

Milestones™

News and Possibilities for Seniors

March 2017 • Free



Inside

This Issue:
Care at Home

Susan B. Anthony
is brought to life4



Home-delivered meals
help seniors in need 9



Health Brief 2
Calendar10-11
The Milestones
Crossword19

Next Month:
Finances

Grandparents who are raising children



Paola Noguerras

Juanita Cox, who is raising her four grandsons, including Mehki Cox (pictured), gets vital support from Grands As Parents Inc. (GAP).

By Marcia Z. Siegal

Juanita Cox is on her second round of child-rearing. Her own three children reached adulthood years ago. Now, at 66, she is raising four grandsons ages 3, 5, 11 and 13. Cox says that Grands As Parents Inc. (GAP), a volunteer organization based in North Central Philadelphia, has been invaluable to her as she faces this late-in-life challenge. “I know GAP has my back. I get a lot of support from them,” Cox says.

“Our perfect picture of a family is that of a father, mother, and a child or children. But in today’s world, that picture doesn’t always reflect reality,” says Eileen Brown, GAP executive director. She co-founded the organization with the late Ernestine McCall 21 years ago to support grandparents raising children whose parents cannot provide care. GAP has served more than 1,000 families since its founding.

Growing numbers

An estimated 13,400 grandparents, 32 percent of whom are age 60-plus, are raising grandchildren in Philadelphia, says Allen Glicksman, director of research and evaluation at Philadelphia Corporation for Aging (PCA).

Brown points to some of the causes of the phenomenon. “Many older Americans find themselves caring for and raising their grandchildren due to reasons like death of parents, parental incarceration or substance abuse, family violence, and teen pregnancy,” she says. The number of grandparents in this situation continues to increase, fueled in part by today’s opioid epidemic. Motivated to keep the family together and the children out of foster care, grandparents can face psychological and emotional strains as well as feelings of helplessness and isolation, Brown says.

• continued on page 18

Care at Home

PCA can help to find and provide resources

By Linda L. Riley

Whether because of a recent surgery, an accident, or the decline of physical and mental health due to advancing age, a time can come when it’s impossible to do everything yourself. Determining for yourself or for a loved one what kind of care and support is needed can be challenging. Philadelphia Corporation for Aging (PCA) offers services, tools and information that can help senior citizens living in Philadelphia.



One option is to request an assessment, which is a thorough evaluation of the individual’s health, physical capabilities and needs, and financial resources. A determination is then made about the level and types of care needed and whether the person qualifies for services funded

• continued on page 14



iStock

With the right services and supports, many seniors are able to continue living at home, which is what most people prefer.

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

Barbara Waynant Murphy, Treasurer

Sheri C. Gifford, Secretary

Judee M. Bavaria

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: Abbey J. Porter

215-765-9000, ext. 5062

Advertising:

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

Distribution & Subscriptions:

Home delivery: \$12/year

To find a distribution site or subscribe:

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.

©2017 Philadelphia Corporation for Aging. All rights reserved.

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.

Health Brief

Dealing with dizziness effectively

By Constance Garcia-Barrio

The lyrics from old love songs say it all: "You're making me dizzy; my head is spinning," or "You got me going in circles." Alas, dizziness may signal not wild infatuation, but a possible medical problem.

"The prevalence of dizziness rises with age," said John Cacciamani, M.D., a geriatrician and CEO of Chestnut Hill Hospital.

"Anyone can have a one-shot episode of dizziness," Cacciamani said. "Say you're getting out of bed and you try to stand up, but you have to stop a moment to steady yourself." That feeling of being off balance may go away and not return. Then again, repeated instances of dizziness are cause for concern, he said.

Doctors may have to become detectives to pin down the cause of a patient's feeling dizzy. For example, a highly treatable ear infection can upset the body's balance mechanism, Cacciamani pointed out.

The medical sleuthing doesn't end there. Low blood pressure; dehydration; arrhythmia, in which the heart beats erratically; and anxiety attacks all can lead to lightheadedness. "The solution may be as simple as having a patient drink more water if dehydration is the root of the problem," Cacciamani said. In still other cases, the interaction of different medications may lead to a dizzy feeling. "In that case, patients should work with their physician to stop the medications that may be causing the dizziness," he said.

"The key point is that even a mild illness that makes you feel off-balance could cause a fall and a possible hip fracture or other injury," Cacciamani emphasized. "What begins as a minor ailment can snowball into crisis." Such dire outcomes need not happen. Many of the causes of dizziness or vertigo — the feeling that you or your surroundings are moving — can be easily treated, once diagnosed properly.

Benign positional vertigo (BPV), in



Thinkstock

which one has the sensation that the room is spinning, is the most common kind of vertigo and can be treated with a head maneuver that takes a few seconds in an office visit. It is the result

of a disturbance in the fluid in your inner ear. Normally, the interaction between this fluid and the nerves in the inner ear

serve to tell the body where it is. With BPV, a disturbance in the fluid interferes with this delicate system and your brain receives messages that make you feel like the room is spinning. Treatment involves the physician directing the patient to do a series of specific head movements aimed at clearing the disturbance in the inner ear.

Since some medical conditions first show up as dizziness, it's important to learn what sets off the feeling, not only to avoid falls but to uncover and treat any underlying illness. "If you are experiencing prolonged or repeated episodes of lightheadedness or dizziness, call your doctor," Cacciamani said. "The sooner the illness is identified and treated, the safer you'll be."

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

AT ALWAYS BEST CARE,
RESPECT, DIGNITY
AND QUALITY CARE MATTER.

Always[®]
BEST CARE
ABC
SENIOR SERVICES



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

OPEN 24/7 WITH LIVE CUSTOMER SERVICE REPS

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

Philly • 267-909-9248

Lower Bucks • 267-812-5744

www.abcphillybristol.com

Actress keeps Susan B. Anthony's ardent crusade for women's rights alive

By Alicia M. Colombo

Personal passions for history, teaching and acting came together when Marjorie Goldman began portraying suffragist Susan B. Anthony more than 20 years ago. "I got into it through happenstance," Goldman said. "I did have theatrical ambitions, but my career took a different direction. Acting was something I'd always wanted to do, since I was a little girl."

Goldman's training as an actor began early. As a child and early teen, she attended acting classes for kids at the Pittsburgh Playhouse. She began performing in elementary school plays and continued acting informally through college.

She immersed herself in history, earning a Bachelor of Arts in American studies at Grinnell College in Iowa and a Master of Arts, also in American Studies, from Boston University. After graduation, she taught U.S. history, world cultures and social studies at an all-girls Catholic high school on the South Side of Chicago. She later taught at the college level as an adjunct professor at Cabrini College and Philadelphia College of Textiles and Science (now Philadelphia University).

While she was teaching in Philadelphia, she began to explore acting again and took classes at the Walnut Street Theatre.

She embarked on a self-described "journey of humility through craft" that led her to become an intern with Theater Ariel, Philadelphia's Jewish theatre. She then joined the former Performing Arts League of Philadelphia (now the Greater Philadelphia Theater Alliance), a consortium of small theatres that come together to learn about resources and gather ideas. While at a networking event for the Performing Arts League, she overheard a conversation about historical re-enactments and how some actors may look the part but don't know their history. This chance encounter led to a career as an historic interpreter. (She prefers that term to "re-enactor.")

She introduced herself to Pamela Sommerfield, producing director for the American Historical Theater, and said that she had both acting ability and a background in history. "Pam told me to send her a headshot and a resume," Goldman



Courtesy of Marjorie Goldman

Marjorie Goldman, dressed here in authentic period costume, uses her historical knowledge and acting skills to educate the public about suffragist Susan B. Anthony.

said. "I didn't have either at the time, but I put them together for her." It was Sommerfield who first raised the idea of Goldman playing Susan B. Anthony, though initially she didn't think Goldman was quite suited. "She told me I wasn't tall enough to play Susan B. Anthony but offered me a non-speaking role as her in a parade in New Jersey anyway," Goldman said. "I sat in the back of a red convertible and waved." Despite the height discrepancy, she said, "Once they outfitted me for the part, I started to be cast in scripted performances."

One of these early plays was "Barnum's Wax Museum." It was based on Barnum's American Museum, which operated in New York City from 1841 to 1865 and offered both strange and educational attractions. The play featured P.T. Barnum, the "greatest showman on earth" and co-founder of Ringling Bros. and Barnum & Bailey Circus, talking erroneously about women from history.

"One by one, we'd come to life and set him straight about his misconceptions," Goldman said.

Goldman took part mostly in scripted group performances with other interpreters through the American Historical Theater before venturing out on her own. "When I started to get sent out on solo gigs, I thought, 'What the heck am I going to talk about for a half-hour?' These were non-scripted," Goldman said. "All the while I was researching like crazy because we were expected to know the person inside and out. As interpreters, we love to create the illusion."

Who was Susan B. Anthony?

Over time, Goldman has perfected her craft to the point where she has taken on Susan B. Anthony as a

second persona and adopted her cause as social reformer. The two women started out on similar career paths – as teachers – and Goldman shares Anthony's passion for women's rights and racial equality. On January 21, she joined the Women's March on Washington, D.C. "I thought about going in costume, but it would have been too uncomfortable," she said. Instead, Anthony's ideals were represented on a handmade sign that Goldman carried, which was emblazoned in red and blue letters: "THERE CAN BE BUT ONE PRINCIPLE and that is EQUAL RIGHTS FOR ALL! –Susan B. Anthony." Goldman, now 60 and proudly sporting beautiful light grey hair, is just a few years older than Anthony was when she was arrested for voting in 1872. Anthony has been portrayed as a dour Quaker school "marm," but in reality, Goldman said, the important suffragist had a lively sense of humor and enjoyed having a good time. "What a firecracker she was," Goldman said. "She was raised in a Quaker

household, where gender equality or at least equal respect for the genders was the practice, unlike the society at large."

Goldman has made it her mission not only to educate the public about the role of women in shaping our country's history but also to correct myths and urban legends pertaining to Anthony. "Susan was born in West Addams, Massachusetts. Her childhood home is still there, and the group that owns her home says erroneously that she was against abortion," she said. "But there is nothing in any of her writings about it. It's inconsistent with everything we know about her. I think if she were here she would say, 'The important question to ask is, what were the circumstances that drove this poor creature to such a drastic decision?' which is very different from being staunchly pro-life."

When giving presentations at schools and in public, Goldman sometimes is asked rather personal questions about Anthony. "Adults will ask me sometimes,

"As interpreters, we love to create the illusion."

– Marjorie Goldman

often afterwards while we're mingling in the back, if she was a lesbian," Goldman said. "Susan never married, and there was nothing in her writings to indicate her sexual orientation. So I answer, in character, 'I don't think that's a suitable question for the cause.' Truthfully, I think she was married to the cause and very dedicated to her work. Elizabeth Stanton, her partner in the women's rights movement, did marry and had seven children, but her involvement in the suffrage movement put a strain on her marriage."

Goldman also often gets asked about her costume. "When people ask me, 'Where did you get that dress?,' I try to stay in character and say that I have a wonderful dressmaker in Roches-

Care at Home

Direct care workers provide seniors with compassionate support in the home

By Marcia Z. Siegal

Most older adults want to age at home, in the community, for as long as possible, even if they become frail. On the front lines helping them do so is a growing workforce of people who assist elders with basic self-care tasks they are unable to perform independently.

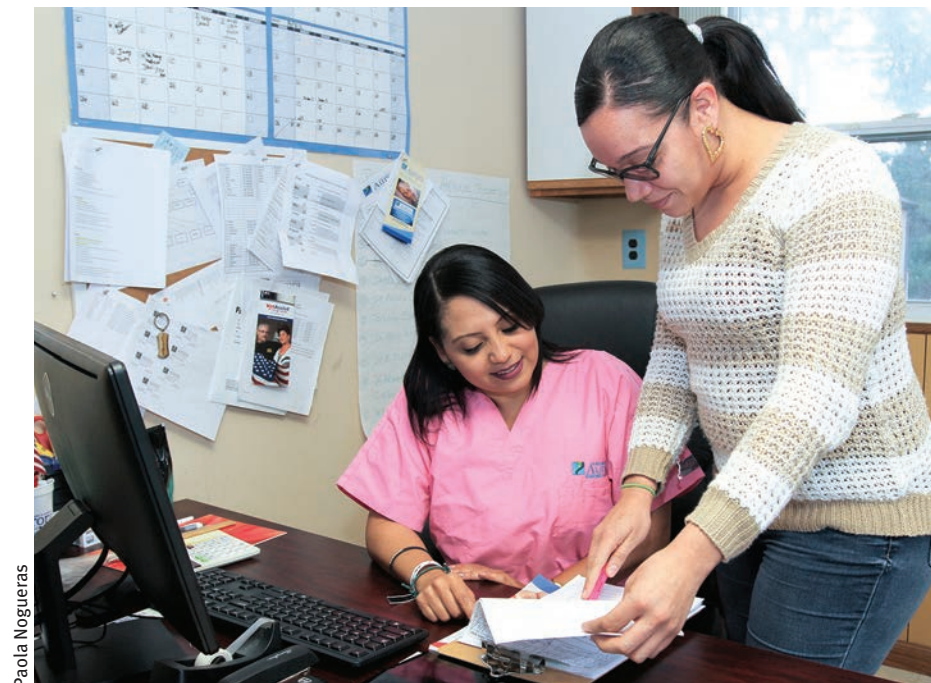
Depending on their training and skill level, direct care workers may provide a range of services, including meal preparation, light housekeeping, shopping, medication reminders, escorting the person to appointments, doing laundry and running small errands. They may also provide personal care, such as bathing, dressing, feeding and grooming. Home health aides have more specialized training and can also perform certain health-related tasks, such as taking the client's temperature, checking their blood pressure and changing simple dressings.

In the course of providing these essential services, direct care workers often become an integral part of their clients' lives. Here, three direct care workers share their personal perspectives and experiences related to the job they do and its impact on their lives and on those they care for.

Cheryl Poindexter: A calling

Cheryl Poindexter has been a direct care worker for 19 years, first with Inglis House, a specialized skilled-nursing long-term care community based in Philadelphia and, for the past 12 years, with the home care agency Granny's Helping Hands-PA Inc. A certified nursing assistant (a home health aide who has passed a state exam), she currently assists six homebound individuals with tasks known as "activities of daily living" (ADLs) ranging from bathing, dressing and feeding to toileting and transferring from bed to wheelchair or toilet – all to "ensure the safety and welfare of my clients," she says.

From her work at Inglis House, which specializes in services to adults with paralysis, Poindexter is expert at using the Hoyer Lift. This assistive device enables a person to be lifted and transferred with minimal effort. She also helps clients



Personal care aide Jessica Kemp, left, consults with supervisor Eva Algarin about a client's care plan at Aurora Home Care, where they are employed.

with "instrumental activities of daily living" (IADLs) like shopping and picking up prescriptions, doing laundry, and remembering to take medication.

Poindexter regards her profession as a calling and has served hundreds of clients over the years. "I love helping and caring for people. I enjoy seeing the smile on a client's face when I first walk in, knowing that I'll make the person's day easier and much better," she says. Poindexter says that "anybody who considers doing this work must be compassionate. He or she must also have a love for people and not view this field as another way just to make a paycheck."

A past recipient of the Employee of the Month Award from Granny's Helping Hands, Poindexter says her affinity for the work started when she was a teen and helped care for her grandmother when she became frail. She is determined to treat clients as she would her own parents and grandparents and as she herself would want to be treated. While some clients can be challenging, she says, "I've learned that even the most difficult clients have a soft interior under what may seem like a hard

exterior."

Four of Poindexter's regular clients live alone. One is a man who was an only child and never had children of his own. He has outlived his spouse and other family members and friends. Poindexter is his only regular visitor. She helps him with personal care tasks for two hours a day, seven days a week. "He has no one; just me. We have a very close bond," she says.

When Poindexter first began caring for the man, he was living in a dilapidated rooming house. On her own time, she found him an affordable apartment that offered a healthier environment. The client remains grateful to her to this day, she says.

Poindexter also works Sundays for another client. Using the Hoyer Lift, she helps the woman get ready for church and transfers her to a wheelchair so she can be wheeled down the street to attend services with her husband.

"My clients express how happy they are that I am there," says Poindexter, who prides herself on being dependable. "I help get them ready and

dressed, and I ensure that they have what they need to have an enjoyable day. They know they can truly count on me to help them live an independent and successful life."

Jessica Kemp: Bridging the language barrier

Like Poindexter, Jessica Kemp once cared for her elderly grandmother. In her case, she was hired by her grandmother through Pennsylvania's Personal Assistance Services (PAS). Through PAS, elders self-direct their care by choosing their own care providers instead of a state agency making those decisions for them. Neighbors, friends and even certain family members can be hired as paid caregivers, including the adult children of the elder but not spouses or legal guardians.

For the past several years, Kemp has been a personal care aide employed by Aurora Home Care. She has cared for 15 consumers during that time. The daughter of Puerto Rican immigrants, Kemp speaks Spanish fluently and is often called upon to serve Aurora's Latino clients.

She currently cares for four clients each week. In addition to her regular duties helping with ADLs and IADLs, she says, "I socialize with patients and go with them for walks." Asked to choose one word to describe herself, she says, "reliable." The two key qualities a direct care worker needs, she says, are "patience and compassion."

"Many of my patients don't have anyone else to help them," Kemp says. She finds it inspiring to help others at a difficult time in their lives – such as when she received an urgent call from her agency asking if she could go to the home of a client who was experiencing problems. "I found a babysitter for my daughter and went there immediately," she recalls. "A nurse was already there. The woman was having chest pains and difficulty breathing. The nurse called the ambulance. I followed the patient

Care workers

• continued from page 5

to the hospital on my own. I was there to help translate for her in the emergency room and later, after she was admitted to the hospital overnight. She told me, 'If you weren't with me, I would have been all alone.'"

A day-to-day concern is dealing with care recipients' pride and frustration at needing help. "I think the most challenging aspect of my job can be watching my patients try to do things for themselves and then getting upset with themselves when they can't do them," Kemp says. "I had a patient who wanted to cook his own rice, for instance, but his hand shook as he held the pot and the rice spilled. I cleaned up and helped him do the cooking and made a joke. I didn't want him to feel hopeless."

Kemp notes that whatever the challenge, the way clients greet her is one of the things that makes the work gratifying and heartening. "I love seeing clients' faces light up when I arrive," she says.

Oliveanne (Anne) Pannone: Fostering independence

Oliveanne (Anne) Pannone remembers the time she went to a client's home and smelled gas. The client was unaware of the smell. "I immediately opened all the windows and doors and called the gas company. They sent someone right away," says Pannone, a personal care aide with Bayada Home Health Care. "It turned out to be a massive gas leak. The person from the gas company told me the house could have blown up. He had to shut off the gas until the repair was made; the client had to leave and stay with one of her children until the problem was fixed. After that, the client always called me 'my angel.' 'My angel is here,' she would say when I came."

Pannone has been a Bayada personal care aide since moving to Philadelphia seven years ago. While not every day with clients is so dramatic, she says, "this job has been totally rewarding from Day One. I love it."

"I arrive at my client's home to assist with showering or bathing, light housekeeping, cooking, transferring, whatever

they may need. But perhaps the most important thing is to be an effective listener," she says. "Clients need people to listen to them. I've learned a great deal from my clients – the history of Philadelphia, how to make rice pudding, the best way to fold clothes, their life stories and so much more. It's a continuing education."

"I am here to help you, not to render you dependent. You are still an active member of the world."

Reputable home care and home health agencies provide their workers with formal skills training and information relevant to care responsibilities, both initially and on a continuing basis. Pannone went through intensive training that covered how to perform ADL and IADL tasks, infection control, understanding and following care plans, causes and effects of medical conditions common to clients, CPR, recognizing elder abuse, and more. Agency staff also provide ongoing supervision and support.

Pannone has cared for hundreds of clients over the years and received Bayada's quarterly National Home Health Hero Award as well as other agency honors. But her greatest reward, she says, comes from experiences like the one when a nonvocal client broke her silence. "I was at the home of a client I had never been to see before," she recalls. "I could tell by observing her and by talking with her family members that she did not speak. Her family told me she had not spoken in a very long time. I proceeded to talk to her and bathe her and to sing snippets of songs like I usually do with clients. Then, when she was sitting and eating, I started singing 'Row, Row, Row Your Boat.' All of the sudden, she said, 'My mother used to sing that to me.' She said it clear as a bell.

"I never give up hope and I tell my clients and their families to never give

up hope," Pannone says.

A member of the baby-boom generation, Pannone never used to think about growing old. Her senior years seemed very far off. "Growing up, getting older meant going from 10 to 16. When I was 16, I wanted to be 21," she says. Now she works closely with the elderly and sees first-hand their declining health from arthritis, diabetes, heart disease and other conditions. "It's the pain that causes my clients the most anguish," Pannone says. "I think the most frustrating thing for my clients is chronic pain."

Pannone is also sensitive to clients' frustration at not being able to care for themselves. "I try to let them participate in their own care as much as possible," she says. "For instance, if I am helping clients bathe or shower, I will take the wash cloth and give it to them so they can wash themselves if they are able to. I like to say to clients, 'Every day is the Fourth of July. Every day is Independence Day. I am here to help you, not to render you dependent. You are still an active member of the world.'"

Pannone says it can be difficult to gain a client's trust, especially if the person is not used to help or having a stranger in the house. "It can take a week, a month or even a year until they are comfortable. Trust has to be earned," she says. In her experience, that trust does come, even if slowly. "I may be giving a client a shower or a sponge bath, as I do routinely, and the client says for the first time, 'That feels really good.' Then, at the end of my shift, that client suddenly asks me, 'When are you coming back?'"

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

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

For more information on home care or to request an assessment for services, call the PCA Helpline at 215-765-9040 or visit www.pcaCares.org and click on "Request Assistance."

AARP offers guidance on hiring a direct care worker on its website. Go to www.aarp.org and type "hire a care worker" in the search function.

'Put Your Best Fork Forward' recipes serve up tasty, nutritious vegetables



Thinkstock

March is designated National Nutrition Month by the Academy of Nutrition and Dietetics to remind us about the importance of making informed food choices and developing sound eating habits. This year's theme, "Put Your Best Fork Forward," demonstrates that each of us holds the tool to make healthier food choices.

Here are some recipes, courtesy of the academy, that give you tasty options for incorporating more fresh vegetables into your diet. For more recipes and nutrition resources, go to www.eatright.org.

Carrot 'fries'

(Serves: 4; serving size: ¼ of recipe)

These easy-to-make baked vegetable "fries" are a lighter and more nutritious alternative to French fries. Carrots have more antioxidants than potatoes, plus half the calories and carbohydrates.

Ingredients:

- 1 lb. of carrots
- Cooking spray
- Salt and pepper to taste

Directions:

Preheat oven to 400 degrees. Peel the carrots and cut into strips about ¼ inch

thick and a few inches long. Coat a baking sheet with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.

Bake for 15 minutes. Flip the carrots over and coat with a bit more cooking spray, salt and pepper. Bake another 15 minutes until lightly browned.

Tabbouleh with mint cucumber, tomato and bell peppers

(Serves: 8; serving size: ¾ cup)

A classic Middle Eastern salad, tabbouleh has become a Western favorite and is a flavorful way to fit grains and vegetables into lunch or dinner. This fresh, tart salad is traditionally made with soaked, uncooked bulgur and fresh vegetables and herbs. You can use any grain ingredient you have on hand, such as cooked and chilled couscous, quinoa or orzo, but whole-grain varieties are the healthiest options.

Ingredients:

- 2 cups cooked whole-wheat pearl couscous, chilled*
- 1 cup yellow and/or red cherry tomatoes, quartered

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.



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

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/RESPITE (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**

Care at Home

Home-delivered meals provide more than nutrition for homebound seniors

By Marcia Z. Siegal

Philadelphia Corporation for Aging (PCA) driver Clyde White can be counted on to knock on Patricia Hughes' door every Thursday morning with a supply of nourishing meals. To Hughes, who is homebound, the delivery of seven frozen meals each week "is a godsend."

"I don't have to cook or shop. I just put a meal in my microwave each day and eat," she says. "The meals are really, really good. I would definitely recommend this program to others. I would tell them I have found it to be important to my quality of life – very, very, very important."

Health and independence

PCA's home-delivered meals program serves more than 4,800 older Philadelphians each week. Providing more than 1.6 million meals per year, it is the largest home-delivered meals program in the city. For recipients, the program is vital to optimizing health and enabling them to age independently at home. Like Hughes, most recipients, or "consumers," receive a weekly delivery of seven frozen meals. Those too frail to heat their own meals receive a hot meal delivery each weekday and two cold sandwich meals for the weekend. The meals are provided at no cost to consumers who qualify for the service. Home-delivered

meals participants have the opportunity to make an annual contribution to support the program, but it is not required.

To be eligible for the program, individuals must be 60 or older; live in Philadelphia; be unable to cook, food shop or attend meal programs such as those at senior centers; live alone; not have someone available to help prepare meals; and lack the financial resources to meet their nutritional needs. PCA professionals assess applicants for appropriateness for this and other care-at-home services. Case managers for the five organizations administering PCA's In-Home Support Program (IHSP) also assess eligibility for home-delivered meals.

IHSP provides services to eligible elders who are temporarily homebound due to medical or other reasons. Home-delivered meals can be provided on a short- or long-term basis depending on need.

Each meal provides one-third of the nutritional value recommended by the U.S. dietary guidelines for healthy eating and contains an entrée; at least two fruits or vegetables; a grain source such as bread, pasta or rice; and milk. A recent menu featured an entrée of creamy Tuscan garlic chicken with rotini pasta; side dishes of spinach with chopped tomatoes and "Capri blend" vegetables with carrots, zucchini, yellow squash, and green beans; pumper-

nickel bread with margarine; a carton of one-percent fat milk; and Mandarin oranges.

A food hub

PCA's Meal Distribution Center (MDC), located at 2810 North 17th St., is a hub of food storage, packing and delivery. With packers, drivers, facility/inventory management staff, fleet mechanics and administrative staff, this state-of-the-art facility is one of the few centralized senior meal distribution sites in the country. "I work with a team of caring, hard-working staff who understand that what we do every day is important," says MDC Manager Patrice (Pat) Shanker. Meals are prepared elsewhere by catering companies and delivered to the MDC, where they are stored in freezers until they are packed for distribution.

"The amount of salt, fat and sugar in each meal are within the dietary guidelines for healthy eating, so the meals are appropriate for individuals on 'no added salt' diets as well as those trying to limit the sugar and high-fat foods in their diets," says Elizabeth (Bea) Winn, PCA assistant director for health and nutrition services. A kosher option is available.

Edwin Feliciano is an MDC driver. He makes 50 deliveries each weekday on his South Philadelphia route. "I always had a soft spot for seniors, and I like helping people. I guess that's why I like doing this job," he says. "It's a blessing

to bring food to the elderly."

Feliciano says that through the deliveries, he becomes well acquainted with meal recipients. He has listened to them talk about the work they used to do, the children they raised and the lives they've led. Many proudly show off pictures of their families to him. Some have outlived their spouses, close family members and friends, or have seen them move out of the area. Feliciano is the only regular visitor for several of the recipients on his route.

Alert to problems

MDC drivers like Feliciano and White are trained to be alert for any unusual problems or issues they observe with a senior, such as a deterioration in appearance, like looking disheveled or ill; changes in behavior, such as seeming confused; or if the senior is in clear physical distress, such as having trouble breathing. In all cases, the driver calls MDC Dispatch. It is then determined if an emergency call to 9-1-1 is appropriate. All unusual situations are reported to the individual's PCA care manager or service coordinator, Shanker says.

The MDC staff has braved some of winter's worst to make sure meals got through, but there is a back-up plan in place in case of extreme conditions when they can't make deliveries. PCA provides shelf-stable emergency meal packs to all home-delivered meal consumers from once to several times per year, as necessary.

Theo Hudson is another frail, homebound senior who is unable to shop or cook for

• continued on page 16

Philadelphia Corporation for Aging (PCA) home-delivered meals driver Clyde White makes his rounds, delivering meals to seniors in need.

Below: White unloads frozen meals from a PCA truck. Right: White approaches a recipient's home, meals in tow. Far right: White delivers the nutritious meals into Patricia Hughes' waiting arms.

Paola Nougeras



CHOOSE

the Medicare plan that cares for you.

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

For information on Keystone VIP Choice and other options for your health care, call **1-855-241-3648** (TTY **711**), 7 days a week, 8 a.m. to 8 p.m.

Keystone VIP Choice is a health plan that contracts with both Medicare and Pennsylvania Medicaid to provide benefits of both programs to enrollees. We are in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties.

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



Keystone
VIP CHOICE

CARE IS THE HEART OF OUR WORK

1-855-241-3648 (TTY 711)

7 days a week, 8 a.m. – 8 p.m.

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

Y0093_PRA_1988_ACCEPTED_09022016

www.keystonevipchoice.com

March 2017

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 • Email: acolombo@pcaphl.org

Sunday

5

"A Midsummer Night's Dream." New production of Shakespeare's comedic musical that celebrates the follies & foibles of human beings – and fairies. 2 p.m. Arden Theatre Company. 215-922-1122. (Through April 9, various dates & times) \$

Daylight Saving Time Begins ("Spring forward") 12

Family Tour: Museum Highlights. Explore important works in the collection & learn to see like an artist. 2:30 p.m. The Barnes Foundation. Register: 215-278-7200. (Second Sunday of each month) \$

19

Computer Basics Workshop: Intro to Computers. Class for people who want to learn to use a computer but don't know where to start. Laptops provided for instruction. 2 p.m. Tacony LAB (Library & Arts Building). 215-685-9338.

26

Great Girl Songs: Old to New. Larry McKenna & the Girls of Summer perform music from '60s to today, including songs by Donna Summer, Adele, Meghan Trainor, Taylor Swift & more. Act II Playhouse. 215-654-0200. \$

Monday

6

Enhance Fitness. Variety of exercises set to music. 10 & 10:30 a.m. Star Harbor Senior Center. 215-727-0100. (Mondays & Wednesdays)
Nutrition & You. Learn natural ways to lower cholesterol & blood pressure, strengthen bones, improve heart function & digestion, & reduce stress. 10:30 a.m. Center on the Hill. 215-247-4654. (Continues March 13 & 20) \$

13

Dementia: Everything You Wanted to Know But Were Afraid to Ask. Charles Altman, Chestnut Hill Hospital psychiatrist, presents Brain Awareness Week program. 12:30 p.m. Center on the Hill. 215-247-4654.

First Day of Spring 20

Film & Art Discussion: "Midnight in Paris." Martha Lucy introduces the 2011 Woody Allen-directed film & discusses Albert Barnes' friendship with the historical figures depicted. 7:30 p.m. The Barnes Foundation. Register: 215-278-7200. \$

27

Computer Tutorials for Adults & Seniors. Class for people who are new to computers & want to learn the basics or explore the internet. 12 p.m. Thomas F. Donatucci, Sr. Library. (Mondays)

Tuesday

7

Arthritis Education. Presented by Penn Care Medicine. 10:30 a.m. Star Harbor Senior Center. 215-727-0100.
Chair Yoga. 10 a.m. Star Harbor Senior Center. 215-727-0100.
Music & Sound as Healer. Reduce pain; relieve stress; improve memory, language, balance & coordination. 1 p.m. Center on the Hill. 215-247-4654. (Continues March 14 & 28) \$

14

Opening Night: Oscar Wilde's "The Importance of Being Earnest." Comedy about two bachelor friends who take on double lives to court their love interests. 8 p.m. Walnut Street Theatre. 215-574-3550. (Through April 30, various dates & times.) \$

21

Intro to Zentangle. Workshop on basic history, applications & creation of tile art forms. No artistic experience needed. 10-11:30 a.m. Center on the Hill. 215-247-4654. \$

28

Book Review Event. "Small Great Things" by Jodi Picoult. Benefits RSVP Phila.'s volunteer program for people 55-plus. 12 p.m. Tiffany's Restaurant. Presented by KleinLife: NE Phila. RSVP: 215-698-7300. \$
Health & Wellness Fair. Screenings & healthy lifestyle info for people 50-plus. 10 a.m. to 12 p.m. St. Anne's Senior Center. Sponsored by Aria Jefferson Health. 215-426-9799.

Wednesday

1

Chess Club. Instruction for beginners. 11 a.m. Star Harbor Senior Center. 215-727-0100. (Wednesdays)
Philadelphia Chamber Music Society Presents: Flutist Marina Piccinini & Guitarist Meng Su. Works by Bach, Baerer, Colgrass & Piazzolla. 8 p.m. American Philosophical Society. 215-569-8080. \$

International Women's Day 8

Seniors Using Our Brains. Activities to strengthen memory & cognition, including storytelling, games, meditation & skits. Facilitated by author, spoken word artist & Milestones contributor Maralyn Lois Polak. 10-11:30 a.m. The Gershman Y. 215-545-4400. (Wednesdays)

Balance & Stability Workshop. 15

Informative & active session. Wear comfortable clothes & secure shoes. 2-3:30 p.m. Center on the Hill. 215-247-4654. \$
Healthy Steps. Fall prevention program. Includes lunch. 10:30 a.m. to 1:30 p.m. KleinLife: NE Phila. RSVP: 215-698-7300. (Continues March 22)
Mobile CPR Information & Training. 11 a.m. Star Harbor Senior Center. 215-727-0100. (Continues March 31 at 1 p.m.)

One Book, One Philadelphia Event: Read to Therapy Dogs Linus & Finn. 22

Christopher Boone in "The Curious Incident of the Dog in the Night-Time" is calmed by animals. Christina Bach, social worker & medical education specialist, will talk about how therapy dogs are trained & how they help people. 4:30 p.m. Blanche A. Nixon/Cobbs Creek Library. 215-685-1973.

29

Yoga for Adults. Relieve stress, relax, and get fit with this inclusive yoga class. All skill levels, beginner to advanced, welcome. Mats provided. 6:30 p.m. Whitman Library. 215-685-1754.

Thursday

2

Educate Yourself. Nutrition & Cooking: 11 a.m. How to Use Your Cell Phone: 11 a.m. Jewelry Making: 1:30 p.m. (\$) Star Harbor Senior Center. 215-727-0100. (Thursdays)

Purim & March Birthday Party. 9

Students from Perelman Jewish Day School read the Purim Megillah & sing songs. Includes hot lunch, cake & entertainment by Bobby Block. Costumes encouraged. 10:40 a.m. to 1:45 p.m. Tiffany's Restaurant. Presented by KleinLife: NE Phila. RSVP: 215-698-7300. \$

Movie: "Sully," Biographical 16

drama starring Tom Hanks that depicts the "Miracle on the Hudson." 1:30 p.m. Center on the Hill. 215-247-4654. \$
Healthy Steps for Older Adults. Fall prevention program. Includes lunch & prizes. 9 a.m. to 2:30 p.m. Star Harbor Senior Center. 215-727-0100.
Paint to You. Instruction & light refreshments. 4 p.m. Northeast Older Adult Center. 215-685-0576. \$

Golden Years Healthy Aging. 23

Program on aging in America & how the way senior citizens live affects their quality of life & longevity. 1 p.m. Center on the Hill. 215-247-4654.

30

"The Chessboard and the Web: Strategies of Connection in a Networked World." Author Anne-Marie Slaughter discusses her latest book, which rethinks the complexities of international diplomacy in a post-Cold War world. 7:30 p.m. Parkway Central Library. 215-567-4341. \$

Friday

3

The Next Chapter. People 55-plus discuss life experiences, transitions & strategies for successful aging. Star Harbor Senior Center. 215-727-0100. (Fridays)
Philadelphia Chamber Music Society Presents: Tenor Paul Appleby & Pianist Ken Noda. Works by Poulenc, Britten, Schubert. 8 p.m. American Philosophical Society. 215-569-8080. \$

Philadelphia Chamber Music Society Presents: Takacs Quartet. 10

Works by Hady, Beethoven & Ravel. 8 p.m. Perelman Theater, Kimmel Center. 215-569-8080. \$

St. Patrick's Day 17

Jazz Vespers: Memorial for Gun Violence Victims. Jazz music & reception with artist Barbara Montgomery. 5 p.m. Lutheran Church of the Holy Communion. 215-567-3668.

Keep it Moving. Manage 24

chronic pain, improve health & well-being. 10 a.m. to 12:30 p.m. Mercy Neighborhood Ministries. Presented by PCA. 215-227-4393. (Continues Fridays through April 28)
Women's Wellness Workshop: Mental Health. Issues affecting African & Caribbean immigrants. All are welcome. 10:30 a.m. to 12 p.m. ACANA. 215-729-8225.

Jazzical: A Courageous Musical Exchange. 31

Harpist Gloria Galante & the Arpeggio Jazz Ensemble performance by Thelonious Monk, McCoy Tyner & Ahmad Jamal. Tickets available at the door beginning at 4:30 p.m. Show: 6-8 p.m. Woodmere Art Museum. 215-247-0476. \$

Saturday

4

The Price is Right. Game show where contestants win prizes. Benefits Hayes Manor Friendship Fund & The Charles Foundation. 1-3 p.m. Hayes Manor Retirement Residence. 215-473-1552. \$

Philadelphia Flower Show: Holland. 11

11 a.m. to 9 p.m. Pa. Convention Center. 215-988-8800. (Through March 19) \$
Senior Wellness Workshop: How Medication Impacts Dementia & Depression. 8:30 a.m. to noon. Mercy Neighborhood Ministries. 215-227-4393.
Spring Craft Fair. Handmade crafts, gifts & more. 10 a.m. to 3 p.m. St. Anne's Senior Center. 215-426-9799.

18

Masala Meals: Indian Street Food. Vegan-friendly cooking class. 1-3 p.m. Free Library of Philadelphia Culinary Literacy Center at Parkway Central Library. 215-686-5322. \$

25

Lecture: Laws & Marriage. Philadelphia judges who are active in the LGBT community discuss laws & judicial decisions about marriage as it has evolved in America. 3 p.m. Woodmere Art Museum. 215-247-0476. \$

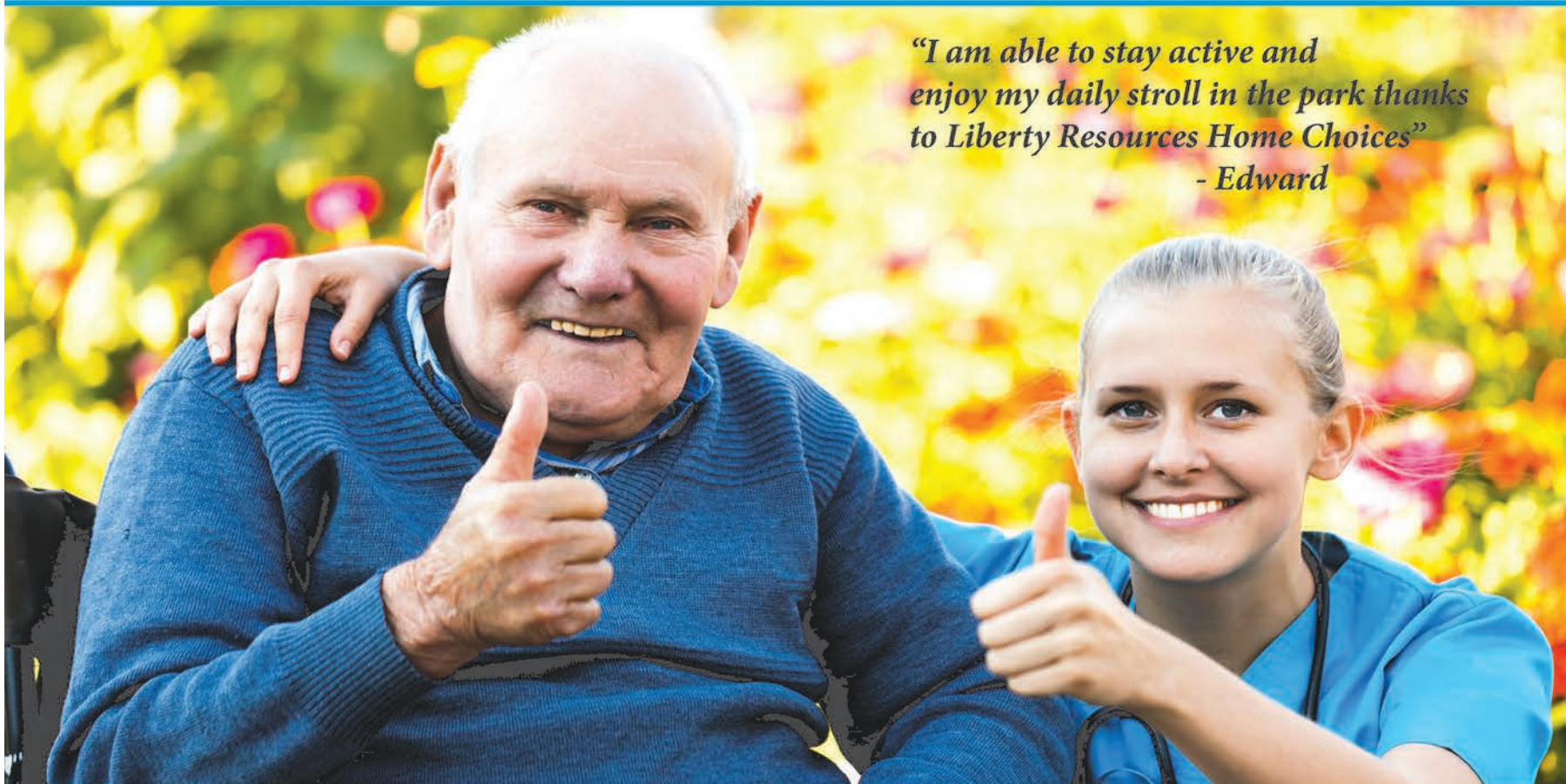
LibertyResources®

Home ChoicesSM

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

Susan B. Anthony

• continued from page 4

ter, where Susan lived as an adult," Goldman said. "The truth is that I wanted to be truly authentic, so I commissioned an historical interpreter and period costumer to make a custom-made gown for me. Susan had a trademark alligator bag that she carried everywhere, but I have a more reasonably priced version. She was also known for wearing black with a red shawl, and that's always part of my costume."

Always a teacher

Though Goldman's days in the classroom are behind her, she considers teaching to be a main component of her current work. "I'm teaching when I'm interpreting Susan B. Anthony," she said.

Interpreting Anthony for children has been a challenge. "The adults know Susan, but it's difficult to make her interesting and relevant to children. Those with weapons and military uni-

forms garner immediate attention," she said.

Goldman is looking forward to a busy year in 2020. "The female interpreters do not get called on as much as the men, and the ones who do are usually Abigail Addams and Martha Washington," she noted. "But 2020 is the 100th anniversary of the 19th amendment that guaranteed women the right to vote, so I'm hoping to be active with a lot of celebrations."

Goldman has appeared as Susan B. Anthony since 1993 in venues across the country, including the National Archives, U.S. Mint, Library of Congress, Freedoms Foundation of Valley Forge, League of Women Voters, Peddler's Village and the Rocky Mountain Museum of Tennessee. She even tried to get work at the Susan B. Anthony House in Rochester, New York, while living in the area. "But they already had a Susan," Goldman said.

For more information, go to Goldman's website at www.mwgoldman.com.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Making Independence Happen Since 1984



The Kellers,
JEVS Participants

- Personalized care planning for adults with long-term physical disabilities
- Assistance with in-home care, home modifications, durable medical equipment, assistive technology, transportation, discharge planning, navigating community resources

JEVS
HUMAN SERVICES®

Supports Coordination

215.728.4435

www.jevshumanservices.org/supports-coordination

Celebrate Arts & Aging!

Presented by Philadelphia Corporation for Aging



Call for Artists

Submission Deadline:

Friday, March 24

Celebrate Arts & Aging is a month-long, city-wide celebration featuring exhibitions of extraordinary original artwork by older artists.

Showcase your talent and creativity!
Art will be exhibited during May in observance of Older Americans Month at:

Center on the Hill... *the place for active adults*
Philadelphia City Hall
West Philadelphia Senior Community Center

Submission Guidelines:

- ✓ Artist must be at least 55 years of age
- ✓ Work must have been created within the last 3 years
- ✓ One submission per applicant

Information and Applications:

www.pcaCares.org/SeniorArt

Phone: 215.765.9000, ext. 5052

PCA

PHILADELPHIA CORPORATION FOR AGING

Always
BEST CARE
SENIOR SERVICES

JEVS
at home

PECO
An Exelon Company

CityLife
NEIGHBORHOOD CLINICS

HPP

Health Partners Plans

Resources

• continued from page 1

through PCA at no cost or on a sliding scale of payment. Among the services available are home-delivered meals (see page 8 for related story), home modification, caregiver support, and planning and coordination of in-home care.

You can request an assessment by calling the PCA Helpline at 215-765-9040, Monday through Friday, 8:30 a.m. to 5 p.m. Or you can go to the PCA website, www.pcaCares.org, and click on "Get Assistance" in the grey bar at the top. If you then choose "Request Assistance," you will be led through a few basic questions, and the information you provide will be sent to the Helpline staff to let them know you would like an assessment. You must provide a phone number where you can be reached, and the staff will get back to you by the end of the next business day.

Needs checklist

The PCA website, www.pcaCares.org,

also offers a tool to help you do a mini-assessment yourself, if you just want to get a sense of what services are available, or if you or your loved one only needs a little help. The tool is located on the "Get Assistance" page under "Not sure where to start?" Click on "Start here" to fill out the service needs checklist, which is a set of questions designed to help you determine what services and resources are available to help you, or the person you are caring for, remain in the home as independently as possible. As you respond to questions, links will appear to resources that address the concerns you have indicated. At the end of the survey, if you provide your email, you can have the results emailed to you. You can also request an assessment at this point. The information you provide is strictly confidential and will not be shared without your express permission.

Following are a few examples of what you might learn by completing the checklist.

- If you indicate that you need help shopping for or preparing meals, a link to

the "Food & Meals" page will appear. If you click on the link, you will find information on home-delivered meals, shopping services, government food assistance, meals at senior centers and emergency food resources. Under each is a link to a list of organizations or information about how to access the service.

- If you check "Cannot remain alone when caregiver or spouse is not at home," you'll be presented with a link to a list of adult day care centers. These are non-residential facilities licensed by the Pennsylvania Department of Aging. They provide a protective environment, personal care and recreational activities to people who cannot remain safely at home or who are isolated at home alone.

- If you check "Transportation," a link will come up that leads to a page describing various options, including public transportation discount programs; SEPTA's CCT-Connect Shared Ride Program, which offers seniors low-cost, door-to-door transportation; and the ADA Paratransit Program for people with disabilities.

Search on your own

If you know what kind of service you are looking for, another option is to search the PCA website's directory of service providers. Click on "Find a Service Provider" in the left column of the "Get Assistance" page. Doing so takes you to the Service Directory search page. The directory lists more than 1,200 organizations that provide a wide range of resources and services for senior citizens, caregivers and professionals in the field of aging. (Providers are included in the directory for informational purposes only, and unless specifically stated, they are not a part of PCA. Inclusion in the directory is not a recommendation or endorsement.)

You can search by broad category, such as Housing Options and Assistance, or by specific service, such as Housing Repairs/Modifications, Eviction, Subsidized Housing, or Real Estate Tax and Rent Rebates. Results also display a map, but in many cases, such as with Personal Care, the service is provided in the senior's home, not where the company is located. There are 15 broad

• continued on next page

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



PHILADELPHIA CORPORATION FOR AGING

Resources

• continued from previous page

categories in the directory and more than 100 sub-categories. The broad categories are:

- Adult Day Services/Centers
- Advocacy, Benefits, Legal, Financial Services
- Emergency Resources
- Employment, Leisure, Education
- Health Care, Resources, Support
- Food Resources
- Government
- Housing Options and Assistance
- Lesbian, Gay, Bisexual, Transgender Services
- Multi-Service Agencies
- Professional Organization
- Transportation
- Services and Care at Home
- Senior Community Centers
- Utility Assistance and Resources

Don't delay

If you have any concerns about your own or your loved one's ability to manage the demands of a household, health

care, keeping track of prescriptions, or making appointments and getting to them, it's better to seek help sooner rather than later. A little help can make a big difference, and trying to be self-sufficient for too long can backfire. If you notice you or a loved one forgetting things, neglecting chores or feeling less able to cope, reach out to family and friends or consider getting professional help. Doing so early can make it possible to maintain your independence longer.

If you are a caregiver, having someone come to the house for a few hours a week gives you a break to visit with friends, get your hair cut or run errands. Be generous with yourself; don't wait until you are at the breaking point to seek help, whether through professional services or through family and friends. If you try to do everything yourself, you risk both your own and your loved one's well-being.

Most people prefer to remain in their homes, in the community, for as long as possible. The right services and supports can help to make that possible.

Contact Linda L. Riley at lriley@pcaphl.org

Get news you can use via email

Stay abreast of news for seniors and professionals in aging services through PCA's free electronic newsletters!

• **The Milestones e-news**, the weekly electronic companion to Milestones newspaper, features highlights from the newspaper, plus links to other articles about aging.

• **The News Bulletin**, a weekday publication, keeps aging professionals up-to-date on aging policy, advocacy, research and health news.



To sign up for either newsletter, visit PCA's website at www.pcaCares.org and scroll to the bottom of the page.



Exceptional Care in the Comfort of Your Home

Why JEVS at Home:

- No cost services for individuals who qualify for Aging Waiver, Attendant Care Waiver, Act 150 Waiver, Independence Waiver, COMM CARE Waiver, and OBRA Waiver
- Easy enrollment process in the client's home
- Multi-lingual staff and caregivers
- Qualified Caregivers:
 - Fully screened and trained caregivers
 - Client may refer a family member or friend
- 24/7 on-call Customer Service Line
- Wellness and home safety visits by our staff nurse

Our services include:

- Grocery shopping
- Light housekeeping
- Meal preparation
- Laundry
- Respite Care
- Companion Services
- Bathing, dressing, grooming, and toileting
- Assistance to medical appointments
- Making the bed and changing linens
- Community Integration
- Additional Services *

* Additional services listed on service plan or by request for private pay

For more information about our services:

Call (267) 298-1325

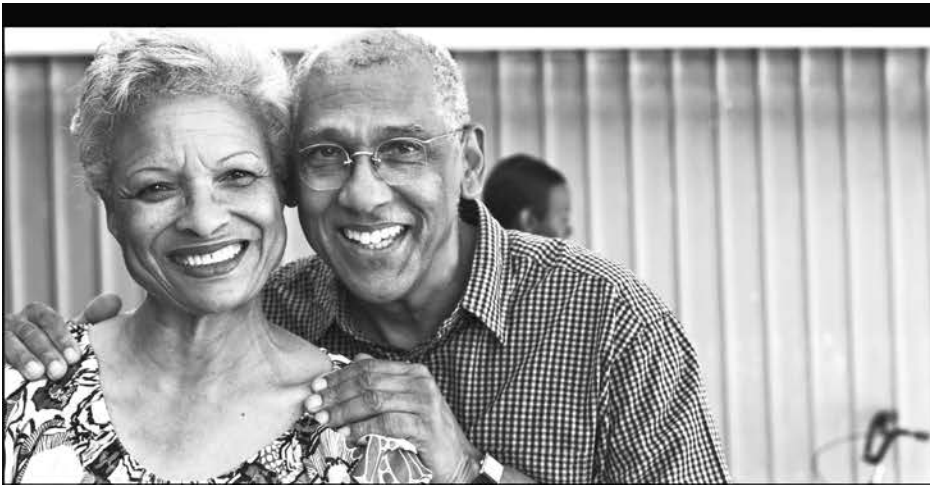
Considering becoming a caregiver?

Email your resume or questions to: hr@jevsathome.org

9350 Ashton Road, Suite 102
Philadelphia, PA 19114



JEVS at Home does not discriminate on the basis of a person's age, race, color, religion, creed, sexual orientation, marital status, national origin, ancestry, citizenship, military status, veteran status, HIV status, handicap, disability, gender, gender identity or expression, or membership in any other protected group.



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

Meals program

• continued from page 8

himself. He receives a weekly delivery of seven frozen meals. "It saves me from a lot of shopping and cooking, which would be hard for me to do," Hudson says. With meals providing one-third of his daily dietary requirements, Hudson supplements his diet with tuna, lunch meat, eggs, biscuits and other foods. Family members and friends help him with shopping.

PCA is a member of Meals on Wheels America. Unlike many Meals on Wheels programs, which are volunteer-based, PCA's program is funded through the Older Americans Act, channeled through the Pennsylvania Department of Aging, and by Medical Assistance, channeled through the Pennsylvania Department of Human Services.

For more information about PCA's home-delivered meals program, including scheduling an assessment

for this service, call the PCA Helpline at 215-765-9040 or visit www.pcaCares.org. (Hover your mouse over "Services for Seniors" and click on "Food & Meals" from the drop-down menu.)

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

Solutions to the Milestones Crossword puzzle

(See page 19.)



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 _____

Recipes

• continued from page 7

1 medium unwaxed cucumber, seeded, cut into ¼-inch pieces
 ⅔ cup chopped fresh flat-leaf parsley
 ⅔ cup chopped fresh mint
 ½ medium red bell pepper, seeded and diced
 ½ cup crumbled feta cheese
 2 medium green onions, chopped
 3 tbsp. fresh lemon juice
 3 tbsp. extra virgin olive oil
 1 tbsp. grated lemon peel
 1 clove garlic, minced
 ¼ tsp. kosher salt, or to taste
 ⅓ tsp. freshly ground black pepper, or to taste

Directions:

Put the couscous, tomatoes, cucumber, parsley, mint, bell pepper, feta cheese and green onions in a large bowl.

In a separate bowl, whisk lemon juice, olive oil, lemon peel and garlic. Season with salt and pepper. Pour over

couscous mixture; toss gently to coat.

*To cook pearl couscous, simmer 1 cup couscous in 1¼ cups water, covered, for 10 minutes. Pearl couscous, also called Israeli couscous or "ptitim," has a chewy, nutty flavor somewhat similar to barley. Compared with traditional couscous, the granules are larger, firmer and less likely to clump. If pearl couscous is not available, use traditional couscous.

Braised red cabbage with sweet apples and onions

(Serves: 6; serving size: ¾ cup)

Popular in cuisines of Central Europe, including the Czech Republic and Germany, braised red cabbage seasoned with caraway seeds is a traditional and popular side dish. Its sweet-sour flavor complements roasted chicken, pork loin and root vegetables. Bringing health and flavor together, red cabbage adds to the rainbow on your plate, delivering

antioxidant benefits. The apples in this recipe add sweetness and are available as Pennsylvania-grown produce year-round through cold storage.

Ingredients:

1 tbsp. canola oil
 1 medium red onion, thinly sliced
 1 small head red cabbage, cored and shredded (about 4 cups)
 2 sweet apples (such as Fuji, Gala or Jonagold), cored and cubed
 2 tbsp. packed brown sugar
 ½ cup apple juice
 2 tbsp. red wine vinegar
 2 tbsp. caraway seeds, toasted*
 1 bay leaf
 ½ tsp. salt
 ⅓ tsp. freshly-ground pepper

Directions:

Heat the oil in a large saucepan over medium heat. Add the onion; cook, stir-

ring, for about 5 minutes until the onion softens and becomes translucent.

Stir in the cabbage and apples. Cook just until the cabbage wilts, 3 to 5 minutes.

Combine the brown sugar, apple juice and red wine vinegar in a small bowl and then stir the mixture into the cabbage and apples. Add the caraway seeds and bay leaf. Mix well.

Bring the cabbage-apple mixture to a boil. Cover; reduce heat to a simmer, cover, cook for 20 to 25 minutes until the cabbage is tender.

Season with salt and pepper. Before serving, remove the bay leaf.

*Toasting the caraway seeds brings out the aroma. To toast, put seeds in a small, heavy, dry skillet over medium heat. Shake the skillet frequently for 1 to 2 minutes. Allow to cool. You can substitute 5 whole cloves for caraway seeds, if desired; remove before serving.



BAYADA Home Health Aide Vida Okine provides exceptional care for her client, Mrs. Virginia S.

Choose BAYADA for Exceptional Care at Home

If you are having difficulty remaining independent in your own home, BAYADA can help. Our team of care professionals can keep you safe at home with comfort, independence, and dignity.

Why BAYADA?

- We are the top home care provider in Philadelphia with more than 40 years of experience
- Highly trained home health aides
- RN supervision on all levels of care
- We accept Medicaid's Aging Waiver, Attendant Care Waiver, OBRA Waiver, COMM CARE Waiver, and Independence Waiver, as well as participants in ACT 150 and OPTIONS program

Be a part of BAYADA, where we love what we do. Immediate job opportunities are available to help keep adults and seniors safe at home. Call **215-665-1147** today.



BAYADA specialty practices include Home Health Care, Pediatrics, Hospice, and Habilitation.



Grandparents

• continued from page 1

She's raised six grandchildren and now, at 82, is raising four great-grandchildren ages 2 through 5.

Based in a small office at 2227 North Broad St., GAP provides information and referral for legal, housing, food and clothing resources and advice on accessing health and mental health services for children. It also offers a monthly support group for grandparents, activities and trips to educational and cultural venues for the children, and caregiver workshops to address issues ranging from stress to children at risk.

Financial concerns

GAP advocates with legislators for financial support for grandparents and other relatives serving as caregivers. Sixty-two percent of older adults raising grandchildren in Philadelphia are considered "functionally poor," PCA's Glicksman says, and their financial stress can be extreme. Brown remembers when

one of her granddaughters, whom she was raising, was discharged from the hospital years ago and she walked home with the child in her arms because she couldn't afford bus fare.

Jean Hackney, GAP vice president, notes that many parenting grandparents live on Social Security while trying to provide their charges with food and clothing and still pay for utilities, rent, any medical expenses and other costs of living. Those who might ordinarily apply for senior housing can't because it doesn't permit children, says Hackney, who raised a grandson from the age of 3 and assisted in raising a granddaughter.

Community collaborations

GAP conducts fundraising and engages volunteers and community organizations to support its work. It is a distribution site for food boxes supplied by the federal Commodity Supplemental Food Program (CSFP), operated by the Share Food Program Inc. Arts programs for the children are provided by Art Sanctuary, the Delta Sigma Epsilon

Sorority and Uptown Youth Got Talent.

Cox says the arts programs help provide educational and cultural enrichment and assuage one of her most pressing concerns for the grandchildren in her care – that they "run with the right crowd and stay on the right path."

Brown remembers going to her house of worship, the Church of the Advocate, in crisis mode one day. "When I stepped inside, I found so many other grandparents in my situation – people in their older years, raising kids with multiple problems and struggling to get by from week to week with no support," she says.

Experiences like that helped motivate her to start GAP. Beginning as a support group, the organization soon expanded to its current role. While challenged to be raising her young great-grandchildren, Brown says that bringing up kids is the only way of life she knows at this point. "My biggest satisfaction in doing this is to see them become young adults and be productive," she says. "I tell them, 'I know I did my best to give you stability.'"

For more information about GAP, including upcoming programs and vol-

unteer opportunities, call 215-236-5848 or email grandsasparents1@gapsnow.org. (Note: Grands As Parents [GAP] is not affiliated with the California-based group Grandparents as Parents, also known as GAP.)

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

More resources for grandparents raising grandchildren

Grand Central Inc. – Philadelphia's kinship care resource center bringing together agencies, family members and community leaders to serve those who are caring for others' children: 1211 Chestnut St., Ste. 200; call 215-557-1554; email grandcentral@msn.com.

Supportive Older Women's Network (SOWN), GrandFamily Resource Center – crisis intervention, support groups, counseling, information and referral, parenting education, Philly Families Eat Smart health and fitness program, opportunity to mentor other grandparent caregivers, advocacy: call 215-487-3000; email info@sown.org; visit www.sown.org.

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.



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

Milestones newspaper is a team effort!

Editor emeritus Don Harrison is taking this month off from his usual column, so we are taking this opportunity to introduce the members of the Philadelphia Corporation for Aging (PCA) staff who, in addition to their other jobs, write, edit and design the monthly Milestones newspaper. These hardworking communicators added production of Milestones to their duties in 2012 due to financial cutbacks.



Linda L. Riley is director of communications and legislative affairs for PCA, responsible for planning and producing all of the agency's publications and internal and external communications including website and social media. She has written for Milestones since coming to PCA in 2006 and succeeded Don Harrison as editor in 2012. In preparation for her upcoming retirement, she handed over the editorship to Abbey Porter in January; she continues to write for the publication. Riley has an M.A. in communications from Temple University and is an award-winning journalist who worked for 10 years at daily newspapers in the Philadelphia metropolitan area.



Abbey J. Porter joined PCA in November as editor and publications coordinator. Her work as a writer, editor and publications manager has garnered regional and national recognition. She has worked for Philadelphia-area institutions including Villanova University, the Wistar Institute and Fox Chase Cancer Center. Porter holds an M.A. in liberal studies from Villanova and an M.F.A. in creative writing from Queens University of Charlotte.



Marcia Z. Siegal, PCA's public relations manager since 2007, has won national awards for her journalistic work. She scripted PCA's former Milestones radio show, then transitioned to writing for Milestones newspaper. In addition to Milestones, she has written for the Jewish Exponent and for Inside and Hadassah magazines. Siegal was project manager for a history book of Jewish Family and Children's Service commemorating its 150th anniversary. She holds a B.A. in creative and critical writing with high honors and distinction from the University of Michigan.



Alicia M. Colombo, who has worked at PCA since 1999, is PCA's social media and online content coordinator. Her mastery of the "short form" is evident in both her 140-character Twitter posts and Milestones' centerfold calendar, which she has edited for the past 10 years. She has been writing and taking photographs for Milestones since 2012. Colombo graduated cum laude from Rowan University with a B.A. in communication – public relations and advertising.



Crystal Davenport is PCA's website and graphic design manager and has been the designer for Milestones since 2012. Her experience includes print and web design for advertising agencies and corporate clients. She earned a B.F.A. in advertising design from Syracuse University; M.F.A. in graphic design from Marywood University; and webmaster certificate from the University of Delaware.

The Milestones Crossword

Big blow

ACROSS

- 1 Oldtime movie dog
- 5 To be, in Paris
- 9 Boston fish delicacy
- 14 Former Chinese leader
- 15 Tourist: abbr.
- 16 Paper collection
- 17 Type of lamp
- 19 Citified
- 20 German city
- 21 *Santa Maria's* companion
- 23 Shifty
- 24 A covering
- 26 Play for time
- 28 Singing group
- 30 Missouri tributary
- 34 Gale, to New Englanders
- 39 Descendant
- 40 River of England
- 41 Blot
- 43 Numerical prefix
- 44 Respond to
- 47 Bushed
- 50 Word for some sports
- 52 Island republic
- 53 Make an attempt
- 56 Cad
- 60 Resort
- 63 Approaches
- 65 Swap

- 66 Fraternity letter
- 68 Braggarts
- 70 Homer epic
- 71 Was an also-ran
- 72 ___ alone
- 73 Spotted pony
- 74 Poetic classic
- 75 Female saints: abbr.

DOWN

- 1 Years
- 2 Call for silence
- 3 Heraldic band
- 4 Golden
- 5 Common abbreviation
- 6 Snare
- 7 Indian princesses
- 8 Occurrence
- 9 Brief commotions
- 10 Stray dog
- 11 Teases
- 12 Spoken
- 13 Gainsay
- 18 ___-mural sports
- 22 Open a keg
- 25 Sound of disapproval
- 27 Varnish ingredient
- 29 Roman emperor
- 31 S. American monkey
- 32 Ripped
- 33 Arthurian lady
- 34 Italian Saint Philip ___
- 35 Draft animals
- 36 Study
- 37 ___ *de cologne*
- 38 Formal ceremony
- 42 *Rouge et* ___
- 45 Tent item
- 46 Twister
- 48 Foam
- 49 Dishcloths, for example
- 51 Grain
- 54 Furniture item
- 55 Low ship deck
- 57 Old playing card
- 58 Comedian Cantor
- 59 Takes it easy
- 60 Pass over
- 61 Indic language
- 62 Neat as ___
- 64 Ordinary
- 67 Caress
- 69 Ozs. or lbs.

Solution

The solution for the crossword puzzle can be found on page 16.

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					
70						71					72			
73						74					75			



Your family **Our focus**

Health Partners Medicare

Health Partners Medicare puts the focus on you. With a wide choice of plans, you can select the benefits and cost that are right for you.

Choose us for:

- 24/7 customer service
- Specialist visits with no referrals
- Unlimited inpatient hospital stays
- Broad network of doctors and hospitals

Learn more today. Call 1-844-257-8383 (TTY 711) from 8 a.m. – 8 p.m. seven days a week or visit HPPMedicare.com.

\$0

**or Low Plan Premiums
or Low Cost PCP Visits
Annual Hearing Exam
Annual Vision Exam
Fitness Center Membership**

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協助服務。請致電 1-866-901-8000 (TTY: 711)。