA

Call the PCA Helpline:

215-765-9040

www.pcaCares.org

PCA

PHILADELPHIA CORPORATION FOR AGING

Home internet access now within reach for low-income Philadelphia seniors

Help learning how to use computers and the internet is available at senior centers throughout the city. Call the PCA Helpline at 215-765-9040 for a list of senior centers that offer computer training.

Photo by Alicia M. Colombo



Qualifying low-income Philadelphia residents age 62 and older can now have high-speed internet service in their homes at a cost of \$9.95 per month plus tax, through a recent expansion of Comcast's Internet Essentials (IE) program.

In addition to internet service, IE offers those who qualify the option to purchase an internet-ready computer for under \$150; and access to free digital literacy training in print, online and in-person. There is no contract, no credit check, and no installation fee. In-home Wi-Fi is also included.

The IE pilot program of home internet access for low-income senior citizens is being implemented in cooperation with Philadelphia Corporation for Aging (PCA) and is supported by a network of referral partners. Seniors aged 62-plus who are connected with a PCA-supported senior center or receive other services through PCA can contact the program to enroll and be immediately eligible.

Many PCA-funded senior centers currently offer computer training programs.

"Of the country's top ten cities, Phila-

delphia has one of largest populations of senior citizens, so launching this pilot here will have a significant positive impact," said PCA President and Chief Executive Officer Holly Lange. "PCA is thrilled to partner with Comcast and the City to help spread awareness of the many important benefits our seniors will realize with home internet access, and to help them get connected and, as importantly, trained and comfortable using the internet."

According to the Pew Research Center, only 25 percent of individuals age 65 and older with household incomes below \$30,000 have home broadband internet access, compared to 82 percent of seniors with household incomes at or above \$75,000.

Qualify and apply

To apply, call 1-855-804-8010. During the call you will be asked a number of questions, including your name, age, and address. Make sure to mention if you are connected with a PCA-supported senior



Mercy LIFE: Keeping Seniors Healthy and Independent

Have you realized that your elderly loved one is having a hard time living on their own?

Are you unable to provide the level of care they need to remain independent and active?

Do they need extensive medical care?

The Mercy LIFE program can offer you the support you need.

Medical and Support Services offered:

- Primary Care and Physician Services
- Nursing Care
- Rehabilitation Services
- Dental, Hearing, and Foot Care
- Medical Equipment
- Prescribed Medications
- Social Day Center
- Transportation
- Light Housekeeping, bathing or cooking
- And much more...

To learn more about what the Mercy LIFE program has to offer, **contact us at 215.339.4747 or visit www.mercylife.org**



Mercy LIFE

Living Independently For Elders

A member of Mercy Health System

Are you or someone you know suffering from bladder or bowel problems?



Don't let incontinence slow you down!

With our expertise in incontinence care, MSI will help you find just the right products to fit your needs.

- We carry a full line of briefs, protective underwear and pads/liners.
- We now carry a full line of catheters and urology products.
- Most supplies are covered by managed care programs (MCO) and Medicaid.
- Knowledgeable, friendly customer service reps will help you.
- We accept credit cards and check payments.
- You can switch to us at any time.
- We carry these top brands:



www.rpromise.com
Medical Supply, Inc.
 Call 800-777-6647 for questions,
 service or free samples

Call (800)777-6647

or mail this form to: P.O. Box 88, Essington, PA 19029

Free Sample Request Form

Name _____

Phone (required) _____

Zip _____ Medicaid Y N

Height _____ Weight _____

*We will contact you for address and product selection

Brief/Diaper	
Pull-ons	
Pads/Liners	
Skin care	
Light	
Moderate	
Heavy	

M

Jack Belitsky

• continued from page 9

We're going to Kensington Avenue to buy a used refrigerator and then we're going to her home."

It was a rescue mission – a very emotional situation when they arrived there, Belitsky remembers. "The woman literally had nothing to eat and was in a very precarious situation. She could not prepare meals herself." After aiding her that day, "we saw that she got connected with social services to help her for the longer term.

"Many older people have difficulty shopping and cooking for themselves. The lunch they get at a senior center is often their main meal of the day," says Belitsky, who is a member and former chair of the KleinLife's Senior Advisory Council and RSVP Advisory Council.

For the past six years, he's also served as a member of Philadelphia Corporation for Aging's (PCA) Advisory Council. The council provides input for PCA's board of directors and acts as an advocate for older adults. "PCA is very important to me be-

cause it provides so many services for older people, especially the most vulnerable," Belitsky says.

Other volunteer activities have included serving nine terms as president of his synagogue, Ner Zedek Congregation in Northeast Philadelphia; teaching religious school at Congregations of Shaare Shamayim; serving on the Board of Trustees of the Jewish Federation of Greater Philadelphia and many of its committees; and being a fundraiser and lay leader for numerous other Jewish charitable organizations.

Generous with both his time and his treasure, last month, Belitsky was honored with induction into the Jewish Federation of Greater Philadelphia's Tikkun Olam (Repair the World) Society for his endowment gift to the federation on behalf of future generations of the Jewish community.

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Internet access

• continued from page 19

center or receive other services through PCA; you may be eligible for a simplified application process. To be eligible, you must not have an outstanding debt to Comcast from the past 12 months.

Eligibility documentation

As part of the application process, applicants may be required to present proof of age and of public assistance.

Proof of age

Eligible individuals must be 62 or older and submit a U.S. Government-issued ID (state or federal) with birthdate; acceptable forms of identification include a driver's license; state-issued ID; passport; birth certificate; or voter registration card.

Proof of income eligibility

Eligible individuals must receive one of

the following forms of either federal or state assistance:

Federal Assistance

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP, formerly food stamps)
- Supplemental Security Income (SSI)
- Federal Public House Assistance (Section 8)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance to Needy Families (TANF)
- Medicare Extra Help Program

State of Pennsylvania Assistance Programs

- Pharmaceutical Assistance Contract for the Elderly (PACE)
- Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier (PACENET)

Adult day center

• continued from page 6



Photos by Paola Noguerras

Sarah Greenstein, center director of Senior Care of the Northeast, spends time with a center member who enjoys crochet activities.

chard, and attended the grand opening of a neighboring store where he and other center participants went to meet former Philadelphia Eagles player Brian Dawkins and had their pictures taken with him. Through the center, “he gets out of the house and goes places,” Williams says.

Leroy Shaw (name has been changed to protect confidentiality), whose mother attends the center has seen a definite improvement in her well-being since she started coming. “Before she would sit in front of the TV during the day and fall asleep. Now she’s active during the day. She plays cards, enjoys bingo and musical activities. She’s less lonely than before, and she sleeps better at night,” he says.

Flexibility rules

The center can serve care recipients for a few hours a week; all day, every day; or anything in between. In addition to regular activities for all members, such as music and chair exercises, it also offers dual programming that allows clients of all mental functioning levels to participate at their level and pace. During certain parts

of the day, members can choose their own activities. Many group themselves together based on common interest and abilities and form friendships in the process, says the center’s Program Manager Kristin Smith. “The main thing is to keep everyone engaged but not force anyone,” she says. “If someone is not big on any of the activities that are going on, we’ll do one-on-one.”

CNA Rudy Don illustrates that as he rolls a ball down a long table to a woman at the other end who then rolls it back. They continue to do this for 15 minutes. Like Greenstein, Don says he loves his job. “Just coming

here and seeing the faces motivates me,” he says. He was inspired to take up this line of work after being a caregiver to his grandmother for two years after she suffered a stroke. “She told me never to give up on what I believe in, and what I believe in is helping people,” he says.

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Solutions to the Milestones Crosswords puzzle

(see page 23)



Live as Independently as Possible, In the Place You Call Home.



Seniors. Services. Solutions.

NewCourtland Senior Services provides innovative healthcare services and housing solutions so that seniors can live as independently as possible, for as long as possible. Find out how we can help today.



**NEWCOURTLAND
SENIOR SERVICES**

(888) 614-3150 | NewCourtland.org

Mental illness

• continued from page 1

at the Mental Health Association of Southeastern Pennsylvania, 1211 Chestnut St., 11th floor. It covers topics like mindfulness, humor, and self-care. These gatherings include brief presentations by psychotherapists, recovery coaches and other experts followed by a discussion in which everyone is encouraged to participate. "Everyone sits around a table, has coffee, tea and snacks, and talks with others who face the same challenges," Mannion said. "You don't feel so alone."

Another support group focuses on people with hoarding behavior. "There's usually trauma involved with hoarding," said MaryCatherine Lowery, program manager of TEC. "For example, a spouse may die and the surviving partner may refuse to discard anything that belonged to the deceased," said Lowery. "If you say, 'You need to get rid of this stuff,' you may do more harm than good." Lowery makes presentations at Philadelphia senior centers and other sites to raise awareness and provide information about effective approaches.

A third support group assists adult children and siblings of people with mental illness; while a fourth helps provide understanding of borderline personality disorder.

TEC offers a 10-week workshop series in the fall and spring, "Getting off the Emotional Roller Coaster," that helps build skills for families and friends of people with bipolar disorder, major depression or borderline personality disorder. "It can be hard to grasp the level of pain of people with these illnesses," Mannion said. "This series helps participants understand their loved one's emotions. The sessions are co-facilitated by a therapist, a person in recovery from an illness and a workshop graduate."

TEC also provides one-on-one family consultation for support, problem solving and referral. "We do face-to-face or phone sessions," Lowery said. "Family consultations are free if you or your loved one live in Philadelphia."

Constance Garcia-Barrio is a freelance writer and author of a novel based on African-American history in Philadelphia.

Resources for helping a loved one with mental illness

The Family Resources Network offers supportive and educational behavioral health information; and information about resources available in Philadelphia. For information, call 215-599-5176.

The Mental Health Association of Southeastern Pennsylvania's Training and Education Center (TEC) offers consultation, educational support groups, and a workshop designed to provide knowledge and skills to foster better relationships with mentally ill relatives. For more information, to register for a group or to schedule a consultation, call 267-507-3865, e-mail TECinfo@mhasp.org.

org or visit www.mhasp.org/about-tec.

The National Alliance on Mental Illness (NAMI) has programs for family members of people who have mental illness. Contact NAMI's local offices in Northeast Philadelphia at 215-342-9553, Northwest Philadelphia at 215-546-2620 and West Philadelphia at 267-239-7784.

The Parents Involved Network supports and advocates for families and caregivers of children and adolescents with emotional challenges, behavioral health issues or both. For information, call 267-507-3335.

RittenhouseTown

• continued from page 14

torical and Geographical Account of the Province and Countie of Pennsylvania" in which he said, "All sorts of very good paper are made in Germantown, as also very fine German linen..."

To make paper, Rittenhouse and his helpers threw rags into a big vat filled with water. The creek's water raised a huge trip hammer that pounded the rags when it fell. Over many hours, it beat the rags to a thin pulp, the main ingredient in the paper.

Around 1700, disaster struck. A spring storm roared through the Wissahickon Valley and demolished the mill. Although Rittenhouse's backers refused to finance a second mill, he built one anyway and bought them out. Yet, financial worries and exposure to dampness seemed to take a toll on Rittenhouse. When he was barely 50, William Penn described him as "decrepit." Rittenhouse died in 1708 at age 64, and his oldest son took over the mill.

By the 1800s, papermaking had become mechanized, and the industry's hub shifted to New England. Around 1825, the mill stopped making paper.

Keeping history alive

Today, the mill is gone, but RittenhouseTown's past remains alive in the six buildings and 25 acres that convey the intimacy of the lives of the eight generations of the Rittenhouse family that lived and worked here. "While most historic sites consider their furniture, silver and other artifacts to be their collection, our history centers on our buildings," Owens said. "They are irreplaceable and unique in a city filled with historic structures because ours are virtually unaltered since they were built."

Tours begin at the Visitor Center in the Enoch Rittenhouse Home, and include a visit to the Bake House and 1707 Homestead. "We walk across the village road to the 1707 Homestead," Owens said. "We view the mill site from across the creek and talk about how the mill operated and how paper was made there. Then we go inside to look at the interior space – the first permanent home for the

Rittenhouse family." Inside, visitors see a 1759 David Rittenhouse clock, winding stairs and a coffin door through which a casket could easily be raised or lowered.

At the Bake House, tour guides talk about food and food preparation, and the importance of the structure to daily life in the village. "Without electricity, the Bake House functions as it has for nearly 300 years," Owens said. "Standing in that space, one can almost hear sounds of cooking and smell the smoke that would have been the stuff of everyday life in the village for generations."

The village also includes a small kitchen garden, maintained by the Roxborough Garden Club. "Our garden is quite small compared with the gardens that would have fed the family and mill workers," Owens said. "They grew all the food they needed on site and it served to grow plants for medicinal purposes too. Our plant selection will include a sampling of the most frequently planted items, including Savoy cabbage, beets, turnips and, of course, hops for brewing."

Tours, which cost \$5 for adults and \$2.50 for seniors and children, are given on weekends during June through Sept. from 1 to 5 p.m. The tour can last from 30 minutes to an hour or more, depending on the questions asked. There are tenants in the three other Rittenhouse homes on the property, so they are not open for tours.

Workshops offer the opportunity to learn traditional papermaking and other art and craft projects. "Paper from Plants" Sunday, July 10 and Thursday, July 14.

To learn more or to volunteer, visit <http://rittenhousetown.org>, e-mail executivedirector@rittenhousetown.org or call 215-438-5711.

"Visitors may also hike, picnic, do landscape painting, photography and bird watching here. My favorite thing is colonial cooking; but above all, I'm honored to live and work in a village that's 326 years old," Owens said.

Constance Garcia-Barrio is a freelance writer and author of a novel based on African-American history in Philadelphia.

Don's Column

Pondering past political conventions



By Don Harrison

Later this month, when the Democrats descend on us for their 2016 National Convention, it won't be the first time Philadelphia has been host to a national party convention. There have been quite a few.

In 1948, in fact, Philadelphia hosted THREE!

Not too many people are still around (I'm one of them) who remember, but it was almost as bizarre an election as this year's.

The Democrats nominated President Harry S. Truman for his first full term; the former vice president had been completing the unexpired fourth term of the great FDR, who had died in office.

The Republicans nominated New York Governor Tom Dewey, who had lost to FDR four years earlier. This time around, the GOP vice presidential nominee was Earl Warren of California, who later became Chief Justice of a Supreme Court that made some historic decisions.

The third convention in Philadelphia was of the short-lived Progressive Party, running Henry Wallace of Iowa, FDR's third-term vice president, who had left the Democrats to pursue a farther-left agenda.

In all, four parties ran presidential candidates that year. The States' Rights Party, which had broken off from the Democrats to defend racial segregation, nominated Strom Thurmond of South Carolina – but not here; the Dixiecrats convened in Birmingham.

To the pollsters' astonishment, (and to the chagrin of the Chicago Tribune, whose front page infamously proclaimed "Dewey Wins") – Truman won!

Polling has become much more reliable, but it's still not foolproof – for which We the People should be grateful.

Elections should be determined by how we all vote, not how a few of us say they're voting.

* * *

Military paperwork

This won't surprise anyone who knows

me, but a warrior I wasn't. In matters military, I was less than impressive.

In the barracks, however, I did have one asset in demand. Unlike many of my buddies, paperwork did not intimidate me, and in modern armies, there's a lot of paperwork. I'd help with filling out forms, and similar tasks, while buddies covered my back when it came to, for example, keeping my weapon fit for inspection.

At one time, when I was helping a buddy with a pass request, another passed by and sneered to him: "Whatsamatta, can't you fill out a pass request by yourself?"

"Sure I can," was the reply, "but why shouldn't Harrison do it? He went to school for that s---."

It's amazing how often, over the decades, that reply has proven apt – usually ironically.

Back to this column (I went to school for it, you know).

* * *

Summertime memories

Too young for summer jobs, we used to just hang around – day after day. A park was at the end of the block, but we preferred the spontaneity of just tumbling out the front door and playing in the street with whatever kids were there. Nobody had equipment (it cost money), so we played improvised baseball-like games – boxball, halfball, wireball, stepball.

Playing in the street was not as unsafe as it is today. There were far fewer cars, so when one approached, we could just holler "Car!" and wait at curbside until it passed, then resume play.

When it got too hot even for us, we'd gather on someone's porch and shoot the breeze, often arguing heatedly. About what? It didn't matter.

Most often, we'd argue about which team was better – the Athletics or Phillies, although both were so bad, the real issue was which was worse.

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

The Milestones Crossword

Spirited

ACROSS

- 1 Ladybird, nee Claudia ___ Taylor
5 Short cloak
10 Alien space vehicles?
14 Black tern
15 Eskimo boat
16 Message
17 Disney specialty
20 Beth s sister
21 Brens
22 Like a certain cereal grass
23 American versifier
25 Organ part
27 Austere
29 ___ plug
31 Navy man: abbr.
34 Breadwinner
36 Arden and others
37 River isle
38 ___ the cup
39 Underworld
41 Movie dog
42 Actress Merkel
43 To wax: archaic
44 Spring deposit
46 Chess pieces
47 Spikes, as a drink
49 Volume unit

- 50 Leftovers
51 Noisy
53 Relative of vinegar
56 Grow together
57 Small child
60 Hypnotic power
64 Volcano
65 Overhangs
66 Run without power
67 High ___
68 Portion
69 Sign gas

DOWN

- 1 Hoss Cartwright's brother
2 Ocean route
3 Relative of a gunslinger
4 Forelimb
5 Ballerina s skirts
6 Catkins
7 Covers
8 Man s nickname
9 Assam hill tribe
10 Draw off
11 Race or rest
12 American Indian
13 Swiss herdsman
18 Flour bleacher
19 Defrauds

- 24 Vessels
25 Lay by
26 Braid
27 Antitoxin
28 Philosopher, contemporary of Zola
30 Serving boy: archaic
31 Bunnytime
32 Fertilizer
33 Jack Benny s signature
35 Ostrich-like birds
40 Paris landmark
41 Theater grp.
43 ___ Barton
45 Mexican yucca fiber
48 Birth control advocate
50 Tarzan, e.g.
52 Wash
53 Norman city
54 Involved
55 TV's Martin
56 South Sea beverage
58 European capital
59 Govt. agents
61 Bandleader Brown
62 ___ -jongg
63 Bolivian export

Solution

The solution for the crossword puzzle can be found on page 21.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20				21						22				
		23	24					25	26					
27	28					29	30					31	32	33
34					35		36					37		
38					39	40					41			
42				43					44	45				
46				47				48		49				
			50					51	52					
53	54	55					56					57	58	59
60					61	62					63			
64					65						66			
67					68						69			



Doing it right:
Caring about
neighbors,
not numbers.

Health Partners Plans



1-888-HPP-9800

.....
HealthPartnersPlans.com