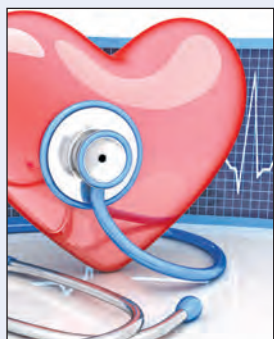


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Living with
Disabilities



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Sex for seniors: An eye-opening, informative visit to local boutiques

By Constance Garcia-Barrio

Remember when we bought X-rated magazines on the sly and sneaked them into the house? Or had whispered conversations with our peers about sex? Our high school health classes covered the basics of male and female anatomy, but seldom did the teacher mention pleasure. And my mom's advice: "Keep your skirt down and your legs crossed." Shame and silence often shrouded sexuality.

What better time than our silver years to gain a new, freer view of lovemaking and perhaps enjoy sexual fulfillment? "The need for closeness lasts all our lives," said Lenore Jefford, a licensed professional counselor and therapist certified by the American Association of Sexuality Educators, Counselors and Therapists. "In addition, sexual activity ... can invigorate the sexual organs with blood flow and improve prostate health." Experts also note that having sex produces the hormone oxytocin, which triggers the production of endorphins, the body's natural pain relievers.

Some of Philadelphia's upscale sex boutiques can prove good places to start a new exploration of sexuality and safer sex practices – and have fun along the way.

The Pleasure Chest

I had often passed the Pleasure Chest at 2039 Walnut St., near Rittenhouse Square, while on the bus, and I couldn't wait to go inside. I wanted to see how they responded to an older gal and what products they offered for seniors. Some of the items in this cozy store, like the naughty gift wrap and suggestive greeting cards, could appeal to folks of any age, while others seemed made to order for seniors. Position pillows, for example, could take the pressure off arthritic hips and knees.

"We cater to everyone from 18 to 88," said Lauren*, a savvy sales associate. "We deal with issues of sexuality and aging all the time. The other day, an older woman came in and said that her boyfriend had died and she hadn't

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Heart Health

Heart attacks: Knowing who is at risk and what to do

By Marcia Z. Siegal

Every 40 seconds, someone suffers a heart attack. Many of these attacks prove fatal. In fact, heart disease — or the buildup of plaque in the heart's arteries that can lead to a heart attack — is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC). Many people are unaware that they are at risk — or realize the added heart risks that can occur in wintertime, warns the CDC. February, American Heart Month, is a good time to think about your heart health.

What is a heart attack?

A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens when the coronary arteries

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

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

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Health Brief

Vision rehabilitation can help people with low vision to preserve their sight

With people in the United States living longer, eye diseases and vision loss have become major public health concerns. Low vision is a visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medication or surgery. Having low vision can make activities like reading, shopping, cooking, writing and watching TV difficult. In addition, the consequences of vision loss may leave people feeling anxious, helpless and depressed.

What causes low vision?

Low vision is usually caused by eye diseases or other health conditions. Some of these include age-related macular degeneration, cataracts, diabetes and glaucoma – diseases for which older adults are at higher risk. Eye injuries and birth defects are other causes.

Whatever the cause, lost vision often cannot be restored. It can, however, be managed with proper treatment.

Who is at risk for low vision?

Vision loss can affect anyone at any age, but low vision is most common among those older than 65. African-Americans and Latinos are at higher risk for vision loss from diseases such as glaucoma and diabetic eye disease. Caucasians are more at risk for vision loss from age-related macular degeneration.

What are the signs of low vision?

Having difficulty with any of the following – even when wearing glasses or contact lenses – could be an early warning sign of vision loss or eye disease:

- Recognizing faces
- Getting around the neighborhood
- Sewing or fixing things around the house
- Selecting and matching the color of clothes

The sooner vision loss or eye disease is detected, the greater the chances of keeping the remaining vision. If you notice sudden or unusual changes in your vision, make an appointment immediately with an eye doctor.

What can I do to save my sight?

Vision rehabilitation can help people with vision loss to maximize their remaining vi-



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Getting an eye exam when you notice any sudden vision changes could save your sight.

sion and maintain their current lifestyle. It teaches them how to move safely around the home; continue to participate in activities they enjoy; and find resources, adaptive devices and support.

A vision rehabilitation program can encompass a wide range of services, including training in the use of magnifiers and other adaptive devices and ways to complete daily activities safely and independently, guidance on modifying residences, and information on where to locate resources and support. These programs typically include a team of professionals consisting of a primary eye care professional and an optometrist or ophthalmologist specializing in low vision. Occupational therapists, orientation and mobility specialists, certified low vision therapists, counselors, and social workers may also be a part of this team.

* * *

The National Eye Health Education Program (NEHEP) of the National Eye Institute raises awareness about vision rehabilitation for people with vision loss. The NEHEP Low Vision Education Program includes facts about low vision and a variety of educational materials. For more information and resources, go to the website nei.nih.gov/nehep/programs/lowvision.

Source: The National Eye Institute's National Eye Health Education Program

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Heart Health

When taking care of your heart, prevention is best medicine for health

By Alicia M. Colombo

This month, take time to love yourself by thinking about your heart health. Heart health is a broad term that is often used to describe healthy blood flow through the vessels, healthy tissue in the heart walls and a normal rhythm, said Sonela Skenderi, D.O., a board-certified cardiovascular disease specialist at Mercy Cardiology at Nazareth Hospital.

Several factors can compromise heart health and contribute to heart disease, including hypertension, or high blood pressure; high cholesterol; and diabetes. Of these, hypertension is especially dangerous; it is known as a “silent killer.” Most of the time, it has no obvious symptoms. It can damage coronary arteries, causing them to become narrowed, and strain the heart by forcing it to work harder.

You may not even know you have heart disease until it's too late. But with lifestyle changes and medical monitoring, you can prevent a life-threatening cardiac event.



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While you can't control some risk factors for heart disease, like family history and age, much can still be done to improve your heart health. “We have a lot of young patients who don't have a family history of heart disease, but they have other risk factors,” Skenderi said. “Elevated blood pressure and cholesterol are known as ‘silent’ risk factors, because you don't feel them.”

Smoking and stress also can increase the risk of heart disease. “Stress does so by elevat-

ing the blood pressure,” Skenderi said. She added that not taking care of your diet and failing to maintain a healthy weight also are risk factors.

Below are some tips that can help you prevent heart disease and keep your heart healthy as you age.

Check your numbers

Whether or not you have a known heart condition, it is essential that as a senior, you monitor your blood pressure and take steps to keep it at a healthy level. “Someone who perceives themselves as healthy may not have the motivation to check their blood pressure regularly,” Skenderi said. But she added that it is crucial to do so. “For patients older than 60, the most important tip to maintaining a healthy heart would be to control blood pressure,” Skenderi said. “If high blood pressure is monitored and treated, it can save your life.”

Skenderi suggests regularly monitoring your blood pressure at a pharmacy or purchasing an inexpensive home blood pressure monitor. You should also have your blood pressure checked at every doctor's visit, whether you're seeing your primary care doctor, cardiologist or another specialist.

She also recommends having an annual blood test to check your cholesterol levels. If your overall cholesterol or low-density lipoprotein (LDL) cholesterol – also known as “bad” cholesterol – levels are elevated, talk to your doctor about ways to get and keep them down. (Read on for dietary suggestions.)

Type 2 diabetes is another common heart disease risk factor because it is often associated with hypertension and high LDL cholesterol. If you have diabetes, maintaining glucose control is essential to minimizing heart disease risk. Elevated sugars increase the formation of plaque everywhere in your body, including the carotid artery, which supplies blood to your brain and face, lower extremities, and coronary arteries. “Managing diabetes is a lifetime commitment,” Skenderi said. “Uncontrolled diabetes can lead to coronary artery disease, stroke, kidney and eye disease. Stroke and coronary artery disease, if untreated, can be fatal.”

Above all, follow the recommendations of your doctor to manage your heart and overall

health.

Eat a low-fat diet

A high-cholesterol diet increases your risk of heart disease. Eating too many foods with a high content of saturated fat, trans fat and/or cholesterol can cause high cholesterol, which can lead to plaque buildup in the coronary arteries, causing them to narrow and thereby impeding blood flow to the heart. An unhealthy diet can also lead to another risk factor, obesity, which is defined as being 20 percent above your ideal weight. Being obese can raise blood pressure and LDL cholesterol. Obesity also can lower high-density lipoprotein (HDL or “good”) cholesterol, which may help protect against heart attack.

If your goal is to maintain your current weight and improve your cholesterol levels, then changing the type of food you eat should be sufficient, according to the doctor. When you eat a meal, fill half of a large plate with vegetables, one quarter with carbohydrates and one quarter with lean meat. “Eating three balanced meals a day with a good proportion of healthy versus unhealthy foods should be enough to improve overall health and wellbeing,” Skenderi said.

Lean proteins contribute to heart health because they are low in fat and cholesterol. They include legumes and beans; vegetable protein, such as soy; chicken breast; and fishes. If you purchase frozen fish, it is more economical than fresh and can be kept for a couple of weeks. “You can have red meat, but the frequency of consuming it is what counts,” Skenderi said. “It would help your heart if you ate red meat no more than twice a week.” Another lean meat option is pork tenderloin, which is also healthier than red meat.

Regardless of the meat you choose, you should consider broiling, baking, grilling or sautéing your meat with a little extra virgin olive oil, instead of breading and deep frying it. “Olive oil has protective properties and is a staple of the Mediterranean diet, which is also based on lots of vegetables,” Skenderi said.

Lose weight

For people who are trying to lose weight and also reduce cholesterol, calorie counting

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Heart Health

Is vegetarianism an option for you?

By Barbara Sherf

Vegetarian lifestyles are increasing in popularity. Studies by The Vegetarian Times show that almost 23 million Americans follow a “vegetarian-inclined diet” and more than 7 million are strict vegetarians, meaning they eat no meat.

Vegetarian diets appear to be more heart healthy, since they are usually lower in total fat, saturated fat and cholesterol than those that include meat. Many studies have shown vegetarians to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes and some forms of cancer, according to the association.

As more Americans are turning to plant-based diets, heart-healthy vegetarian cooking classes are also gaining in popularity, according to Ermine Laud-Hammond, a retired health and nutrition educator with a Master of Science in health education. Laud-Hammond, who is 77 and a native of Jamaica,

has been teaching plant-based cooking classes for nearly 30 years.

These days, she is teaching at Center on the Hill in Chestnut Hill and the nearby Seventh Day Adventist Church she attends.

“Through Penn State, I used to train teachers in Philadelphia to teach low-income families with school-age children healthy cooking styles,” said Laud-Hammond, who teaches spring and fall classes. “The rest of the time, I refine my recipes and take time for myself.”

Most of her new recruits sign up because of health issues. “They come basically because of some kind of illness, be it heart, high blood pressure, diabetes or arthritis,” Laud-Hammond said. “There are so many things we can do that changes them from a meat- to a plant-based diet. But I take things slowly at first because there is a transition that is taking place.”

She has observed that many of the men in her classes have not been trained in basic cooking techniques. So when their spouse is ill or passes away, they turn more and more to



Courtesy of Ermine Laud-Hammond

Retired health educator Ermine Laud-Hammond chops vegetables for her cooking class.

processed foods and start to have issues with their health.

“I am not a chef. I cook because my mother was an excellent cook and she taught all of

us, including the boys, how to cook,” Laud-Hammond said. “In the classes, we teach how to read food labels, where to shop and how to prepare a meatless meal. I ask my students, ‘Do you like to eat?’ And they say, ‘Yes.’ I ask them, ‘Do you like to cook or know how to cook?’ and they generally say, ‘No.’ So that’s where I start.”

Laud-Hammond said she realizes the newer students are transitioning from cooking with animal products to plant-based cooking. She tries to introduce cooking techniques using recipes they like in which she can substitute vegetables, fruits, grains, herbs and seasonings for animal products.

“There are so many different sauces and seasonings in Asian and Indian cooking. We look at almond meal, oats and gluten binders and make vegetable patties that they love because of the seasonings,” Laud-Hammond said. “We encourage a one-day-a-week meatless dish and then ramp it up from there.”

While she enjoys her demonstration kitchen, which utilizes a professional portable cooking station with a mirror on top to easily show her techniques, she also takes the

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Built by the Pennsylvania Anti-Slavery Society to serve as a meeting place for abolitionists, Pennsylvania Hall was burned to the ground by “anti-black” rioters four days after it opened.

[**Black History Month | February**]

The Burning of Pennsylvania Hall

By Constance Garcia-Barrio

On the morning of May 14, 1838, a small group of black women from South Philadelphia, home at that time to many of the city's African-Americans, made their way north, past Market Street's smelly fish stalls and dye shops, to Pennsylvania Hall. The Anti-Slavery Convention of American Women would soon start in the stately new building on Sixth Street between Mulberry and Sassafras, about where WHYY stands now. Besides being excited about the convention, only the second of its kind in U.S. history, the women felt wary.

Conflicts over race, gender and anti-slavery activism had stewed in Philadelphia for years. In December 1833, men formed the American Anti-Slavery Society, which barred women. Mere days later, a handful of black and white women did the unthinkable. The brazen witches – as many Philadelphians would have called them at the time – launched the Philadelphia Female Anti-Slavery Society (PFASS). The women not only took a break from their kitchens and sewing rooms to have a say in the nation's toughest political issue but also did so as an interracial group, a rare thing in the 1830s. Their move “turned the world upside down,” as one observer put it.

These smart, courageous women had the backing of supportive, well-heeled husbands. Quaker matron Lucretia Mott, wife of wool merchant James Mott, assumed a leading role in PFASS, as did Charlotte Forten, wife of black sailmaker James Forten, and the

Fortens' daughters, Sarah, Harriet and Margaretta. All the women risked their safety with their radical stance, but the black women perhaps more so. Competition for jobs fueled anti-black feelings. In 1834, a white mob destroyed the homes of many blacks.

Undaunted, PFASS pushed its projects. The women provided money to support a school for black girls. They also collected clothes for fugitives spirited through Philadelphia on the Underground Railroad. PFASS financed those and other activities through fundraisers like its annual Christmas anti-slavery bazaar. For that event, the women made and sold items like potholders embroidered with the words: “Any holder but a slaveholder.”

Due to many Philadelphians' pro-slavery sentiments, PFASS and others opposed to slavery often scrambled to find places to hold events. That roadblock led abolitionists, including some women, to pay to build an edifice where they could discuss ending slavery. Two thousand shares at \$20 each paid for the \$40,000 cost of that building, known as Pennsylvania Hall. It was “one of the most commodious and splendid buildings in the city,” according to “History of Pennsylvania Hall,” published in 1838. That year, the women's antislavery convention would take place in the hall, finished only days earlier.

The convention began on a Monday, the same day Pennsylvania Hall was dedicated. The convention's interracial gathering of 203 delegates from northern towns and cities turned

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Help for when your heart is breaking

By Barbara Sherf

Losing a spouse or other long-term romantic partner can be emotionally draining. Romance-focused holidays like Valentine's Day can make it especially difficult to navigate life as a newly single person. A Germantown-based psychotherapist is dedicated to helping people get through the tough times with the aid of workshops and support groups.

With more than 30 years' experience as a social worker, teacher and psychotherapist,



Paola Noguerras

Psychotherapist Claudia Apfelbaum mends broken hearts with workshops and support.

Claudia Apfelbaum sees Valentine's Day as a very isolating time for clients who have lost their spouse, gotten divorced or otherwise lost a steady relationship.

"While the winter and end-of-year holidays are often difficult, my clients turn to friends, children and even grandchildren to cope with loss," says the 65-year-old counselor. "However, our society is so couples-oriented that Valentine's Day can be much more intense when your heart is breaking from the loss of a long-term partner."

Apfelbaum feels that if you have been part of a couple and typically have celebrated Valentine's Day with other couples but now are solo, it's best to find another activity or outlet in which you can talk about the loss of your romantic relationship.

She suggests going out with single friends to have dinner or see a movie. "If they have nearby grandchildren, perhaps spend time with them and send their parents out for dinner," she says. "Then you can make a cake with them for their parents or make some Valentine's Day cards for each other. The worst

thing is isolating oneself on Valentine's Day."

Apfelbaum believes there is strength in numbers. "If you are a woman who doesn't have family in the area, find other women to go have dinner with and watch a comedy or historical movie together," she advises. "Don't go to the same restaurant you had gone to with your spouse, and don't see a tearjerker or romantic movie."

She sees uncoupling later in life happening more often than many people think, including in the case of a 71-year-old woman who was divorcing her long-term husband.

"It's a gutsy thing to do," Apfelbaum says. "But people live longer these days, and it's better to create a good life for yourself whenever you choose to do it than stay in a relationship that is unsatisfying or worse. Separation or divorce means they are still hopeful and still determined to create a good life for themselves."

According to Apfelbaum, there are also people who are without partners because they want to live independent lives. Maybe they have had a lifetime of caretaking and feel the need "for their souls to emerge," or maybe they want to explore what living on their own feels like. She knows a woman in her early 60s who has retired and is living on her own on an island in Scotland. "She is really taking charge of her life," Apfelbaum says. "She is discovering what interests her and following it."

If you are not happy being by yourself, there are many things you can do to connect with others. "There are all kinds of places – community groups, volunteer organizations, activist groups, churches, meet-ups – where people can meet other people and have fun together," Apfelbaum says. "It does take emotional and physical effort to get past the depression and isolation and go somewhere, but the rewards from connecting with others are usually refreshing and enriching."

Apfelbaum is inviting people without a sweetheart to enjoy an afternoon of making cards, writing poetry or just socializing on Feb. 14 at her home office in Germantown. Space is limited. A donation of \$10 to \$25 is requested. To register or for more information, call 215-317-8855 or email ClaudiaListens@gmail.com. She also runs a group to help people overcome isolation. More information is available at ClaudiaListens.com.

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A LOVE STORY FOR THE AGES:

Old friends reconnect, marry after six decades apart

By Linda L. Riley

One day a few years ago, Peggy Worthington's 3-year-old granddaughter, Sara, was sad because her friend was going to move away and she feared they would forget each other. But Peggy reassured her, saying that she'd had a friend named Sheldon who had moved away when he was 6 and Peggy was 5, and she still remembered him.

She couldn't have foreseen that she would soon see Sheldon again for the first time in six decades – and that they would be married just two years later.

A rough time

It started with a sympathy card.

In July 2014, not long after that conversation with Sara, Worthington saw an obituary in the newspaper under the name "Berman" – Sheldon's last name. Reading it, she realized that Susan Berman, who had died, was the wife of her childhood friend.

"I hadn't thought about him in a long

time," Worthington says, "but there he was again."

"My husband Bill died in June 2010, and it was a rough time for me," Worthington says. Four years later, she says, her grief had subsided and she had finally begun to enjoy life again. So when she saw the death notice, she decided to write a comforting note. It began "You might not remember me, we were childhood playmates," and went on to express sympathy and to reassure Berman that his grief would diminish over time.

"When I got the note, it was very touching," Berman said, turning to look at Worthington and patting her hand affectionately at their home in Melrose Park, just north of Philadelphia in Cheltenham Township. The card had lain in a pile, one of many he had received. "It was a pretty traumatic summer," he says. He had retired July 1 from his job as a math supervisor in the Philadelphia school system, and his wife had died two weeks later. Then, at the end of the summer, he had had his hip replaced.

It was a couple of months before he had returned to the note; when he did and found that there was a return address on the envelope, he wrote back.

Phone numbers were exchanged, but when Berman first called Worthington, she was on her way out the door to spend a month in California with her daughter and granddaughter. It wasn't until she returned in October that they really started to connect. He lived in Melrose Park, and she lived in Ocean City, New Jersey, so at first they just talked on the phone.

Comfort and connection

"It started with a little conversation, then longer conversations, and then we were calling every night," Berman says. Finally, in November, he suggested they meet in person. They met at the Franklin Institute, and after visiting the "Body Worlds: Animals Inside Out" exhibit, Worthington was surprised to learn that Berman had made a brunch reservation.

"We both liked the same foods; we hit it off," she says. "Then Sheldon says, 'Do you want to come back to my house for dessert?'"

Worthington says normally she wouldn't have, but that "I felt that in our hearts and our minds we knew it was safe. We had chocolate cake."

Coincidentally, she, too, had retired in July 2014, from a position as director of medical staff services for a hospital in Atlantic City. She had been about to accept a consulting job in Massachusetts but thought twice after she and Berman connected and wound up turning the job down.

"We very quickly became very comfortable with each other," Berman says. They married two years later, in August 2016.

Coming full circle

When Worthington moved to Melrose Park, it was almost as if the couple had come full circle, since their story began just five miles away in the Ardsley section of Abington Township. That was in the early 1950s, and Worthington says at the time the area was very rural. They lived in a cluster of three houses: One was her parents', behind them was her grandparents', and next door was Berman's family. Berman's older brother and Worthington's older sister were the same age.



Linda L. Riley

Peggy Worthington and Sheldon Berman enjoy married life after 60 years apart.

"We were surrounded by fields, so we just all played together," she says. "I remember we would get up early and go around to the neighbors – there was a bread man and a milk man, and we would take things from the boxes and eat them," Worthington says, though Berman denied any memory of those escapades.

The couple's marriage has brought challenges – most notably, Jake and Iris, Berman's two cats. Worthington cuddled right up to them at first, but soon began having trouble breathing. It turned out she was highly allergic, and the cats triggered an asthma attack. Berman's home of 37 years was fully wall-to-wall carpeted, and he had prized tapestries hanging on the walls. When they married, all that had to go to deal with Worthington's allergies; the wood floors underneath the carpet were refinished and left bare. Three rooms – the master bedroom, guest room and TV room – were designated as cat-free zones. Berman installed trellis-like privacy screens in doorways to allow air and light, but not Jake and Iris, to circulate.

Now 70, Worthington says traveling and spending time with family, both near and far, top their agenda. Her younger brother lives nearby in Glenside, and her daughter and granddaughter are within easy reach in Philadelphia. Her son and Berman's brother and sister-in-law are all in Florida, and his son lives in California.

Berman, 71, says that as a former educator who taught for 30 years before becoming an administrator, "I don't enjoy anything more than lying in bed in the morning and hearing the school bus go by."

Linda L. Riley is an award-winning journalist, book author and former editor of Milestones.

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Mail to PCA Education Day, 642 N. Broad Street, Philadelphia, PA 19130 or email events@pcaCares.org.

Every effort will be made to place you in the classes you select. Registration confirmation will be sent a week prior to the event.



February 2018

American Heart Month

Black History Month

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
SUPER BOWL LII <i>Go Eagles!</i> 		Short Stories with Jack. All are welcome. 12:45 p.m. KleinLife: NE Phila. 215-698-7300.		All Home Care is Not the Same. Discussion about care services & assistance available to seniors & people with disabilities. 1:30 p.m. Center on the Hill. 215-247-4654. It's About Time. Watch & jewelry sales with on-site watch repairs. 9:30 a.m. to noon. KleinLife: NE Phila. 215-698-7300.		Sewing Made Easy: Learn to thread & stitch to make a simple craft. 12:30 p.m. Marconi Older Adult Program. 215-717-1969. \$ (Wednesdays)		Help Yourself to Health. Workshop series to help you cope with chronic conditions & pain. 9:30 a.m. Marconi Older Adult Program. 215-717-1969. (Thursdays through March 8)	GROUNDHOG DAY NATIONAL WEAR RED DAY <i>Women's heart disease awareness</i> Book Club. Discussion of "Behold the Dreamers" by Imbolo Mbue. 10:30 a.m. to Noon. Coleman Library. 215-848-7722.	The Next Chapter. 55+ peer discussion group on life experiences, transitions & strategies for successful aging. 11 a.m. Star Harbor Senior Center. 215-727-0100. (Saturdays)
Blades of Steel: Adaptive Ice Skating. Learn the basics of sled hockey from sporting professionals & the Phila. Flyers. Open to families & people with disabilities. 9:30 a.m. Blue Cross River-Rink. 215-922-2FUN. (Sundays through Feb. 18)		Seven Weird Things That Happen to Your Feet as You Get Older. Podiatrist will discuss common foot complaints that arise with age. How to relieve pain, improve comfort & prevent larger problems. 12:30 p.m. Center on the Hill. 215-247-4654.		AARP Smart DriverTEK. Vehicle safety workshop. 9:30 a.m. to 1 p.m. KleinLife: NE Phila. 215-698-7300. \$ Black History Trivia Challenge. 1 p.m. Center in the Park. 215-848-7722. Valentine's Day Festive Meal. Free spin on the prize wheel. Noon. Marconi Older Adult Program. 215-717-1969.		VALENTINE'S DAY Enhance Fitness. Exercise to music. 10 a.m. Star Harbor Senior Center. 215-727-0100. (Mondays & Wednesdays) Valentine's Day Party. Music & refreshments. 1:30 p.m. Phila. Senior Center - Ave. of the Arts. 215-546-5879.		Nutritious & Delicious. Discuss health concerns. (Limited space. Bring lunch ticket.) 11:45 a.m. KleinLife: NE Phila. 215-698-7300. Speaker Series: Simplifying Your Life to Age in Place. Tips for organizing important documents, home maintenance & more. Noon-1:30 p.m. Center on the Hill. 215-247-4654. \$	Billiards. 8:30 a.m. to 4 p.m. Center in the Park. 215-848-7722. (Every weekday)	Film Screening: Disney's 'Ruby Bridges.' True story of one of first African-American children who attended a previously segregated school. 3 p.m. Lucien E. Blackwell West Phila. Regional Library. 215-685-7433.
Jazz Vespers. Service with jazz music, meditation & prayer. Artists' reception follows. 5 p.m. Lutheran Church of the Holy Communion. 215-567-3668.		PRESIDENTS DAY 		How to Protect your Largest Asset. Three-part series to explain home & property protection. 10:30 a.m. Center on the Hill. 215-247-4654. (Feb. 27 & March 6) Philadelphia Library Book Club. Discussion of best-selling books. 12:45 p.m. KleinLife: NE Phila. 215-698-7300.		Songsters Unlimited Black History Month Concert. Soulful music & celebration. 1 p.m. Center in the Park. 215-848-7722.		Bingo. Complete for prizes. 12:45 p.m. KleinLife: NE Phila. 215-698-7300. \$ (Feb. 7) Line Dance Class. Latest dances & music. 1 p.m. Star Harbor Senior Center. 215-727-0100. \$ (Thursdays)	Men's Gathering. 9:30-11:30 a.m. Center in the Park. 215-848-7722. \$ (Fridays)	Winter Witch Hazel Walk. Guided tour of winter-blooming shrubs. 2 p.m. Morris Arboretum. 215-247-5777. \$ (Feb. 17)
Sundays on Stage: Two of a Kind. Interactive family concert with songs about reading, books & the library. 2 p.m. Parkway Central Library. 215-686-5322.		Stretch4Life. 12:30 p.m. Center in the Park. 215-848-7722. \$ (Mondays & Wednesdays)		Community Luncheon. Eat & chat with familiar faces. Noon. Center on the Hill. Register by Feb. 23 for discount: 215-247-4654. \$ Purim Party. Dress in costume. Celebrate with friends. 11:45 a.m. KleinLife: NE Phila. Register for lunch: 215-698-7300. \$		Black History Tribute. Performances by the center's Drama Club, choir, praise & tap dance classes. 11 a.m. Star Harbor Senior Center. 215-727-0100.				

Milestones

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

Send your calendar items to:

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



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Winter dreams: Visions of ice skating

By Dorothy Stanaitis

As the next Winter Olympics are upon us this month, I recall my childhood dreams of becoming a famous ice skater. Sonja Henie started it all. That tiny Norwegian figure skating sensation whirled, twirled and twisted her way to three Olympic gold medals in ladies singles figure skating, as well as six European and 10 World Figure Skating Championships – more than any other skater.

But Henie's real ambition was to go to Hollywood and become a movie star. After her father arranged a Los Angeles ice show highlighting his daughter's amazing talents, it wasn't long before her wish came true. After starring in several films, she became one of Hollywood's highest paid stars in a series of box office hits.

Since I was the envy of my James Rhodes School classmates for the incredible luck of having a grandmother who was the candy lady at the Cross Keys Movie Theater on Market Street, there were many opportunities for me to see Sonja Henie on the big screen.

As I watched her glide effortlessly across the ice and quickly spin and gracefully leap into the air, it looked so easy that I knew I could do it, too. I could see myself gliding on ice, spinning and leaping just like Sonja Henie. But there was one problem. I didn't have ice skates.

My birthday, usually a good opportunity to have wishes fulfilled, had already passed, but it wouldn't be long until Christmas, my second chance to get my heart's desire, and I had seldom desired anything as much as I desired those ice skates. My usual holiday gifts had always been dolls and books, but that year, all I wanted under the Christmas tree were Sonja Henie ice skates. My campaign began. I never missed an opportunity to be helpful. I never teased my little sister. I stopped fussing over my bedtime, and I wrote several letters to Santa Claus explaining that I needed nothing at Christmas except those ice skates.

I went to bed on Christmas Eve full of confidence, but I woke to bitter disappointment. My gifts under the tree included two books, some games and a baby doll. There were no ice skates. I didn't want to spoil my family's happiness by pouting, but my heart was broken.

It mended quickly, however, when my grandmother arrived for her Christmas visit. The doll-sized box that she handed me actually contained a treasure ... a beautiful pair of showy white ice skates just like Sonja Henie's. They were a little large to allow for growth, but



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when padded with extra-large socks, they were perfect. I couldn't wait for a chance to use them. It came the very next day.

My mother, busy at home with my little sister and brother, had arranged for a neighborhood girl to take me to Concourse Lake in Fairmount Park, where there was great ice skating. She gave us some change to use on the 52nd Street trolley, and off we went.

I was so excited that my hands were trembling as we put on our skates. But when I tried standing, my legs were trembling, too. The skating didn't go well at all. I fell several times, causing the better skaters to grumble as they wove around me. I struggled to get up on the slippery ice.

After some time with no improvement, the neighbor suggested that we might want to go to the drug store on the corner of 52nd and Parkside to warm up and enjoy some hot chocolate. Since I was shivering with cold and disappointment, I agreed. What I didn't know was that the hot chocolate would be paid for with the money intended for the trolley ride home. It was a long, cold walk to get there. When I finally stumbled into the house, my mother was eager to hear about the adventure. What she heard wasn't exactly accurate, but I wanted to keep the dream alive.

I never did learn to leap and twirl like Sonja Henie, but over the winter I did manage to stay on my feet long enough to skate around the edge of Concourse Lake and avoid tripping the better skaters. That was good enough for me. One of the books I had received for Christmas was Louisa May Alcott's "Little Women." In the story, Jo decided to be a writer. So I took my ambitions off the ice and onto the desk. I wouldn't be an ice skater after all.

Dorothy Stanaitis presents programs based on her work as a Philadelphia Tour Guide.

Recipe Box

A French vegetable dish to warm you in this cold winter weather

Ratatouille is a hearty, seasoned, stewed vegetable dish that originated in the late 1800s in Nice, France, as a poor person’s meal. While still relatively inexpensive, it has become a much-loved classic around the world and makes a wholesome and satisfying winter comfort food. In France, it’s often served with a loaf of crusty bread. Bon appétit!

Ratatouille

(Servings: 4)

Ingredients:

- 1 onion, sliced thinly
- 2 garlic cloves, minced
- 5 tbsp. olive oil
- Eggplant, ¾-pound, cut into ½-inch pieces (yields about 3 cups)
- 1 small zucchini, scrubbed, quartered lengthwise, and cut into thin slices
- 1 red bell pepper, chopped
- ¾ lb. small ripe tomatoes, chopped coarsely (yields about 1 ¼ cups)
- ¼ tsp. dried oregano, crumbled
- ¼ tsp. dried thyme, crumbled
- ½ tsp. ground coriander
- ⅛ tsp. fennel seeds
- ¾ tsp. salt
- ½ cup fresh basil leaves, shredded



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Directions:

In a large skillet, cook the onion and the garlic in 2 tablespoons of oil over moderately low heat, stirring occasionally, until the onion is softened. Add the remaining 3 tablespoons of oil and heat over moderately high heat until it is hot but not smoking. Add the eggplant and cook, stirring occasionally, for 8 minutes, or until the eggplant is softened. Stir in the zucchini and the bell pepper and cook the mixture over moderate heat, stirring occasionally, for 12 minutes. Stir in the tomatoes and cook, stirring occasionally, for 5 to 7 minutes more, or until the vegetables are tender. Stir in the oregano, thyme, coriander, fennel seeds, salt, and pepper to taste and cook, stirring, for 1 minute. Stir in the basil and combine the mixture well. The ratatouille may be made one day in advance, kept covered and chilled, and reheated before serving.

Source: Epicurious.com



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Crossword puzzle solution
(See page 19 for clues.)



Heart attacks

• continued from page 1

that supply the heart with blood slowly narrow from a buildup of plaque, which is made up of a mixture of accumulated fat, cholesterol and other substances. During a heart attack, the blood supply to part of the heart stops and causes a section of the heart muscle to begin to die. A heart attack can cause cardiac arrest, which is the abrupt loss of heart function. Cardiac arrest can cause sudden death, especially without immediate treatment.

Who is at risk?

The American Heart Association (AHA) notes on its website, heart.org, that there are three major risks of heart disease that people have no control over:

- Advancing age: Most people who die of coronary heart disease are 65 or older
- Gender: Men have a greater risk of heart attack than women do, and they have attacks earlier in life.
- Heredity: When one or both parents have heart disease, their children are more likely to develop heart disease as well.

However, there are a number of other risk factors – from high blood pressure to diet –

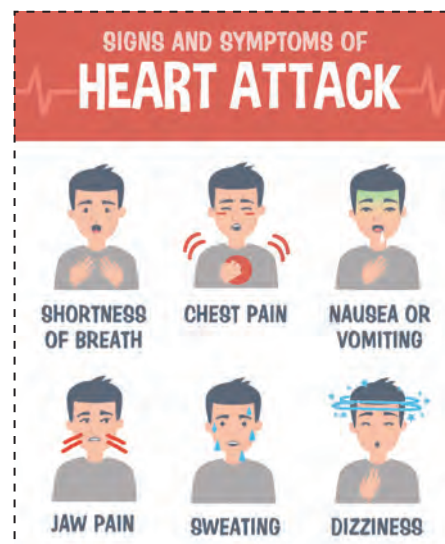
that often can be controlled through healthy lifestyle choices and, if needed, medications. For more information about ways to reduce your risks of heart disease, see article on page 4.

Beware of winter

Cold weather can cause blood vessels to constrict, while blood flow speeds up to help you stay warm. This combination can increase blood pressure. Additionally, many people are less physically active in wintertime. These factors contribute to more heart attacks and deaths from heart attacks occurring in winter than in any other season, according to the AHA. Studies suggest that wintertime may be especially risky if you've already had a heart attack, have heart disease or are older than 65.

ScienceDaily reports that some research shows other risk factors, such as waist circumference and total cholesterol, to be higher in January and February. According to the AHA, a waist circumference of fewer than 40 inches for men and 35 inches for women is recommended for best health, as a large accumulation of fat around the middle has been linked to a higher risk of heart attack.

Blood levels of immune system compounds that help your body fight off infections are also higher in winter and may also add to plaque buildup in arteries, according



to researchers from the Icahn School of Medicine at Mount Sinai in New York.

Seasonal stress, both mental and physical, may also factor in. People may experience mental stress from social isolation and loneliness, for example, because winter weather can make it difficult to leave the house for regular activities. The AHA says stress may affect factors and behaviors that contribute to an increased heart disease risk. These include high blood pressure and cholesterol levels, as well as smoking, physical inactivity and overeating.

Shoveling snow is a prime example of physical stress that can occur this time of year. It can raise one's heart rate and blood pressure more quickly than other types of exercise and is typically more strenuous. Experts advise against shoveling if you are older, have heart disease or think you might, or are not accustomed to this level of physical activity.

What are the danger signs?

The AHA offers these heart attack warning signs and notes that "although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort."

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Cold sweats, nausea or lightheadedness.

Women's symptoms

The most common heart attack symptom in both men and women is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Sometimes, these symptoms can be so subtle that women don't realize they are having a heart attack. Therefore, they may not seek treatment until the situation has become advanced, and they risk a worse outcome, said Sumeet Mainigi, M.D, a cardiologist affiliated with Einstein Medical Center Philadelphia and director of cardiac electrophysiology (diagnosing and treating heart rhythm disorders) at the medical center.

If you believe that you or someone you know is having a heart attack, call 9-1-1. According to the AHA, it is best to call emergency medical services (EMS) for rapid transport to the emergency room. EMS staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

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

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



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Ask the Expert

Program repairs seniors' homes for comfort, safety

QUESTION:

I have an elderly relative who is having trouble getting around her home. I'm not sure it's safe for her to use the steps and get in and out of the tub. What can I do to help? (Anonymous)

ANSWER:

Philadelphia Corporation for Aging (PCA) provides a variety of housing services for older Philadelphians to help them continue to live in their homes safely and comfortably. These services include minor home repairs and modifications for low-income homeowners provided through the Senior Housing Assistance Repair Program (SHARP). The SHARP can provide a housing services coordinator and inspector to conduct a complete walk-through of the home to assess the need for any home modifications or repairs. In this case, we may also involve an occupational therapist who would assess your

relative's ability to walk or move around and determine what type of assistive devices may help, such as grab bars, a tub seat, a hand-held shower in the bathroom, or possibly interior or exterior railings for the stairs.

To receive services, the senior must be 60 or older, live in Philadelphia, and own the home. The home itself must be structurally sound with all utilities functioning, including the central heating system. Seniors who meet these requirements and whose gross household income is at or below 200 percent of the federal poverty level, which is \$2,010 per month for

one person, can receive SHARP services at no cost. Eligible seniors with higher incomes may receive services on a cost-share basis.

To apply for the SHARP, call the PCA Helpline at 215-765-9040. Please remember: the SHARP is not an emergency service; applicants are seen on a first-come, first-served basis. There is currently a waiting list of approximately eight months to receive these services from PCA.

Mark Myers, housing director, Philadelphia Corporation for Aging (PCA)



PCA's Mark Myers

It's your turn!

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

Milestones Editor, PCA
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Pennsylvania Hall

• continued from page 6

up the heat on the already hot issue of women, including PFASS, seizing a role in abolition. Philadelphia's mayor tried to cool things down by asking that only white women attend the event, according to Laura H. Lovell in "Report of a Delegate to the Anti-Slavery Convention of American Women, Held in Philadelphia, May, 1838." Convention leaders turned him down.

Still, the black women from South Philadelphia and other places may have sensed the city's simmering resentment.

Then again, seeing the luxurious details of Pennsylvania Hall could have swept away their anxiety, at least momentarily. Desks and other items "were made of Pennsylvania walnut of the richest quality," Lovell wrote. "The chairs were lined with blue silk plush."

A letter of support from former President John Quincy Adams may also have reassured the women.

However, by Tuesday, the day after the convention began, rumors flew around the city that the convention was promoting "amalgamation," as race mixing was then called. This rumor, which would be called "fake news" today, infuriated some Philadelphians, especially white men.

Meanwhile, convention speakers stressed abolitionists' political clout. "The abolitionists are already in some states sufficiently numerous to control the elections," Lovell reported one speaker as saying. The convention also passed a resolution that delegates would "neither vote for, nor support the election of any man to any legislative office ... who is op-

posed to the immediate abolition of slavery."

As the convention forged ahead, threats against it grew. By Wednesday, ruffians started shouting and smashing windows. In addition, "a number of colored persons, as they came out, were brutally assaulted," Lovell wrote.

By Thursday, a raucous crowd of white men and boys surrounded Pennsylvania Hall. Alarmed, the building's managers asked Lucretia Mott to deliver "a message ... desiring the Convention to recommend to their colored sisters not to attend the meeting to be held in the Hall this evening because the mob seemed to direct their malice particularly toward the colored people." The evening session was thus called off.

That night, the mob swelled to thousands. "The police were ... ineffectual," Lovell wrote.

Men broke into Pennsylvania Hall, opened the gas jets and lit fires. When flames roared through the building, the mob blocked the fire trucks. "A fiend-like cry ... went up as the roof fell in and Pennsylvania Hall burned to a shell," according to "History of Pennsylvania Hall."

Some delegates, undeterred, met the next day in a schoolhouse belonging to a PFASS member. The mob did not destroy PFASS. The group remained intact until 1870, when it disbanded after Congress passed the 14th and 15th amendments, which recognized African-Americans as citizens and gave black men the right to vote.

But Philadelphia had lost Pennsylvania Hall, once one of its most beautiful buildings.

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

Vegetarianism

• continued from page 5

students to vegetarian restaurants and on field trips to Asian or Indian spice shops to explain products.

"After a few sessions, we see the differences in the way people think and feel," said Laud-Hammond, who has been a vegetarian since 1988. "Sometimes I eat fish, but not shrimp or crabs; they are the bottom feeders."

As for heart and blood pressure problems, she says a plant-based diet is the best course. With arthritis and inflammation, she recom-

mends turmeric and ginger for seasonings, as well as tart cherries and blueberries that are fresh or not processed in sugary liquids.

For more information on vegetarian cooking classes at Center on the Hill, call Leslie Lefer at 215-247-4654 or email llefer@chestnuthill-pres.org. Laud-Hammond can be reached at 215-572-7967 or ErmineLH@verizon.net. The classes take place at the Seventh Day Adventist Church at 8700 Germantown Ave.

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

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Sex for seniors

• continued from page 1

made love for some time. I showed her our dilator kit with inserts in graduated sizes, often a help for senior women."

Lauren's knowledge of products and forthright manner made it easy to talk with her, a key point for folks who grew up in families where conversations about sex were limited to "Don't!" (Susan Manino, owner of The Pleasure Chest, boiled down her advice about senior sex to one repeated word: "Lubricate! Lubricate! Lubricate!")

The boutique considers men, too. "Sometimes, men have a bad reaction to prescription drugs for erectile dysfunction," Lauren said. "In that case, our extensions and sleeves may provide an option."

I giggled at some of the goodies, like the High Climax Stimulating Cream, and wondered if it worked.

The store has a large array of vibrators, including "a wand-style one for people with arthritis," Lauren said. She offered the observation, "Life is better with a vibrator."



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Since so many of us are retired or semi-retired, we have time for more leisurely lovemaking and to treat our entire bodies as an erogenous zone.

Condom Kingdom

How could I resist visiting a store with a name like Condom Kingdom, especially when I recalled an April 2011 AARP article, "Sex, Seniors and STDs" that cites an increasing incidence of cases of HIV and other STDs (sexually transmitted diseases) among seniors.

With condoms in virtually every imaginable color, flavor, size and texture, this shop at 437 South St. lives up to its name. "We carry a Kimono, an ultra-thin brand that seems difficult to find in Philadelphia," said Nicole*, the manager. "We also have many lubricants, including some formulated for the sensitive skin of seniors."

Besides the condoms, the store had loads of novelties, such as edible body paint. Yellow, for example, tastes (supposedly) like a banana daiquiri. I did a double-take at the piñata shaped like a phallus, and I smiled when I found lollipops, gummy candy and aluminum cake pans of the same order. As I see it, that's the point of such products: to bring fun to sexuality.

Condom Kingdom even sells bedroom dice that include possibilities like "a back or leg massage." That phrase reminded me that since so many of us are retired or semi-retired, we have time for more leisurely lovemaking and to treat our entire bodies as an erogenous zone.

Passional Boutique and Sexploratorium

Passional Boutique and Sexploratorium, at 317 South St., has two levels of adult items. A mini-Mardi Gras of outfits and accessories, including a Batman get-up, fill the first floor. "Sometimes people like to add an element of fantasy to their play," said owner Kali Morgan. "We have spike heels, a perennial favorite, up to size 16."

I had fun checking out the black lace stockings, naughty T-shirts, and men's novelty underwear – a blazing red pair said "Fire, rescue!" I swooned over the Victorian-style brocade, silk and satin corsets in dramatic colors.

The second floor of the Sexploratorium features an array of dildoes, vibrators and lubricants that must have been designed by the Wizard of Wow. "We have non-allergenic sex toys that we warranty for at least 30 days," said Kitten*, a salesperson. I also found several useful books, such as "Naked at Our Age," which deals with sex and seniors.

In addition to having literature available, staff are well-equipped to answer questions and provide information. "At least two of our salespeople have a master's degree in sexuality," Kitten said. "It helps us provide good information for our customers."

Sexploratorium also offers Passion 101 workshops that cover topics like how to communicate with your partner in bed. Like the sales staff, many of Sexploratorium's workshop presenters have master's degrees in sexuality. Seniors receive a discount on store purchases and workshops. Free monthly wellness discussions also include topics of interest to older adults.

I ended my boutique-hopping with optimism and a promising purchase: a book by Joan Price called "Better Than I Ever Expected: Straight Talk About Sex After Sixty."

**Requested that full name not be used in print.*

* * *

For more information:

- **The Pleasure Chest**
pleasurechestphilly.com; 215-561-7480
- **Passional Boutique and Sexploratorium**
passionalboutique.com; 215-829-4986
- **Condom Kingdom**
happysperm.com; 215-829-1668

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

Tips to help seniors enjoy sex

Therapist Lenore Jefford, a licensed professional counselor and therapist certified by the American Association of Sexuality Educators, Counselors and Therapists, offers the following tips to seniors.

- Self-pleasuring at one time received a bad rap – which is not surprising, considering that in the past, many people linked sexuality with shame. But it's a new day. How can we tell a partner what we like if we don't know ourselves?
- Advancing years don't free one of the need for protection. Statistics show an increase in the incidence of sexually transmitted diseases (STDs) among seniors. Use condoms. Don't put your health at risk.
- The use of condoms can be a difficult topic. You can approach it by asking a potential partner about his or her past relationships, then lead the conversation toward using protection.
- Check out safersex4seniors.org for information about relationships, boundaries and sexual health.
- Sometimes, people are shy about how their body looks. To feel more confident, try focusing on touch, togetherness and the parts of your body that you like.
- Don't underestimate the importance of a good lubricant. It can make all the difference.
- If you feel uncertain about sexuality, try reading about it first. Books like "Naked at Our Age: Talking Out Loud About Senior Sex," by Joan Price and "The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain & Illness," by Miriam Kaufman, M.D., may be helpful.

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Don's Column

The Rules of the Game are changing



By Don Harrison

Day in and day out, another celebrity falls from grace as women, newly empowered, describe how they were sexually abused by men with power over them. The men – with some glaring exceptions – are fired, forced to resign and otherwise disgraced.

Men traditionally are the aggressors in these scenarios. But along come women willing to brave the shame and fear that used to impede them from speaking up about the treatment they suffered at the hands of creeps who use their power to take advantage of them – and the Rules of the Game seem about to topple.

Women will no longer have to put up with the abuses and indignities their mothers did. Men and women may have to function in an atmosphere of genuine mutual respect, in-

stead of the current inequality.

These fundamental changes seem inevitable, but a lot of turmoil may precede them. Are we ready for it?

Presidents Day

Less than two weeks separate them, but George Washington's birthday and Abraham Lincoln's birthday used to be observed as separate holidays. However, Congress, in its infinite wisdom (and as a boon to retail commerce) merged them into Presidents Day, a tribute to all our nation's presidents.

A good idea, although it may make some of us uneasy to have our few great leaders mixed with the average ones.

"Great" is tossed around these days, but where it truly exists, it should be recognized.

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



Heart health

• continued from page 4

is the way to go. "The best way to lose weight is to reduce the amount of food and the type of food that makes you gain weight," Skenderi said.

Reducing weight will also help manage the symptoms of sleep apnea, which is linked to elevated blood pressure and abnormal heart rhythms, known as arrhythmias, such as atrial fibrillation, in seniors. "Sleep apnea causes you to stop breathing, which in turn raises your blood pressure and puts a strain on your heart," she said.

Exercise will help you lose weight, but it will also increase your cardiac health by promoting a healthy blood flow through the heart. It is recommended that you exercise for 30-45 minutes each day for three or four days a week. "Walking, in my opinion, is the best type of exercise because it's easy to perform and access," said Skenderi. However, the weather conditions and your location can make it difficult to walk. No matter what, stay as active as you can at home.

Dancing is a fun and uplifting form of exercise. "I have a few patients who like to dance because it keeps them moving, and the music is upbeat," Skenderi said. "It makes them less stressed. It's less boring than walking, especially if you are alone."

Stay informed

"Being involved in your own health is the biggest piece of advice I can give," Skenderi said. Always ask your doctor about your blood pressure, and sugar (glucose) and cholesterol levels. Don't just know the numbers; engage in a dialogue about what they mean and how you can reduce your risk for heart complications. This is especially important for people who do not see a doctor often.

"Ask your doctor, 'What should I be eating?' and 'How can I improve my numbers?'" Skenderi said. "By the time patients see me, they already have elevated risk factors or have already had a heart attack. Ideally, you want to take action to improve your health before this occurs."

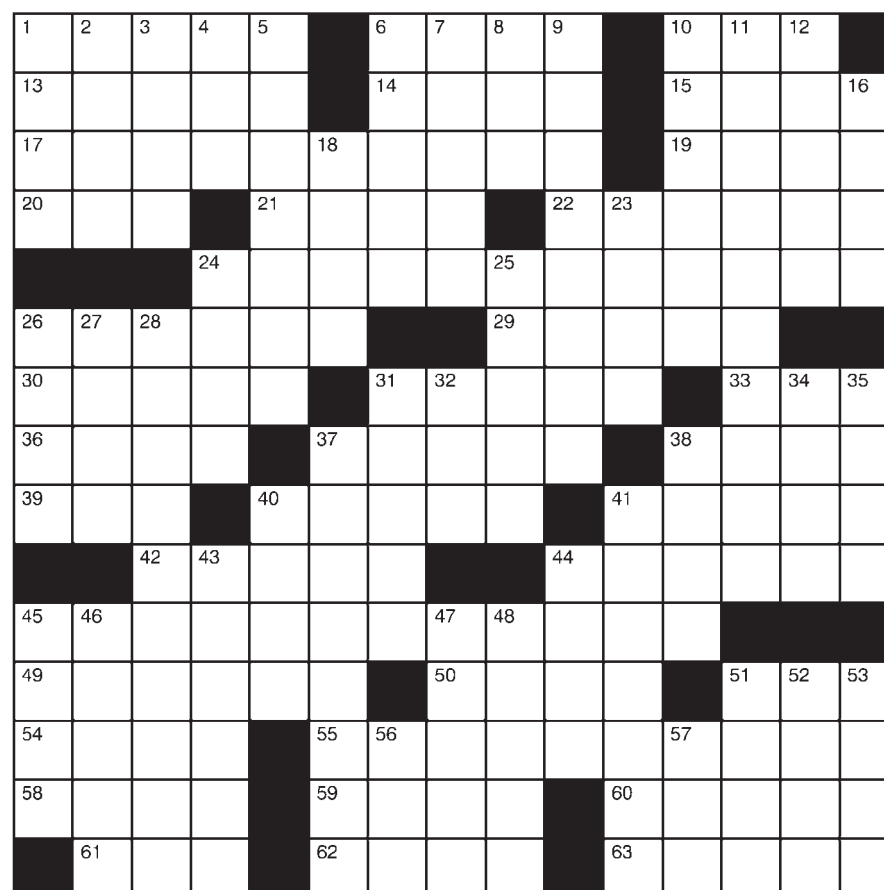
Alicia M. Colombo is editor of Milestones.

Crossword

Sport Talk

Solution

The solution can be found on page 13.



Across

- | | | | |
|------------------------|-------------------------|----------------------------|-----------------------|
| 1 Father, in Britain | 24 Designed for amateur | 39 Direction: abbr. | 51 French pal |
| 6 Entertainment | construction | 40 Ledge of rocks | 54 Family monogram |
| 10 Selfishness | 26 Air-raid precaution | 41 Common mosquito | 55 In every direction |
| 13 Where Apia is | 29 Coalition | 42 Baseball larceny | 58 Underdone |
| 14 Hebrew letter: var. | 30 Not likely | 44 Two points, in football | 59 Repair |
| 15 French pronoun | 31 Malodorous | 45 Overtime pay | 60 Distinct parts |
| 17 Acquiring | 33 Undiluted | 49 Have ___ : be merciful | 61 Transp. systems |
| 19 Otherwise | 36 Annoyingly slow | 50 Leisure's opposite | 62 Utters |
| 20 Feminine ending | 37 Helmsman | | 63 Garden violet |
| 21 Disgruntled | 38 Where Cienfuegos is | | |
| 22 Temper | | | |

Down

- | | | | |
|--------------------------|--------------------------|---------------------------|----------------------------|
| 1 Reddish color | 11 Christian precept | 32 English unit of length | 46 ___ tell: it is rumored |
| 2 GIs' addresses | 12 European blackbird | 34 Deter's opposite | 47 ___ rate: at least |
| 3 Mix and Tryon | 16 Bondman | 35 Plastic | 48 Contains |
| 4 Samuel's teacher: Bib. | 18 Conduct one's affairs | 37 Apparitions | 51 An uproar |
| 5 Becomes exhausted | 23 Jeune | 38 Buffet | 52 Shea Stadium denizens |
| 6 Go around | 24 Stupid: var. | 40 Wither | 53 Suburb of Paris |
| 7 Term of endearment | 25 From among | 41 Phones | 56 Teachers' grp. |
| 8 Make a choice | 26 Deceive | 44 Windmill part | 57 ___ nutshell |
| 9 Mystery story | 27 Participating | 45 Himalayan wild goat | |
| 10 Nonetheless | 31 Playing area | | |



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