

## IN THIS ISSUE

### ARTS & AGING

**Cartooning around:**  
 with Signe Wilkinson.....5



**Enjoy the arts:**  
 discounts, free admission...9



**Health Brief.....2**  
**Calendar.....10**  
**Don's Column.....19**  
**Crossword.....19**

**NEXT MONTH:**  
**Multicultural**  
**Philadelphia**

## [ Older Americans Month | May ]



Courtesy: KleinLife: Northeast Philadelphia

**Volunteer Phyllis Mondress enjoys weekly mentoring of a student at KleinLife: Northeast Philadelphia community center.**

## Volunteers help children read, write

By Marcia Z. Siegal

Older Americans Month, observed during May, highlights the contributions of older people. This year's theme, "Engage at Any Age," emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being. It also celebrates the many ways older adults make a difference in our communities, according to the Administration for Community Living, which leads this national, annual observance.



PCA-funded

Opportunities for seniors in Philadelphia to remain active abound, including ones that bring generations together. Among these intergenerational activities are the literacy and letter-writing programs at KleinLife: Northeast Philadelphia, a community center serving all age groups. These programs, sponsored through RSVP (formerly known as the Retired and Senior Volunteer Program) Philadelphia, are beneficial for both older adults and the children they engage throughout the school

year. (For more information about RSVP Philadelphia, see article on page 16.)

### Reading buddies

"There's nothing more gratifying than to help a child," said Philip Kamen, 83, a mentor for the past six years with RSVP Philadelphia's Reading Buddies Program. The program, which takes place at KleinLife, matches third-grade students one-on-one with senior mentors who help them develop reading skills. Thirty students from the Anne Frank Elementary School in Northeast Philadelphia arrive at KleinLife by bus Thursday mornings for the hour-long weekly sessions held October through May.

Students come prepared with a book the teacher determines is appropriate for their reading level. During the sessions, the students read to their senior "buddies" and discuss the book with them. "The thing that impresses me most is the progress I've seen in the kids I've mentored," Kamen said. "Every kid I've worked with has become a better reader since we've started working together."

• continued on page 16

## Arts & Aging

## PCA's Celebrate Arts & Aging highlights joys of creativity

By Marcia Z. Siegal

Diane Wolfe Gray became an artist by accident at 75. She was heading to her nearby library when she encountered a librarian she knew. "She told me, 'I have an artist coming to teach here. She has the concept that anyone can draw,'" Gray said.

That librarian's comment set her on an unlikely path. She decided to take three drawing classes at the library and launched a new passion for art. "The teacher gave us big sheets of paper and told us to draw large and freely," Gray, 85, said. "She said not to pinch the

• continued on page 12



**'Flowered Clown,' a dot painting by Diane Gray, 85, is on display at City Hall this month.**



PHILADELPHIA CORPORATION FOR AGING

## WHO IS PCA?

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

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



- Ombudsman services
- Health education
- Information and referral

For more information, call the PCA Helpline at 215-765-9040 or visit [pcaCares.org](http://pcaCares.org).

## Health Brief



Healthy bone, left, resembles a web or honeycomb. With osteoporosis, right, the bone weakens and spaces develop, which increases the risk of fractures. iStock

## Take steps to help prevent osteoporosis

Osteoporosis, which means “porous bone,” is a disease that makes bones weak and brittle. When viewed under a microscope, healthy bone looks like a honeycomb. In osteoporosis, the holes and spaces in the honeycomb are much larger than in healthy bone. Bones that have lost density or mass are more likely to break.

### Is it serious?

Broken bones can be very serious for older adults, especially since fractures are most likely to occur in the hip, spine or wrist. Twenty percent of seniors who break a hip die within a year from complications or surgery. Many patients who survive require long-term nursing home care. In addition to broken bones, osteoporosis may cause permanent pain, loss of height or hunched posture, limited mobility, and isolation or depression.

### Who is at risk?

Osteoporosis occurs most often in people 50 and older. Approximately 10 million Americans have osteoporosis, and another 44 million have low bone density, placing them at increased risk for developing the disease. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined. About half of women and a quarter of men will break a bone in their lifetime due to osteoporosis.

Health problems that increase the likelihood of developing osteoporosis include autoimmune, blood, gastrointestinal and neurological disorders; breast or prostate cancer; diabetes; Parkinson's disease; chronic liver or

kidney disease; and COPD. If you have any of these conditions, talk to your health care provider about what you can do to keep your bones healthy.

In addition, some medications, including steroids, can be harmful to your bones. It's important to talk with your health care provider about the risks and benefits of any medicines you take and how they may affect your bones. Do not stop any treatment or change the dose of your medicines unless your health care provider says it's safe to do so. If you need to take a medicine that causes bone loss, work with your doctor to determine the lowest possible dose you can take to control your symptoms.

### What can I do?

According to the National Osteoporosis Foundation (NOF), diet, exercise and a healthy lifestyle are key to preventing and managing the disease. NOF recommends the following steps to improve bone health and prevent osteoporosis and broken bones.

- Get the calcium and vitamin D you need every day.
- Do regular weight-bearing and muscle-strengthening exercises.
- Don't smoke and don't drink alcohol in excess.
- Talk to your health care provider about your risk for osteoporosis and ask when you should have a bone density test.
- Take an osteoporosis medication when it's determined to be right for you.

Source: National Osteoporosis Foundation

# Milestones

Published by Philadelphia Corporation for Aging

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

### Holly Lange, President and CEO

#### Board of Directors

Katherine E. Galluzzi, D.O.,  
F.A.C.O.F.P., *Chair*  
Judee M. Bavaria, *Vice Chair*  
Sheri C. Gifford, LCSW, *Secretary*  
Barbara Waynant Murphy, *Treasurer*  
Louis A. Bove  
Glenn D. Bryan  
Angela Foreshaw-Rouse  
Lydia Hernandez-Velez  
Frederick Lewis  
Fran Miller  
Victor M. Negrón, Jr.  
Satya B. Verma, O.D., F.A.A.O.  
Lenore Wasserman Scola  
John Whitman  
Eloise N. Young  
Emeritus: Arthur E. Helfand, D.P.M.

Milestones is published monthly and distributed at more than 850 locations throughout Philadelphia and lower Bucks counties.

Check us out online: [pcaMilestones.org](http://pcaMilestones.org).

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

**Advertising:** Joan Zaremba  
215-765-9000, ext. 5051  
Email: [Joan.Zaremba@pcaCares.org](mailto:Joan.Zaremba@pcaCares.org)

**Subscriptions & Distribution:**  
Home delivery: \$12/year  
To subscribe or find a distributor:  
Emily Ozga, 215-765-9000, ext. 5050  
Email: [Emily.Ozga@pcaCares.org](mailto:Emily.Ozga@pcaCares.org)

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

©2018 Philadelphia Corporation for Aging. All rights reserved.





**Always Best Care™**  
senior services

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

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



### **In-Home Caregiving**

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

### **Free Placement Services**

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



Contact us today for a FREE consultation!

**Philly • (267) 909-9248**

**Lower Bucks • (267) 812-5744**

**[www.abcphillybristol.com](http://www.abcphillybristol.com)**



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

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

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

**Be Independent. Keep Active. Stay Healthy. That's LIFE!** Call 215.339.4747 or visit [mercyllife.org](http://mercyllife.org) for more information.



**Mercy LIFE**  
Living Independently For Elders  
A Member of Trinity Health

## Arts & Aging

# An interview with Emmy Award-winning, veteran actor Ed Asner

By Frank Burd

Milestones writer Frank Burd interviewed Ed Asner when the renowned longtime actor performed his one-man show, "A Man and His Prostate," at Bucks County Playhouse last month. Burd met him backstage after the performance, which he is touring with.

You're 88 and still performing. How do you remember all your lines?

Rote. You constantly go over the lines and make them familiar to you and you to them. And pretty soon, you've got a show.

How did you get started in acting?

I went to school in Chicago, thinking of a career in political science. They announced that they were going to start a closed-circuit radio station. So I asked my roommate, who was involved with the theater group, "Should I try out for this radio show? They're gonna do Richard II." He said, "Let me hear you read." So I stood at one end of the room and I read something, and his jaw fell open. He said, "Where'd you learn to read like that?" In the spring, he told me "They're going to do 'Murder in the Cathedral' for the summer production. So check the book out and go audition for it 'cause you can do any of the roles in it." I was trying to impress this girl at the time ... It's a long story, but I ended up doing the lead.

Tell me about the development of the play you're in now, "A Man and His Prostate."

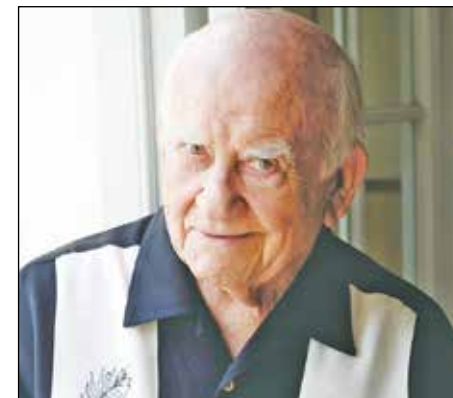
Ed Weinberger was a writer-producer on "Mary Tyler Moore." And he went on to great success in other shows after that. And this is his story. It happened to him on a cruise ship to Italy. And he wrote it exactly as it happened.

This play seems to have a dual purpose – both comic and educational.

The majority of it is dedicated to humor, of course, but we get to that middle section where I read off the names of all those famous people who have died of prostate cancer. It's a chilling fact that every 16 minutes, a man dies of prostate cancer.

Is your health pretty good?

It's all right for an old cocker.



Courtesy of Ed Asner

**Ed Asner has won seven Emmy Awards, the most for any male actor. His 60-year career includes voiceovers and film production.**

What's the biggest difference between acting at 88 versus acting at 48?

I can't leap tall buildings. Not that I really ever could.

I'd love to hear the story of what happened regarding the cancellation of your "Lou Grant" TV show.

The head of CBS, William Paley, wanted me off the air because of my political stance on El Salvador at the time. I was part of a group to raise money for drugs and medicine to help the people there and for free elections, although one of the [CBS] vice presidents said it had nothing to do with that but that they were afraid that with the ending of "Mash," they would lose Monday nights. When we were replaced for the summer, at least 1,000 people protested for two weeks outside CBS. And we weren't brought back.

Can you share some good memories from those shows?

It was all glory. Beautiful. Seven years with Mary [Tyler Moore] were wonderful. It was like a trip to Disneyland to go to work every day. "Lou Grant" was tough. It was not a comedy. We had to work harder. We also had to adapt to a new system and nobody knew their a\*\* from a hole in the ground. We weren't going to have our half-hour comedy with three cameras and an audience of 300 people. It was an hour show with one camera, no audience. It took a while to figure it out, without an audience reaction.

• continued on page 17



## Arts & Aging

# At home with famed Philadelphia political cartoonist Signe Wilkinson

By Barbara Sherf

Famed Philadelphia Daily News and Philadelphia Inquirer cartoonist Signe Wilkinson was the first female political cartoonist to receive the Pulitzer Prize, which happened in 1992. These days, though, Wilkinson is more interested in learning how to navigate her 9-month-old granddaughter's SUV-sized stroller along Philly's none-too-even sidewalks.

The Center City resident has raised two "perfect" daughters with her husband, Jon Landau, an immigration attorney, and now helps to care for her first "perfect" grandchild. These are among the major life feats that give her the most pride.

Sometimes ideas for her political cartoons, which appear on Philly.com as well as in print, come to her while she rows on the Schuylkill River. But more often it is while she reads three newspapers and a myriad of websites each morning that ideas occur. After sketching several ideas, she runs her favorites by editors and then hits the drawing board, literally.

Wilkinson admits she was always the one doodling in class. Her late junior high art teacher, Kathy Brown, suggested she take art classes at Moore College of the Arts on Saturday mornings.

"The city was more interesting to me at that time," Wilkinson says. "I remember walking down Sansom Street as a teen and thinking, 'Whoa, this doesn't look like anything I know.'" She also credits the late Sig Titone, a Pennsylvania Academy of the Fine Arts (PAFA) artist and printmaker, for encouraging her.

Wilkinson moved into the city in the 1970s to attend PAFA, as well as the University of the Arts. Her studies in fine art drawing helped pave the way for drawing caricatures.

"In 1973, I started out as a freelance journalist at The Daily News," Wilkinson said. "I had illustrated some articles with cartoons and enjoyed doing that. Soon I began submitting political cartoons. Great cartoonists require a simple style, good drawing and a clear message on timely issues. There is a wide range of newsworthy topics, but you



Courtesy of Signe Wilkinson

In this self-portrait, Signe Wilkinson ponders her next political cartoon.

have to settle on one. When I hit the mark, I usually know it, and it is often backed up by reader response."

In 1982, she got her first full-time job with benefits at the San Jose Mercury News in California. After three years, a new baby and an offer to work full time at The Daily News, she and her husband decided to move back to Philadelphia. She has worked at The Daily News for the past 32 years and for three years drew a Sunday Inquirer cartoon, called "Penn's Place," that depicted life in and around Philadelphia.

"Cartoons are satire and not fact," she said. "In drawing the likes of Donald Trump, who is not a delicate man, you portray him for what he is and you look for the spirit of his actions and then exaggerate that spirit."

She acknowledges the difficulties of dealing with a 24/7 news cycle that causes havoc, particularly with late-night and early-morning tweets from the aforementioned president.

While working for Philadelphia's newspapers, she served a year as president of the Association of American Cartoonists and also illustrated a nationally syndicated cartoon, called "The Family Tree," that was published in newspapers across the country and is still available online.

She also counts helping to restore Fairhill Burial Ground in North Philadelphia, where Lucretia Mott, a famous Quaker abolitionist

• continued on page 19

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

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

**For service coordination you can rely on, choose PCA.**

**215-765-9040**  
**www.pcaCares.org**

Now also  
serving Bucks &  
Montgomery  
counties!



**PCA**

PHILADELPHIA CORPORATION FOR AGING  
*Enriching lives, preserving dignity.™*



## Meet the new Milestones editor: Avid scrapbooker, Philadelphia sports fan

By Alicia M. Colombo

As we embark on Older Americans Month and PCA's Celebrate Arts & Aging festivities this May, I recall my own personal growth as an artist. I used to have a very narrow interpretation of art. As a child, I thought that being an artist was limited to having the innate talent of music, painting or sculpting. To me, being an



Evangelina Iavarone

Alicia Colombo is editor of Milestones.

artist meant that you were able to create something beautiful with your hands. That was a talent that I clearly lacked, so an artist I was not – or so I thought. It wasn't until I was in high school that my Junior ROTC leader made me realize that art did not have strict limits. When I said that I wasn't artistically talented because I couldn't play a musical instrument or draw a picture, he told me that my talents were creativity and writing.

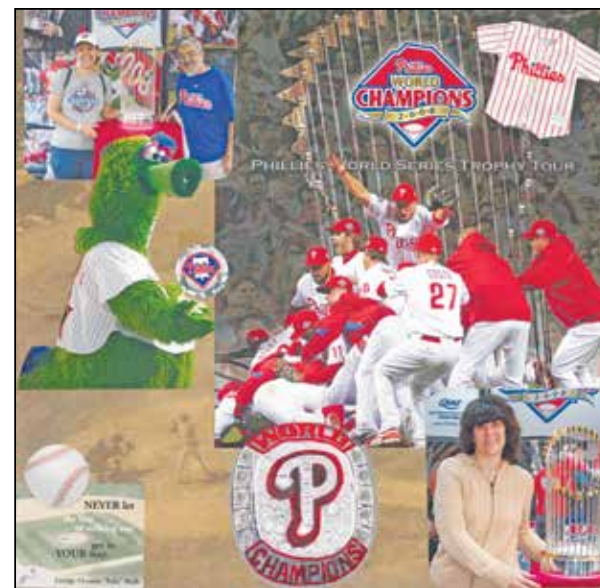
It was as obvious to him then as it is to me now that I was meant to be an artist. I believe that art lies more in the seeing than in the doing. Having an imagination and an eye for color, design and space is as important to the creation of art as being able to draw. From a very young age, I was always creative. I am known for telling and writing some very imaginative stories. This is probably why I am often disappointed to see a movie based on a beloved book. It seems the picture in my head is never adequately showcased on the screen.

As time went on and I became a young woman, I took an interest in photography. Pictures

of scenery and images that depict unique perspectives caught my eye. A photo of a beautiful sunset or monument is so much more interesting than a self-portrait, or "selfie" as is it known on social media today.

My two artistic passions – writing and photography – collided spectacularly when I was 17 and discovered my favorite hobby. Scrapbooking is the perfect way to use creativity to showcase my treasured photographs and mementos. Writing, or journaling as it's often known to scrapbookers, is also an integral part of scrapbooking. The words on a scrapbook page are like the punctuation of a sentence; the work is not complete without it.

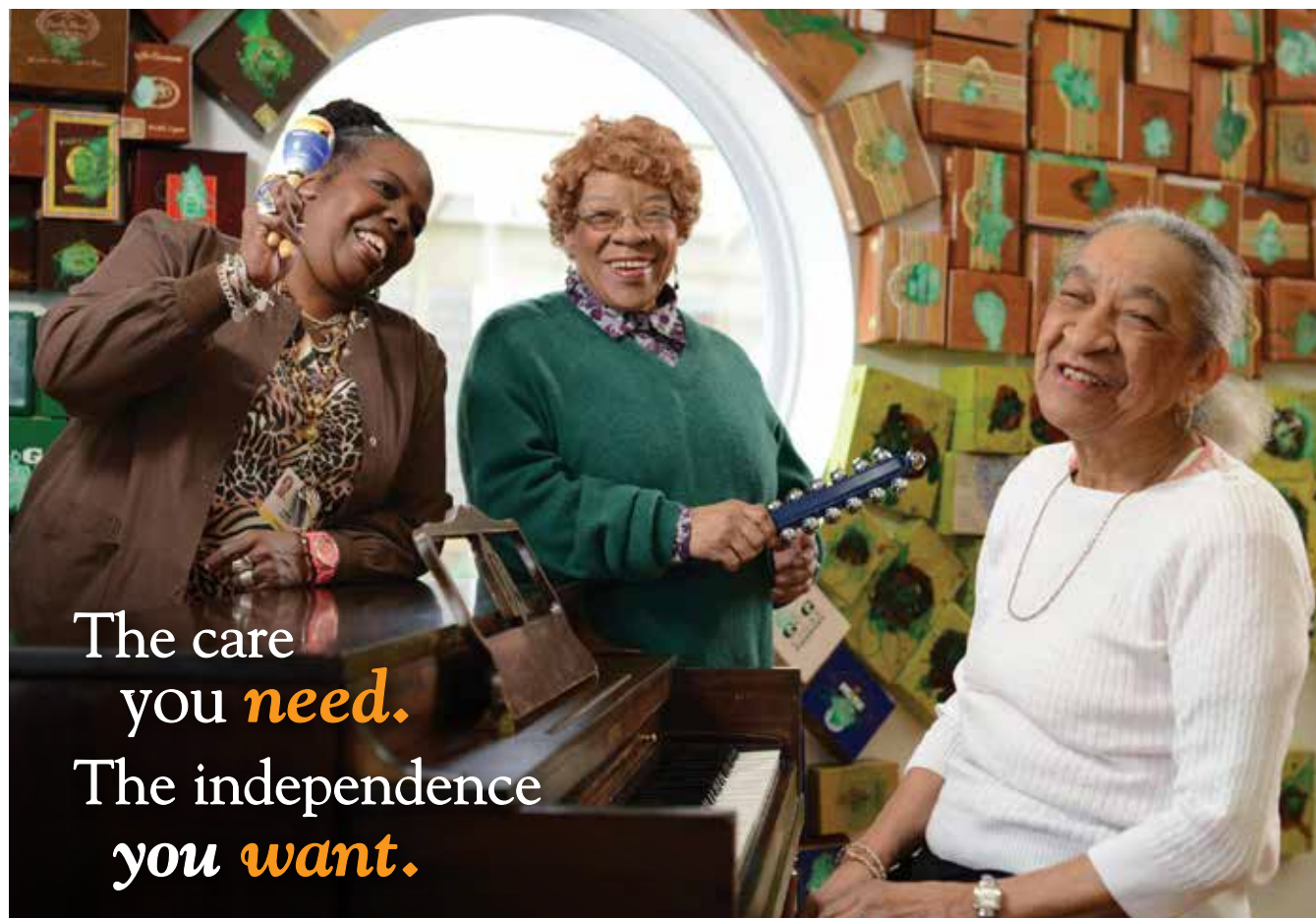
Scrapbooking at its core is the placement of pictures and other items onto a page. You can



A scrapbook page created by Milestones editor Alicia Colombo celebrated the Phillies winning the World Series in 2008.

cut out pictures from magazines or use your own personal photos, then incorporate various

• continued on page 8



The care  
you **need**.  
The independence  
you **want**.



Keeping you well.  
And in your home.

Long-term care from a  
dedicated team of professionals.  
Prescription drug coverage.

Support services like meals  
and transportation.

*And so much more.*

**This is the LIFE.**

**1-888-614-3150**

**NewCourtlandLIFE.org**



## Recipe Box

### Lemony linguine with spring veggies

This easy-to-make recipe serves four and incorporates a variety of nutritious vegetables into an appealing one-dish pasta meal. The peas and spinach are in season this month; they will be especially delicious cooked fresh.

#### Ingredients:

8 oz. whole wheat linguine or fettucine  
4 cloves garlic, thinly sliced  
½ tsp. salt  
¼ tsp. ground pepper  
3½ cups water  
1 (9-oz.) package frozen artichoke hearts  
6 cups chopped mature spinach (or 8 ounces frozen)  
2 cups peas, fresh or frozen  
½ cup grated Parmesan cheese, divided into two ¼-cup portions  
¼ cup half-and-half  
1 tbsp. lemon zest  
3-4 tbsp. lemon juice

#### Directions:

Combine pasta, garlic, salt and pepper in a large pot. Add water. Bring to a boil over high heat. Boil, stirring frequently, for 8 minutes.

Stir in artichokes, spinach and peas and cook until the pasta is tender and the water has almost evaporated, 2 to 4 minutes more.

Remove pot from heat and stir in ¼ cup cheese, half-and-half, lemon zest and lemon juice to taste. Let stand, stirring occasionally, for 5 minutes. Serve sprinkled with the remaining ¼ cup cheese.



iStock

**Note:** Instead of cooking pasta in a huge pot of water, this one-pot pasta recipe uses just 3½ cups of water. When the pasta is al dente, most of the water has evaporated and the bit that's left is thickened with the starch that cooks off the pasta. Adding lemon and Parmesan cheese to the leftover cooking water creates a delicious silky sauce.

Source: *Eatingwell.com*

## What does independence mean to you?

Milestones newspaper is looking for personal stories from Philadelphia seniors about their own interpretation of "independence." For some, independence means immigrating to the United States and escaping the tyranny of another land. For others, it may mean remaining in your own home as you age instead of moving in with a family member or going to a nursing home. Perhaps you have your own unique story about independence. We invite you to share it with us.

To submit an essay (300-500 words) or story idea, email us by **Friday, May 11** at [milestonesnews@pcaCares.org](mailto:milestonesnews@pcaCares.org).

Milestones, published by Philadelphia Corporation for Aging (PCA) for more than 15 years, is the premier publication for older adults in Philadelphia. For more information about Milestones or to download past issues, go to [pcaMilestones.org](http://pcaMilestones.org).



Philadelphia Corporation for Aging (PCA) offers

## Delicious meals delivered to your home

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

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

**Call the PCA Helpline: 215-765-9040**  
**[www.pcaCares.org](http://www.pcaCares.org)**

**PCA**

PHILADELPHIA CORPORATION FOR AGING  
*Enriching lives, preserving dignity.™*

[ Mother's Day 2018 | May 13 ]

## Of love and war: Meeting the challenge of mothering adult daughters

By Sally Friedman

During a recent week, two of my three adult daughters seem to have conspired to inflict misery on me at once. Yes, in duplicate!

In separate encounters, there were cross words (dare I say, hostile words?) with all of us left a bit bruised and dealing with the inevitable hurt feelings.

Not at all the stuff of Hallmark Mother's Day cards.

Worst of all, those encounters came after 11 p.m., which seems to be the preferred time in our daughters' lives for confrontations. Then they go off to sleep, and I am left nursing my emotional wounds as dawn breaks.

Adult children – such a strange oxymoron.

And such a perplexing time of life for those of us who have presumably done our bit long, long ago with parenting and now lay claim to real people with real lives out there in the big world.

So we assume, in our blissful ignorance, that now that we're all bona fide adults, we'll be living out those tender Hallmark moments.

Hmmm.

Despite all indications to the contrary, parenthood goes on ... and on ... and on. Those emotional muscles need to stay flexed for those glorious times when one or the other of these grown-up "children" decides that you're (check one) too intrusive, not interested enough, too controlling, hopelessly dysfunctional, overly critical, or, as in the recent accu-



Courtesy of Sally Friedman

**Freelance writer Sally Friedman (second from left) is pictured with her daughters (from left) Jill Friedman Rickman, Amy Friedman Appelbaum and Nancy Friedman Zinn.**

sation hurled my way, not "centered."

I felt like a margin run amok. Not centered? Say what? But when you have a daughter who's a psychologist, you take it as it comes.

I earnestly believe that we who parent young adults need some sort of voluminous guidebook, or at least a compact little manual of do's and don'ts for these testing times when those adult children seem to have regressed back to 9 and are bent on replaying old resentments to a new beat.

That's when you're reminded that while other jobs you've had earn you benefits and long, built-in vacations, parenthood of adult children is bereft of both.

If I were the perfect mother, I'm sure I would not have flinched when one or the

other of our daughters told me that she'd decided to go trekking in Nepal or had made plans to break her ironclad lease or had fed her baby Thai food, figuring that he should develop a sophisticated palate at 8 months.

If I really knew how to handle adult daughters, I would have smiled benignly at the sight of the one I had once dressed in little pleated plaid skirts and dainty blouses who later appeared at a family gathering in something resembling military fatigues and combat boots.

Clothes are a flashpoint. So are issues of time management and why it makes sense to not jam 10 pounds of activity into a nine-pound time frame.

So we argue. Maybe that is the dirty little secret of mother-daughter alliances. We love

each other madly, and yes, we sometimes raise our voices not in song but in anger.

I do try to be wise and nonjudgmental, especially about giving advice about their child-rearing. I try to be aware of their boundaries. Discreetly supportive. Sometimes, I even succeed. I button my lip as I watch them handle issues with their own children in ways I feel are – well, let's just say "unwise," and let it go at that.

But tell me, please, how to keep your cool when the adult daughter who has borrowed your best pearls for a wedding announces that she lent them to Sharon who lent them to Lisa who left them in a hotel in Hartford?

So I get a little out of patience. I'm wishing that these very grown-up daughters were back in those first 10 years of life when they earnestly believed that I was basically passable and occasionally even wise, funny and fun.

How weird that I'm regressing, even as these three get more brilliant, competent and all-knowing.

Nonetheless, I'm trying to learn the golden rules of parenting adults:

Listen more than you talk.

Let them figure out how to handle their own kids, no matter how brilliant your solutions.

And bite your tongue when you start saying those no-win words to adult children: "If I were you..." Because let's face it. You're not!

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

## Milestones editor

• continued from page 6

ephemera, which can include postcards, ticket stubs and the like. The layouts can be further embellished with stickers, stamps or any other design element your heart desires. While templates and pre-made designs for scrapbook pages abound, there is no wrong way to do it. Every page is its own, unique work of art. No two are ever the same.

After high school, I decided to study public relations and advertising. I thought a career in

communications would be a good fit for my talents. After receiving a Bachelor of Arts from Rowan University in Glassboro, New Jersey, I began my career at Philadelphia Corporation for Aging (PCA) just a month after graduation. Over the past 19 years, I have held several jobs within PCA's communications department, including secretary, production coordinator and assistant copywriter. I still recall the joy I felt several years ago when I received a promotion to a job that allowed me to write full-time. At the time, I never imagined that I'd one day be editor of Milestones newspaper. Being in

charge of such a vital publication that provides information and resources to older adults in Philadelphia is truly an honor. I have a great deal of respect for elders and the need to support older adults.

Even though I've lived in South Jersey my whole life and probably always will, I have a deep connection to Philadelphia. I will always be a Flyers, Phillies and Eagles fan; no other teams matter to me. My grandparents emigrated here from Italy, and my parents were born and raised in South Philadelphia. They both went to Saints John Neumann and Maria

Goretti Catholic High School (back when the two were separate) and worked at the Philadelphia Naval Shipyard, my father for most of his career until it closed in 1995. The matriarch of our family, my maternal grandmother, Jennie, will turn 98 next month. She's the quintessential Italian grandma, who still makes homemade baked goods and other delicious specialties from scratch.

I look forward to hearing from you, the faithful Milestones readers. You may reach me by email at [Milestonesnews@pcaCares.org](mailto:Milestonesnews@pcaCares.org).

*Alicia M. Colombo is editor of Milestones.*



# Celebrate the arts year-round with free and discounted admissions



**'Celebration,'** a mixed-media work by Bettie Jones, 84, is on display at West Philadelphia Senior Center this month.

## 40th Street Summer Series

May 19, June 23, July 14, Aug. 18 and Sept. 15  
Free outdoor concerts.

40th and Walnut streets, behind the Walnut Street Library; 215-243-0555;  
universitycity.org/40th-street-summer-series

## Boating on the Schuylkill River

Saturdays, 11 a.m. to 3 p.m., April 22 to Oct. 27  
This 45-acre National Historic Landmark is free to the public and open year-round.

Bartram's Garden Community Boathouse  
5400 Lindbergh Blvd.; bartramsgarden.org;  
215-729-5281



**'Deception,'** an acrylic painting by Gwendolyn Bundy, 72, is on display at Center on the Hill this month.

## Fireman's Hall Museum: National Fire House and Museum of Philadelphia

Tuesdays through Saturdays, 10 a.m. to 4 p.m.  
First Friday of the month until 9 p.m.  
Pay-what-you-want admission  
Collection of artifacts and archives of the history of firefighting in the city.

147 N. 2nd St.; firemanshallmuseum.org;  
215-923-1438

## First Sundays at the Barnes Foundation

First Sunday of the month  
Free admission to internationally renowned collection of impressionist, post-impressionist, African and Native American Art.

The Barnes Foundation  
2025 Benjamin Franklin Parkway;  
barnesfoundation.org; 215-278-7000



**'Heavenly Rose,'** a digital collage by Geeta N. Ahya, 76, is on display at West Philadelphia Senior Center this month.

## First Wednesdays at Please Touch Museum

First Wednesday of the month, 4-7 p.m.  
\$2 off admission  
Please Touch Museum; Memorial Hall,  
4231 Avenue of the Republic; 215-581-3181;  
pleasetouchmuseum.org

## The Old City Experience: First Fridays

First Friday of the month, 5-9 p.m.  
Cutting-edge paintings, sculpture, ceramics, photography and fiber art on display at monthly open house events at galleries in Philadelphia's arts district.

230 Vine St. and locations throughout Old City; oldcityarts.org; 215-625-9200

## Pay-What-You-Wish at the Philadelphia Museum of Art

First Sunday of the month, 10 a.m. to 5 p.m. and every Wednesday, 5-8:45 p.m.  
Explore a vast collection of art, architecture, tools, toys, film and furniture that covers the full range of visual and decorative arts and every corner of the globe, from ancient to contemporary times.

Philadelphia Museum of Art  
2600 Benjamin Franklin Parkway;  
philamuseum.org; 215-763-8100

## Rodin Museum

Wednesdays through Mondays, 10 a.m. to 5 p.m.  
Pay-what-you-want admission  
Experience and enjoy works by renowned master of sculpture.

Rodin Museum  
2151 Benjamin Franklin Parkway;  
rodinmuseum.org; 215-763-8100

## Woodmere Art Museum

Free every Sunday, 10 a.m. to 5 p.m.  
Dedicated to the arts and artists of Philadelphia.

9201 Germantown Ave.; 215-247-0476;  
woodmereartmuseum.org;



**'Family Outing,'** an acrylic painting by Vivian N. Bridges, 89, is on display at West Philadelphia Senior Center this month.



**'Olivia,'** a watercolor and pen and ink composition by Joseph L. Miller, 63, is on display at City Hall this month.

## Senior art exhibits and free receptions

As part of PCA's Celebrate Arts & Aging festival in May, three exhibits of work by senior artists are on display this month. Free artists' receptions, will be held at each.

- **Center on the Hill**, 8855 Germantown Ave. (adjacent to the Presbyterian Church of Chestnut Hill). Exhibit: May 1-31, weekdays, 9 a.m. to 5 p.m. and Sundays, 9 a.m. to 12 p.m. Reception: May 29, 4-6 p.m.
- **City Hall**, 1401 JFK Blvd., 4th and 5th floors. Exhibit: May 6-31; weekdays, 9 a.m. to 5 p.m. Reception: May 9, 5-7 p.m., 5th floor
- **West Philadelphia Senior Community Center**, 1016-26 N. 41st St. (41st & Poplar streets). Exhibit: May 1-31, weekdays, 11 a.m. to 4 p.m. Reception: May 16, 4-6 p.m.

\* \* \*

PCA's Celebrate Arts & Aging 2018 festival is sponsored by Always Best Care Senior Services, Health Partners Plans, JEVS at Home and PECO.

Philadelphia Corporation for Aging presents

*Celebrate Arts & Aging*



# May 2018

## Older Americans Month

## PCA's Celebrate Arts & Aging

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**Amici Opera Company Presents: Cilea's 'Adriana Lecouvreur.'** 2:30 p.m. Dock Woods. 215-224-0257.

### MOTHER'S DAY

**Philadelphia Chamber Music Society Presents Calidore Quartet.** Works by Prokofiev, Shaw & Ravel. 3 p.m. American Philosophical Society. 215-569-8080. \$

**Amici Opera Company Presents Bizet's 'Carmen.'** 4 p.m. Stage One. 215-224-0257. \$

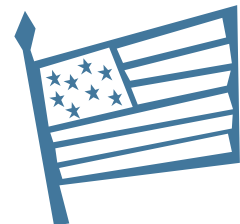
**Sail Philadelphia.** Ship tours & sailing excursions on tall ships from U.S. & international ports docked on Delaware River. 11 a.m. to 7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN. (May 25-28)

**Ukulele from Scratch.** Professional music lessons. No experience needed. Instrument provided for class. 1:15 p.m. Journey's Way. Register: 215-487-1750. \$ (Continues May 14 & 21)  
**Silver Sneaker Exercise Class.** 8 & 9 a.m. Center in the Park. 215-848-7722. (Mon, Wed & Fri) Free with eligible insurance.

**Celebration of Arts & Aging Week Exhibit.** Artists & Artisans will exhibit & sell weaving, jewelry, knit/crochet, quilting & more. 9 a.m. - 4 p.m. Journey's Way. 215-487-1750. (Continues May 18)

**Line Dancing.** 1:30-3 p.m. Beginners: 3-4 p.m. Center in the Park. 215-848-7722. (Mondays) \$

### MEMORIAL DAY



**Caregiver Workshop.** Practical tools & wellness tips. 9:30 a.m. to 2 p.m. Register: 215-765-9000, ext. 4391.  
**Housing & Economic Security Workshop.** Counselors present financial info. 10 a.m. to noon. Center in the Park. 215-848-7722.  
**Mah Jongg.** 1-3 p.m. Center in the Park. 215-848-7722.

**Ageless Grace with Juan.** 10 a.m. Center in the Park. 215-848-7722.  
**Vocal Recital: Spring Concert.** Trinity Center for Urban Life presents Ronald Campbell, bass baritone. 1 p.m. Phila. Senior Center. 215-546-5879.

**Mah Jongg.** 1-3 p.m. Center in the Park. 215-848-7722.

**African-American Journeys.** 1-2 p.m. Center in the Park. 215-848-7722.

**Celebrate Arts & Aging Reception.** Center on the Hill. 4-6 p.m. 215-765-9000, ext. 5055.

**Israel70 Celebration.** Festive lunch & entertainment for Israel's 70th birthday. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. Register: 215-698-7300.  
**Rubber Stamp Club & Card Making Class.** 2:30-4:30 p.m. Center in the Park. 215-848-7722. (May 16) \$

**Celebrate Arts & Aging Reception.** City Hall, 5th floor. 5-7 p.m. 215-765-9000, ext. 5055.  
**Mother's Day & May Birthday Party.** 11:45 a.m. KleinLife: NE Phila. Register: 215-698-7300.  
**Intro to Quilting.** Materials & sewing machines provided. 1 p.m. Journey's Way. 215-487-1750. (Continues May 16, 23 & 30)

**Blood Pressure Screening.** 9:30-11 a.m. Center in the Park. 215-848-7722.  
**Celebrate Arts & Aging Reception.** West Phila. Senior Community Center. 4-6 p.m. 215-765-9000, ext. 5055.  
**Sunset Yoga.** 6-7:15 p.m. Center in the Park. 215-848-7722. \$

**Songster Unlimited Spring Choir Concert.** 1 p.m. Center in the Park. 215-848-7722.

### NATIONAL SENIOR HEALTH & FITNESS DAY [fitnessday.com](http://fitnessday.com)

**Seniors Using Our Brains.** Activities to sustain or strengthen memory & cognition. Facilitated by author & Milestones writer, spoken word artist & oral history specialist M.L. Polak. 10-11:30 a.m. Gershman Y. 215-545-4400. (Wednesdays)

**Critical Legal Tips for Homeowners.** Learn how to protect homeownership rights; & avoid contractor fraud, mortgage foreclosure, property tax problems. 5 p.m. Mercy Neighborhood Ministries. 215-227-4393.

**Community Health Fair.** 10 a.m. to 2 p.m. Lutheran Settlement House. 215-426-8610.  
**Memorial Service.** Celebrate the lives of members we lost. 1 p.m. Center in the Park. 215-848-7722  
**Serving as a Medical Surrogate Decision-Maker.** 9:30 a.m. to 3 p.m. Crana-leith Spiritual Center. 215-934-6206. \$

**Fitness Fiesta: A Health Fair with Mexican Flair.** Workshop by Chestnut Hill Hospital, exercise demos, handouts, giveaways, healthy snacks & more. 10 a.m. to 2 p.m. Center in the Park. 215-848-7722.

**Adult Coloring.** 2:30 p.m. Center in the Park. 215-848-7722.  
**Brain Health Workshop.** 10-11:30 a.m. Center in the Park. 215-848-7722.

**Trip: Museum of the Bible in Washington, D.C.** 7:15 a.m. to 8:15 p.m. Departs/returns: Center in the Park. 215-848-7722. \$

**Billiards.** 8:30 a.m. to 4 p.m. Center in the Park. 215-848-7722. (Weekdays)  
**Yoga.** 10:15-11:30 a.m. Center in the Park. 215-848-7722 \$

**Book Club.** Discuss "Hillbilly Elegy" by J.D. Vance. 10:30 a.m. Coleman Library. 215-848-7722.

**AARP Foundation Experience Corps: Info Session.** Opportunity for seniors, to help children learn to read. 9:30 a.m. 1709 Ben Franklin Parkway. 267-592-4459. (Continues May 25)  
**Rubber Stamp Club & Card Making Class.** 2:30-4:30 p.m. Center in the Park 215-848-7722. \$

**Pinochle.** 8:30 a.m. to 4:30 a.m. Center in the Park. 215-848-7722. (Weekdays)  
**Intermediate Sewing.** 1-2:30 p.m. Center in the Park. 215-848-7722.

**Outrageous bingo.** Door prizes, 50/50 raffle tickets, food & drink. Benefits the center. 1-4 p.m. St. Charles Senior Community Center. 215-790-9530. \$  
**Philadelphia Renaissance Faire.** 11 a.m. to 7 p.m. Fort Mifflin. Phillyrenfaire.com. (May 6, 12 & 13) \$

**Amici Opera Company Presents Bizet's 'Carmen.'** 4 p.m. Redeemer UMC. 215-224-0257. \$.  
**CARES Conference: Glaucoma Screening & Prevention.** 8 a.m. to 1 p.m. Hamilton Building at Thomas Jefferson Univ. 484-678-4535.  
**Love Your Park Week.** 215-988-9334, 215-683-3600, loveyourpark.org. (Through May 20)

**ARMED FORCES DAY**  
**Amici Opera Company Presents Cilea's 'Adriana Lecouvreur.'** 3 p.m. Redeemer UMC. 215-224-0257. \$  
**Senior Health Fair.** Info about services for seniors in NE Phila. 10 a.m. to 1 p.m. NewCourtland LIFE at Roosevelt Plaza. 1-888-530-4913.

**Memorial Day Weekend at National Constitution Center.** Honor America's fallen military heroes with a variety of family-friendly programs & activities, including flag etiquette & folding workshops, arts & crafts, & interactive shows. 9:30 a.m. to 5 p.m. 215-409-6600. (Through May 28) \$

## Milestones

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

Send your calendar items to:

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

Email: [milestonesnews@pcaCares.org](mailto:milestonesnews@pcaCares.org)

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

Calendar background art: "Alice's Garden," a watercolor by Andrea DeSouza, 62, will be on display at City Hall this month.



## Ask the Expert

# Enjoy art classes at your neighborhood senior center

### QUESTION:

I have always been interested in learning to make arts and crafts. Are inexpensive classes for seniors available? (Anonymous)

### ANSWER:

Philadelphia's many senior community centers and satellite meal sites, many of which are funded in part by Philadelphia Corporation for Aging (PCA), provide a variety of options for older adults who want to explore their artistic side. Most centers are equipped with dedicated arts and crafts spaces, and many also have a kiln on-site for ceramics and pottery classes.

Available crafting classes include crochet, jewelry-making, quilting and scrapbooking.

Art classes include papier maché at Philadelphia Senior Center on the Avenue of the Arts and the Asian Pacific Resource Center in Center City, an art café with painting lessons at Marconi Older Adult Center in South Philadelphia, and mosaic art and art for stress relief at KeinLife: Northeast Philadelphia. In addition, Southwest Senior Center repurposes items like paper, wire and leather as beautiful art through its found-art class.

Although many of the classes offered at

senior centers require a nominal fee to cover supplies and instruction, some are free. For more information about arts and crafts programming and costs, contact your local center. To find a center in your neighborhood, see the ad on page 13. For more information, call the PCA Helpline at 215-765-9040, or go to [pca-cares.org](http://pca-cares.org) and click on "Services for Seniors," then "Senior Centers."

*Karen Washington is assistant director of program management at PCA.*



PCA's Karen Washington

### 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@pca-cares.org](mailto:milestonesnews@pca-cares.org) or:

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

*Milestones reserves the right to edit submissions for print.*

## Celebrate arts

• continued from page 1

pencil and to just go ahead. It turned out that I could draw everything." She was motivated to take additional lessons elsewhere and to explore new art forms on her own.

### Creating signature art

This year, Gray's acrylic dot painting, "Flowered Clown," is the signature artwork for Philadelphia Corporation for Aging's (PCA's) 16th annual Celebrate Arts & Aging festival.

"Our goal is to encourage older people to experience the wealth of artistic possibilities our region has to offer and to showcase the outstanding work of senior artists," PCA President and CEO Holly Lange said. "We also know that staying active and engaged is one of the keys to healthy aging, and the arts specifically have been shown to have a broad range of physical, mental and emotional benefits."

This year's celebration will feature more than 150 works of art created by older adults on exhibit throughout the city. These works will include paintings, drawings, mixed media collages and photographs. Many of the participating artists are new to art, others are long-time professionals. They come from diverse ethnic groups and nationalities. All attest to the joys of creativity.

The three art exhibits will take place at City Hall – fourth and fifth floors, 1401 JFK Blvd. in Center City; Center on the Hill, 8855 Germantown Ave. in Chestnut Hill; and West Philadelphia Senior Community Center, 41st and Poplar streets. Receptions with opportunities to meet the participating artists will be held at each site. (For more information on the exhibits and receptions and other arts opportunities this month, see page 9.)

Showcased at City Hall, Gray's signature artwork is a self-portrait based on another phase of her life, when she spent five years entertaining as Cascabel, the Flowered Clown.

At 65, she retired from work as a marketing consultant for the Institute for Scientific Information and decided to expand upon longstanding avocations of singing, dancing and acting. Gray attended nonprofessional clowning classes through a program offered by the University of Wisconsin – La Crosse. Subsequently, she entertained as Cascabel at nonprofit venues throughout the Philadelphia area – "cheerfully enchanting those she encountered," as she recited in a performance.

Her painting was inspired by a photograph someone took during one of her performances. Gray's face is made up in white, accented by bright red lipstick and black-rimmed eyes. She wears a curly blonde wig, an elaborate flowered costume and a headpiece.

Dot paintings like hers are created by making repeated imprints with implements that produce round dot shapes. Gray uses everything from crochet hooks with flat round backs to the round end of a paint brush. She begins an artwork by painting the canvas totally in black, then creates a drawing in white chalk over the dark background. Then she paints the dot patterns directly over the drawing, dipping implements in acrylic paint to create dots of various sizes and colors. To create the image of Cascabel, she used purple, red, yellow, brown and green dots to overlay the costume and headpiece on the drawing.

### Finding inspiration online

This portrait was one of Gray's first dot paintings, and it resulted from another fortuitous encounter. "I was reading an email that was embedded with a YouTube video and decided to watch it," she said. "As I did, videos about something completely different – dot art – kept popping up."

She thought the dot art was so pretty that she started watching more YouTube videos to learn how to do it. Gray also gets ideas from those videos for what tools she needs to do the work. "It's been very exciting," said Gray, who now creates most of her paintings in the dot style.

One of the best pieces of artistic advice she

received during her early painting endeavors was from her former watercolor teacher, Miriam Triester, then at the Osher Lifelong Learning Institute at Temple University.

Gray was taking a class in watercolor painting – the only formal art training she's received since her first lessons at the library. Watercolors proved to be a challenging and frustrating medium after the exacting style of the pencil drawings she had done previously. "When I tried painting with watercolors, it was messy; it was awful," she said. "I wanted to quit. Things did not come out like the drawings. My teacher told me 'You have to have the courage to persist and keep on improving.'"

After the class ended, she stayed in the classroom to continue working by herself. "It began to hit me that I could learn to use watercolors," she said. If the teacher had not encouraged her to persevere that day, she said she would not be the artist she is today. "Art has been a blessing in my life," she said.

\* \* \*

PCA's 2018 Celebrate Arts & Aging festival is sponsored by Always Best Care Senior Services, Health Partners Plans, JEVs at Home and PECO.

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

# Exercise your creativity at a senior center!

There are centers in every section of the city, and a wide range of classes and clubs where you can pursue your passion, or explore new possibilities.



## **NORTH CENTRAL PHILADELPHIA**

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

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

King Older Adult Center  
2101 W. Cecil B. Moore Ave. 19121  
215-685-2716

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

Mann Older Adult Center  
3201 N. 5<sup>th</sup> St. 19140  
215-685-9844

North Broad Street Senior Center  
827 N. Franklin St. 19123  
215-978-1300

\*On Lok House  
219 N. 10<sup>th</sup> St. 19107  
215-599-3016

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

## **NORTHWEST PHILADELPHIA**

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

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

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

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

## **NORTHEAST PHILADELPHIA**

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

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

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

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

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

## **SOUTH PHILADELPHIA**

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

Marconi Older Adult Center  
2433 S. 15<sup>th</sup> St. 19145  
215-218-0800

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

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

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

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

## **WEST PHILADELPHIA**

Older Adult Sunshine Center  
215-472-6188

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

## **SOUTHWEST PHILADELPHIA**

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

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

\*Satellite meal center hours and programming may be limited. Call for details.





## Arts & Aging

## Artist finds new outlet in making 'malas,' prayer beads for meditation

**By Linda L. Riley**

Tina Pritchard has felt compelled to create beauty, in one form or another, for as long as she can remember. In service of that drive, she has embarked on an eclectic variety of pursuits, from textile arts to baking to gardening, some income-producing, others not. Her most recent undertaking is making malas, strings of prayer beads used in meditation.

As a teen, Pritchard sewed her own clothes, then branched out to make evening gowns for a family friend who was a concert pianist. She was taught to sew by my mother and did not have any formal training until many years after high school, when she studied fashion and textile design at the former Philadelphia College of Textiles and Science (now Philadelphia University). After high school, she enrolled in the radio-TV-film program at Temple University, where she learned film editing. She dropped out for financial reasons and became a pastry chef, working first for caterers in Philadelphia and then for Whole Foods. "I made beautiful cakes and tarts, and I was at one point known as the cookie queen," she says.

After leaving that job, she and a friend began a business providing gardening services and she discovered yet another outlet for her creativity.

"I'm basically a perennial gardener," Pritchard says. "I specialize in taking care of flower beds. It's all about weeding, thinning, cutting back and transplanting to create beautiful displays and let plants take center stage as they come into bloom."

She doesn't have a garden of her own, but her second-floor apartment in Lansdowne is bright and airy, with wide windows and cheery yellow walls. A beautiful antique wooden desk, a Windsor chair and a comfortable couch establish a welcoming living room. But it's in the dining area that her creativity flourishes these days. There, a wooden table is centered on a colorful hooked rug she made. The design of bright blue, yellow, red and gold squares set off by black strips is reminiscent of stained glass windows. Sitting on a vintage wire chair, its back twisted into the shape of a heart, she ponders the pattern she is creating with blue and white beads in

her latest creative endeavor: making malas, a string of beads used during meditation.

“The light blue is sodalite; the white/blue is chalcedony; the dark blue dumortierite,” she says. “Mala,” which comes from a Sanskrit word meaning “garland,” refers to a string of beads – usually 108 – used by Hindus, Buddhists and others to keep count while meditatively repeating a mantra or prayer. The string is punctuated by a single large “guru” bead and tassel at the center.

Pritchard's mala-making grew out of both the seasonal nature of her gardening – "I have a lot of free time over the winter" – and her other vocation, as a yoga therapist. That career began with her use of yoga to manage stress during a difficult period in her life and blossomed into a full-fledged practice, teaching a class at Soji Zen Center in Lansdowne and working with private clients.

"I was really drawn to how yoga can affect you emotionally and can help with emotional regulation," she says. "Where I specialize is, I work with anxiety and depression, and people who've experienced trauma and addiction and grief." Yoga poses, breathing techniques and meditation are among the tools she uses to help people learn to calm themselves.

"For the longest time, I did not use a mala in my meditation practice," Pritchard says. "Then I ordered one and when it came, I thought, 'It's really beautiful, but why did I buy this when I could make it?'"

Except for the guru bead, her malas are made with 8-millimeter beads because they are large enough to feel their individuality when fingering them one at a time; the uniformity means there's no distraction. "The beads really run the gamut," she says. Jade, jasper, carnelian, bronzite and garnet are just a few of the gemstones she uses in the malas, which she sells to her students, clients and friends.

The guru beads are the only ones that are not necessarily gemstones. "Finding the guru beads is challenging," she says. She has used a seed from a Bodhi tree carved into a lotus, a tiny wooden elephant, and a shiny stone, among others. Some have come from bead stores; others are thrift store finds – necklaces that she can take apart to harvest the individual treasures.



Linda L. Riley

**Yoga therapist and gardener Tina Pritchard, 65, creates malas, or strings of prayer beads, in her home. Inset: Malas usually contain 108 beads each.**

Bending her head, closing her eyes and fingering a mala, she demonstrates how the beads slide between her fingers, one by one. "Using mantras that have different qualities to them, you start with focusing on the breath," she says. " 'So-hum' is one of the really basic ones. One translation is 'I am that.' But it also mimics the breath – 'so' on the in-hale, 'hum' on the exhale."

Pritchard said that she appreciates both the limitations of the art form and the creative freedom it offers. "Working with malas, I have certain parameters – 108 beads, a tassel, a guru bead," she says, which she finds a welcome contrast to artistic pursuits that are more open-ended. At the same time, the mala offers ample opportunity for creativity in choosing from the wide variety of beads, combining colors and working out the design. "Once I've picked the beads, I can get lost in doing the design," she says.

At least for now, it seems making, using and sharing her malas may be the ideal form for exploring and expressing her creativity. "It's a natural outcome of my yoga and medi-

tation practices and my love of design," she says.

With whatever she does, she says, it's all about the aesthetics: "It's just a matter of making things beautiful."

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

## Crossword puzzle solution

(See page 19 for clues.)

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



LibertyResources®

# Home Choices<sup>SM</sup>

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

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

-Ricardo



## High Quality Home and Personal Care

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

**It's your home care, your way.**

Call 215-634-2000 ext. 617 or visit us on our website  
[www.homechoices.org](http://www.homechoices.org) for more information.

Proud  
partner  
of:



**Liberty  
Wheels**

Mobility for Everyone

- Durable Medical Equipment
- Home Modifications
- Scooters

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



## Volunteers

• continued from page 1

Typically, at least half of the students in the Reading Buddies Program speak a language other than English at home, and a number of them are first-generation immigrants. The program, which is conducted entirely in English, helps to build the students' language skills and creates personal bonds that promote the youngsters' confidence. Kamen, for instance, has been paired with students from Jordan, Algeria, Uzbekistan, Mongolia and China.

Most of the buddies' time is spent reading and reviewing lessons the students' teachers have given them to work on. The buddies also make time for a more social aspect of mentoring and for fun. "We play card games, talk about our families, what we enjoy doing and get to know each other better," Kamen said. "I ask my student what he's learning in school."

At the end of every school year, RSVP Philadelphia Assistant Director Suzanne Udell asks the reading mentors whether they want to sign up for the following year. Kamen always tells her, "With pleasure."

## Pen pals

In today's digital world of emailing, instant and text messaging, and social media, students often have fewer opportunities to develop formal writing skills. Through the RSVP Philadelphia Pen Pal Program, volunteers and students correspond throughout the year. The activity helps students practice writing. The pen pals meet face-to-face for the first time at the pizza parties for the program held at the students' schools in May.

The program matches two classes of Northeast Philadelphia sixth graders – one from MaST Community Charter School and another from Hamilton Disston Elementary School – with RSVP Philadelphia volunteers. The student-senior pen pals write to each other monthly. Letters are delivered to the school and to KleinLife, not to correspondents' personal addresses.

Donald and Leveah Rosensweig volunteer with both the pen pal and reading buddies programs. "When you retire, I think it behooves you to get personally involved in giving back to the community in some way," Donald said.

A former teacher, Leveah, 79, believes that

beyond the letter-writing, "the one-on-one social aspect of the pen pal program is especially important" and helps to boost students' self-esteem. "The children see that an older adult is interested in them," she said.

The young pen pals like to ask about things "like my family, my hobbies and where I went on vacation," Leveah said. She answers their questions in her letters back and reciprocates with an interest in their families and activities. In her letters, she also emphasizes the importance of doing well in school.

Donald, 85, often shares his longtime love of baseball with his correspondents as they write about their lives and their mutual interests. His pen pals frequently write about the professional teams they follow and the sports



Courtesy: KleinLife: Northeast Philadelphia

**Volunteer Phillip Kamen tutors a student in reading at KleinLife: Northeast Philadelphia.**

they play. Like his wife, Donald also wants the students to focus on academic achievement. "I always try to impress upon the kids how important it is to be involved in school and get good grades," he said. "I tell them to make the most of every day."

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

**Are you trying to  
Keep Connected  
with a friend  
who has trouble  
seeing and hearing?**

**Tell your friend  
to contact**

**iCanConnectPA**

**so they can get  
what they need  
FOR FREE!**

**800-204-7428 (voice) 866-268-0579 (TTY)**

**iCanConnectPA@temple.edu**

**Mention "Milestones" for a  
FREE GIFT!**

**TEMPLE**  
UNIVERSITY  
Institute on Disabilities

## RSVP offers volunteer opportunities for seniors

A program of the Corporation for National and Community Service, RSVP (formerly known as the Retired and Senior Volunteer Program) provides opportunities for people 55-plus, who are working or retired, to use their skills, talents and experience to address community needs through meaningful volunteer service. It is one of the largest volunteer networks in the U.S.

KleinLife: Northeast Philadelphia, located at 10100 Jamison Ave., sponsors RSVP in Philadelphia and offers a variety of service opportunities for volunteers citywide. In addition to literacy and letter-writing programs in which volunteers work with students (see page 1) the following are examples of how volunteers can fill important needs within the community through RSVP Philadelphia:

- Cook and prepare food and/or deliver meals to the homebound elderly through KleinLife's Cook for a Friend program
- Tutor a student in reading
- Advocate on behalf of crime victims
- Make friendly visits to nursing home

residents and patients in rehabilitation centers and hospitals

- Serve as a guide for museums, historic sites, and arts and cultural centers
- Help with special events
- Provide clerical assistance at nonprofit agencies

RSVP volunteers choose how, where and how often they want to serve, with commitments ranging from a few to 40 hours per week. Volunteers receive preservice orientation, training from the organization where they will serve and supplemental insurance while on duty.

RSVP Philadelphia is funded by the Corporation for National and Community Service. Additional support is provided by Philadelphia Corporation for Aging (PCA) and the Jewish Federation of Greater Philadelphia.

For more information about RSVP Philadelphia, contact Suzanne Udell at 215-698-7300, ext. 192 or [sudell@kleinlife.org](mailto:sudell@kleinlife.org). You can also visit the RSVP website at [kleinlife.org/volunteers/rsvpphiladelphia](http://kleinlife.org/volunteers/rsvpphiladelphia).

## Critics' Corner

# Don't believe bad reviews of 'The Leisure Seeker'



By Frank Burd

When I know I am going to the movies to see a particular film because I like the director, the actors or the theme, I deliberately try to avoid any other information about the movie. I want my experience to come from what is on the screen and not what someone else says about the film. I am so glad that I did that when I went to see the outstanding film, "The Leisure Seeker," starring Donald Sutherland and Helen Mirren. It's one of the best films I've seen in a long time. Yet when I read the reviews when I got home, I learned that many critics didn't like it.

The story is a simple one. An elderly couple sneaks away from their home in Massachusetts. They hop in their 40-year-old Winnebago camper, which they call "The Leisure Seeker," and head south to Florida to fulfill one of John's (Donald Sutherland's) dreams: to visit the home of Ernest Hemingway in Key West.

They have issues. John's wife, Ella (Helen Mirren), is about to be admitted to a hospital to deal with her progressing cancer. John

is developing dementia and at times has no idea where he is but at other moments is lucid. They have run away from their children, who are freaked out by their parents' adventure.

At the start, I am concerned about John's ability to drive, but he proves his prowess on the first leg of the journey. But there are many other issues that do challenge the couple.

Many critics called the film predictable and a waste of the viewer's time, despite the fine talents of the leads. I couldn't agree less. What is so great about the movie is its simple honesty. It proceeds at an easy yet fluid pace. Whether they are trying to connect with a waitress in a restaurant or watching slides of their life together under the stars at the trailer parks they stop in, we care about this couple. Once, we used the term "coming of age" to indicate an adolescent's rise into adulthood. This is another kind of coming of age, and it is powerful.

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

## Ed Asner interview

• continued from page 4

What was it like for you, a liberal, to play the captain of a slave ship on the TV miniseries, "Roots?"

It was a good role and a variation from anything I'd done before. In fact, I was playing a good German who wanted to make it better for the slaves. But yes, in performing a function in this occupation, I did sell my soul.

You've done lots of voices for animated characters. How does being a voice actor compare to other acting skills of yours?

I love doing it. I act as intensely and as prodigiously. I suppose I benefit by not being seen.

You support many charities, including elderly holocaust survivors and the Rosenberg Fund for children.

I support such groups whenever I can and do whatever I can and give money whenever I have it.

I'd like to hear what's next for Ed Asner.

I'm doing a movie in L.A. in June. I may be doing one in New Jersey before that.

If you'd gone into poly sci, what would you be doing today? What fight would you be fighting?

I thank God I didn't do it. Because the falsity, the bull\*\*\*\* we have put out – "give me your tired, your poor, your downtrodden" – and then to watch what we do to immigrants, what we did to the African-Americans, what we do to the Latinos who come here – the aura that we put out over the world is false. And the militarism which we practice is excessive. "America über alles." It's scary.

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

## Exceptional Care in the Comfort of Your Home



### For Our Clients:

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

### For Our Caregivers:

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



24/7 On-Call  
Support Services



Wellness & Home Safety  
Visits by Staff Nurse

**FREE**  
In-Home Services Assessment

**Accepting:**  
Medicaid, Private Pay,  
and most insurance plans



[www.jevsathome.org](http://www.jevsathome.org)



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



## Arts &amp; Aging

## Making unusual, unconventional tote bags from my accumulated toys

By M. L. Polak

By chance several years ago, I started making funky tote bags that incorporated superhero/heroine figures, after a video editing project got temporarily derailed. There I was in my office, staring at the shelves surrounding my desk, and seeing all this – dare I say – crap.

I had just started trying to make a dent in the odd array of stuff I had accumulated over time, including toys. When I took some superhero action figures to sell to a small neighborhood shop, I was told they were essentially worthless. So I donated the wind-up nun that breathed fire and a few other pieces to Uhuru Thrift Shop. Then I went home and looked at Zeus, Superman, Spiderman and friends, and I got an idea. I purchased a green plastic tote from the dollar store and arranged these superheroes in rows on each side. Voila, the first superhero/heroine tote was born.

The idea took off and I started making



iStock

totes with other themes. Then I took more stuff from my shelves – toy flamingos, alligators, monkeys, dinosaurs and poodles; mini Mexican hats; maracas; tiny teddy bears; a rainbow Slinky; plastic jeweled toy stilettos;

and wooden puppets – and affixed them each on their own purses.

I made so many purses that soon I went back to the dollar store and bought Barbies, miniature dogs and soldiers so I could make more. They are fun and funky. Some are made from collectible toys and can't be duplicated. Others, like the Halloween line, showcase themed items, including tiny ghosts, skulls and fake bugs. I have one with plastic multi-colored spiders that is gorgeous!

They are pieces of artwork in the form of a purse. When my friend Kathy moved from Philly to New Mexico, she took a tote decorated with a toy Chihuahua in a serape and folkloric hat to her new home in Albuquerque.

It started as just a hobby for me, and a way to control some of my accumulated clutter, but it's turned out to be very relaxing, and it kept me from going crazy when I couldn't finish editing my film.

Call it what you will – recycling, adaptive reuse. The tote bags have given a new life to

old products and brought joy to their new owners. So far, they've sold in brief engagements at a green products festival run by the Sustainable Business Network, a special showcase at a stylish hair-design parlor, a local giftware boutique, a Center City thrift shop or two, sidewalk sales and flea markets, and online. One design-conscious older fellow bought several totes for his young granddaughter to store her dolls and playthings and tchotchkes in. Someone else uses hers for a magazine rack. A little boy wanted one to show off his superhero collection.

On the labels, I use a "nomme de purse," TashaMaria Tromer, after my late Gramma Rose, whose surname was Tromer. I think the totes combine the minimalistic flair of 21st-century narrative with memorable yet austere design. Plus, they're fun to make, fun to give, and fun to get!

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

## 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](http://www.colonialpenn.com)



Colonial Penn Life Insurance Company  
[www.colonialpenn.com](http://www.colonialpenn.com)

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

Alex Trebek – Compensated Endorser



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

Or return this form to:

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

☐ MALE ☐ FEMALE DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ MD-17580-1014

\* 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.

## Don's Column

# Stamp collecting: A world view



By Don Harrison

When I was a boy, back in the 1940s, stamp collecting was a very popular hobby with all ages and stations in life. Franklin D. Roosevelt was known to be a collector. All nations issued postage stamps, and collectors sought to travel the world by collecting as many stamps as they could. If I decided to resume my boyhood hobby of stamp collecting, I'd need a new album to take on the stamps of all the new nations established since those years.

The subcontinent of Asia, for example, includes four huge countries that were not independent at the time – India, Pakistan, Bangladesh and Sri Lanka. Nearby is Myanmar, which we knew as Burma, and three countries – Vietnam, Laos and Cambodia – which constituted French Indo-China. Thailand was Siam, Malaysia was Malaya and Indonesia was the Dutch East Indies.

In some cases, the new nations were the same as the old colonial fiefdoms. On the

other hand, the former Soviet Union included the Baltic and Caucasus republics and those huge Central Asian “-stans.” And Africa is crisscrossed by new nations.

Yes, in the unlikely event I would resume stamp collecting, I'd need a new – and much larger – album.

Since my boyhood years, I've been to many foreign climes, including renamed cities – Mumbai (formerly Bombay) in India and Guangzhou (formerly Canton) in China – and Islamabad, which Pakistan created as a new capital. My world has outdistanced the world of my childhood stamp collection, but it's a fascinating world.

## Happy birthday to me!

Birthdays used to be a big deal, but no longer. I've lived through too many to take them seriously. It's just another day in the month (but thanks anyhow).

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

## Cartoonist

• continued from page 5

tionist is buried, as one of her most satisfying projects.

“The cleanup brought me to a neighborhood I would not otherwise have visited and where I met inspiring people I wouldn't otherwise have met,” she said.

Wilkinson, who is a boomer in terms of age, is a strong believer in getting things done.

“Activism to me is just doing it, digging in and doing the work,” Wilkinson said.

These days, she has cut back from illustrating six cartoons to four in order to spend more time with her family and to pursue personal projects, like learning to paint watercolors.

Her cartoons can be found at GoComics or signetoon.com.

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

## Crossword

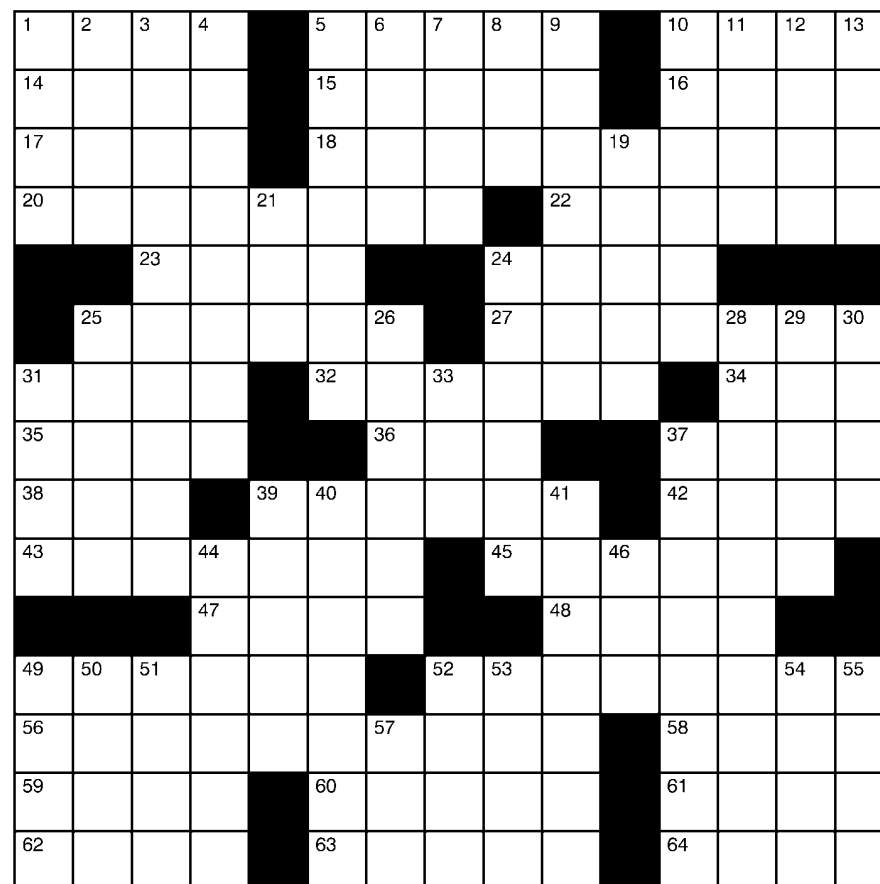
# Zoo story

## Across

- |                            |                                 |                                   |                                      |
|----------------------------|---------------------------------|-----------------------------------|--------------------------------------|
| 1 Lid fastener             | 22 Moves sinuously              | 36 Neighbor of Savannah, MO       | 52 Lions of England: her.            |
| 5 Suburb of Milan          | 23 Neat                         | 37 God of Memphis                 | 56 Ernie Ford, for one               |
| 10 In a fit of wildness    | 24 Restaurateur Toots           | 38 Shropshire boy                 | 58 West Pakistani                    |
| 14 Axillary                | 25 Thrashes                     | 39 “Your house isn’t as big ___!” | 60 Composer of <i>Rule Britannia</i> |
| 15 Sortilege practitioner  | 27 Loggerheads                  | 42 Plan a new decor               | 61 Clean a chalkboard                |
| 16 Copter or port preceder | 31 “When Casey lowered the ___” | 43 No-see-ums                     | 62 Hindu land grant                  |
| 17 Muse of history         | 32 Disprove                     | 45 Bengal danger                  | 63 Fostered                          |
| 18 Granny Smiths’ genesis  | 34 Couldn’t make ___ of it      | 47 Shoe width                     | 64 Publisher Conde’s family          |
| 20 ___ court               | 35 Book of the Old Testament    | 48 Undercover agent               | 65 Concordes                         |
|                            |                                 | 49 Swindlers                      |                                      |

## Down

- |   |   |   |                            |
|---|---|---|----------------------------|
| 1 Taxi  | 10 “Minnie had ___ as big as a whale . . .” | 28 TV, for insomniacs                                 | 41 Signoret’s namesakes    |
| 2 Before breve or round                             | 11 Actor Donald                             | 29 London or NY district                              | 44 Merited                 |
| 3 Holy states                                       | 12 Ye ___ Shoppe                            | 30 Indian Ocean                                       | 46 Political initials      |
| 4 Plans   | 13 ___ of the Spider Woman                  | 31 paradise   | 49 Pierce                  |
| 5 Enchanting one                                    | 19 Bed bellow                               | 32 Church dignitaries                                 | 50 Mister, in Mainz        |
| 6 Car, taken away for non-payment                   | 21 Feel queasy                              | 37 “If I’d known you were coming, I’d have baked ___” | 51 Green Gables girl       |
| 7 Canadian athlete                                  | 24 A royal family of Scotland and England   | 39 Perennial presidential candidate                   | 52 Pastoral places         |
| 8 Blanc or Ott                                      | 25 Adult human being ___: Coleridge         |   | 53 Bridge position         |
| 9 “My eyes make pictures, when they ___”: Coleridge | 26 Chorion                                  |   | 54 Interjection            |
|   |   |   | 55 Film’s Alastair, et al. |
|   |   |   | 57 Mrs., in Madrid         |



## Solution

The solution can be found on page 14.

## Milestones wants to hear from YOU!

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

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



**Send ideas, comments & submissions to:**  
Attn: Milestones Editor  
PCA, 642 N. Broad St.  
Philadelphia, PA 19130  
Email: [milestonesnews@pcaCares.org](mailto:milestonesnews@pcaCares.org)





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

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

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

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

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

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

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

Visit **[HPPMedicare.com](http://HPPMedicare.com)**

**Your  
health.  
Our  
focus.**

**Health Partners Plans**



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

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

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

H9207\_HPM-2641-18 Accepted 9/17