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**Tired of the same old argument?
 Book by Philadelphian offers advice**

By Barbara Sherf

Max Rivers, 67, inspired by his marriage to his wife, Elise, 52, has made a successful career out of helping couples with marriage problems. The couple has been together for 15 years. At the beginning of their relationship, they both studied mediation in Massachusetts. Elise was studying acupuncture after having worked in law. Max had been a computer programmer for 30 years before pioneering the field of marriage mediation. Because of the impact that learning mediation had on their own relationship, they saw the potential for using the practice in all aspects of life, especially marriage.

The couple moved to Mount Airy in 2003 and opened Two Rivers Mediation, later renaming the company TheMarriageMediation.net

when Elise turned her attention full-time to her acupuncture business, Community Acupuncture of Mount Airy (CAMA). At that time, Rivers took over the business alone.

Baby boomers – people between the ages of 54 and 70 – make up much of Rivers' clientele.

Rivers shared his perspective on relationships during a Milestones interview in the couples' Mount Airy home and office. "Who you are changes over the course of a lifetime," he said. "The needs of the person you fell in love with in your 20s and 30s are not going to be the same in their 50s, 60s and 70s."

Rivers recently published a 286-page book, "Loving Conflict: A New Alternative to Couples Counseling," that teaches couples who are "tired of having the same old argument" how to mediate their own relationships.

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Adventure

Travel abroad at any age, but with caution

By Constance Garcia-Barrio

International travel requires more than a hop, skip and a jump down the jetway. Few things top the excitement of traveling abroad, but it means physical and psychological stress. Even winding through security lines at the airport can test us as we age.

"Travel's fun, but your diet and sleep patterns change," said Matthew Behme, M.D., chair of internal medicine and geriatrics at Einstein Medical Center of Philadelphia. "And there's also the anxiety of making connections and flight delays."

Earlier this year, after I'd had knee replacement surgery and finished physical therapy, I felt ready for the risk. I had heard about the Iceland Writers Retreat, to be held in April, and wanted to test myself with solo travel.

But at 71, could my body – and my budget – cut it? If I lived lean the rest of the year, I could pay the

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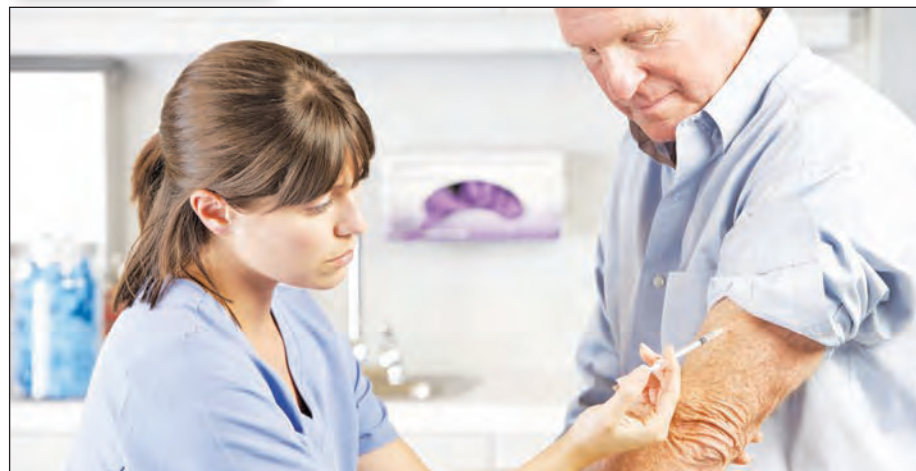
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Health Brief



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Know the importance of vaccines, at home or when traveling, for older adults

August is National Immunization Awareness Month, an annual observance designed to highlight the importance of vaccination for people of all ages. In the United States, vaccines have greatly reduced and even eliminated many infectious diseases – such as polio – that once harmed or killed millions of people.

However, the viruses and bacteria that cause many diseases are still present in the environment. People who are not vaccinated remain susceptible to these diseases and could become seriously ill if they come in contact with disease-causing pathogens. Each year, thousands of people are hospitalized or even die from diseases that are completely preventable with vaccines.

It's important to note that vaccinations are not just for children. All adults need immunizations to help prevent the spread of serious diseases, according to the Centers for Disease Control and Prevention (CDC). As we age, our immune systems tend to weaken, putting those 65 and older at a higher risk for diseases including shingles and pneumonia.

Additionally, the effectiveness of some vaccinations lessens over time. A vaccine received in adolescence may require a “booster shot” later in life. If there are vaccines that you never received as a child, your doctor may recommend that you receive them in adulthood.

It is recommended that everyone 65 and older receive a flu vaccine every year. The flu vaccine is updated annually in an attempt to best defend against the constantly changing strains of the influenza virus. In recent years,

high-dose flu vaccines have been made available to the senior population to trigger a better immune response and increased protection against the flu.

Certain health conditions can make it harder for your body to fight off an infection. Doctors may recommend that people with chronic health conditions, including heart disease and diabetes, receive additional vaccines.

Vaccines for travel

Additional vaccinations also may be recommended for people traveling to certain areas of the world. Some countries require proof of vaccination against certain diseases, including polio and yellow fever. The CDC and State Department continually update a list of vaccine recommendations for Americans traveling to different parts of the world. This information can be obtained online at cdc.gov/vaccines, in-person at travel clinics, or from the Philadelphia Health Department at 215-685-6748 or phila.gov/health.

The CDC recommends getting vaccinated at least four to six weeks before leaving for a trip that requires vaccinations. Doing so will ensure enough time for the vaccines to become effective and allow a window for any vaccines that require more than one shot.

Do your part to stay healthy and reduce the risk of spreading preventable diseases. Talk to your doctor about your vaccine history, lifestyle, health and travel plans to find out what vaccinations are right for you. ☀

For more information, visit cdc.gov/vaccines.

Milestones

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Adventure

Milestones readers share their experiences with Mother Nature

Adventure can mean many different things, from backpacking in India to zip lining at a theme park. For two Milestones readers who answered a recent callout and submitted personal essays on this month's theme, adventure meant communing with Mother Nature. Their essays, which appear below and on the facing page, describe two different outdoor experiences that range from exhilarating to frustrating.



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Adventures in the great outdoors turn into 'glamping'

By Ann Von Dehsen

**READER
SUBMISSION**

At 50, I had never been camping, nor had I had any desire to do so. Growing up near New York City, I considered myself more of a city girl than a country girl. But a new relationship with a kind man who loved the great outdoors sparked a sense of adventure in me.

So, 16 years ago, on the last weekend of October, Bill and I headed up to the Pocono Mountains armed with sleeping bags, a tent and coolers. As we drove north from Philadelphia, we noticed that the unseasonably warm weather we had been enjoying seemed to be quickly fading.

Upon arrival at the campsite, we picked our spot (near the bathrooms, as per my request). All was fine as we pitched the tent, cooked some burgers on Bill's gas stove and cracked open a few beers. As we noticed the still-declining temperature and wrapped ourselves in blankets, Bill built a fire and we snuggled together, trying to ignore the increasing wind.

Later, safely in our tent and sleeping bags, I listened to Bill's contented snores as I tried to get warm and fall asleep. Hours later, as I was

finally dozing off, I awoke to Bill hitting the top of our tent and yelling, "Get out of here! Go away!" Convinced it was a bear, I started screaming until Bill yelled, "Calm down! It's only raccoons!"

Just as I had quieted down, we noticed the flapping of the tent door. The wind began to howl, and there was also the rhythmic patter of heavy rain hitting our tent. When Bill opened the door, we discovered it was actually hail, mixed with heavy snow. Just then, one of the tent poles wavered, then fell, bringing down part of the tent. Much to my delight, Bill said, "Forget it!" We quickly grabbed our stuff and ran to the car.

Half an hour later, we were enjoying a cozy motel room, complete with a fireplace. After a wonderful sleep, we woke to a glorious sunny morning and headed back to the city.

Ultimately, my camping trip turned into somewhat of a "glamping" trip, which was fine by me!

Ann Von Dehsen, 66, is a semi-retired special education teacher who tutors children with reading disabilities. She recently moved to Rittenhouse Square, where she enjoys spending time with her two grown daughters and two grandchildren.



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The beauties of nature can be enjoyed without sight

By Joe Garrison

I've been sightless since birth, and have experienced a lot of

**READER
SUBMISSION**

discrimination. People tend to think that because people are sightless – and this goes for all people with disabilities – that they are like children and need a babysitter. I've always lived my life to be independent. There are more things that a sightless person can do besides sit around and do nothing.

When I was 20, I wanted to develop vocational skills over the summer. So I joined the Pennsylvania Lions Beacon Lodge Camp in Mount Union, Central Pennsylvania. The camp is designed for children and adults with special needs, including blindness and deafness. I used the week-long camp as a training ground. It was like a regular job to me. I was there to develop skills and didn't expect that I'd be exposed to the beauties of nature.

There was a little lake where we could fish, so I went fishing. The best part of the trip was paddling up the Juniata River, which ran through our camp at Beacon Lodge. I never felt apprehensive about it because I felt I could do it without a problem. So we went up on a nice, sunny day that was not too hot. I started out with great anticipation that I really would enjoy this activity. The task of paddling started out difficult but soon became

easier, once I got the hang of it. After we'd been paddling for nearly an hour, it tired me out. But it was quite an experience, and I would do it again if I had the chance. It was very relaxing.

One night, we went hiking on one of the trails that wasn't too far from the camp. Suddenly, we came to a part where there was a span of trees. As we walked through the wooded area, a hawk flew out of the trees right next to us. We were scared out of our wits! We thought the hawk was going to attack us, and the hawk thought we were invading its nest. Suddenly, our goal turned from enjoying nature to circumventing an attack from a predatory bird. We just stood there wondering how we could get around the hawk without anyone in our group getting hurt. I don't remember if the hawk retreated or if we backed off first, but somehow, we all got back to the camp unharmed. This harrowing experience exposed us to the power of the wilderness.

It just goes to show that you don't need sight to enjoy the beauties of nature.

Joe Garrison, 75, is retired and has worked in a darkroom and as a peer support counselor for Liberty Resources. He lives in Germantown and enjoys discussing politics and listening to music and movies on audiotape.

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Outreach sessions planned to inform seniors of upcoming health care shift in Pennsylvania

A major shift in the way Medicaid-funded long-term services are provided in the home is coming to Philadelphia. Community HealthChoices (CHC), a new state-mandated program, will affect up to 88,000 seniors or adults with disabilities in Philadelphia. The program, which has already begun in the southwest part of the state, will start in Southeast Pennsylvania in January 2019.

Under CHC, both physical health care and "long-term services and supports" – meaning home-based or nursing-home care – will be coordinated through three state-selected managed-care organizations (MCOs): Keystone First (a member of AmeriHealth Caritas), Pennsylvania Health & Wellness, and UPMC Community HealthChoices. CHC participants will have to choose one of these organizations. If they do not make a selection, they will be automatically enrolled with an MCO.

As the local area agency on aging responsible for coordinating aging information and services for Philadelphia, Philadelphia Cor-

poration for Aging (PCA) is prepared to help consumers access the information they need to make informed decisions about their care. To familiarize older adults and people with disabilities with the program, PCA will partner with agencies throughout Philadelphia to provide more than 50 free outreach and education sessions at convenient, accessible locations within the community from Aug. 27 through Oct. 19.

"PCA is grateful for the opportunity to help ensure that this critically important information reaches all eligible Philadelphians," said Louis Colbert, PCA vice president of operations. "It is important for everyone to understand that the transition to Community HealthChoices will not impact anyone's Medicare coverage; it will only change the management of Medicaid services for those who are eligible. Each session is designed to help eligible Philadelphians understand their choices in selecting a managed care organization to support their long-term care needs."

Who is eligible?

Those covered by CHC include older adults and individuals 21-plus who are one or more of the following:

- Dually eligible for Medicare and Medicaid;
- Medicaid-eligible and living in a nursing facility;
- Enrolled in long-term services and supports in the Attendant Care, Independence or Aging waivers; or
- Enrolled in the OBRA waiver and determined nursing facility clinically eligible.

Registration for the free education sessions will be conducted by the Department of Human Services (DHS). For information about the sessions or to register, call 1-833-735-4416. Translation and other needs will be



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accommodated and should be shared at the time of registration. Meeting invitations are being sent to the more than 129,000 eligible individuals throughout the five-county Southeastern Pennsylvania region. A schedule of sessions is posted on pcaCares.org. For more information about Community HealthChoices, go to healthchoices.pa.gov. ☀

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Adventure

Exploring my own city as a senior provides an exciting perspective

By Frank Burd

It's amazing how we can live in a place and never explore it with the vigor of a tourist. I grew up in New York City but never visited the Statue of Liberty or the Empire State Building until after I moved to Philadelphia and went back to the city with friends. After living in Philadelphia for 50 years, I did something that few locals probably do. This year, I took a group tour of Philadelphia in an open-air bus. It was wonderful.

Some people might wonder why I felt the need to pay someone else to show me around my own city. To others, it seems more appropriate to take such tours when traveling to places that are unfamiliar. But even though I have a car and know my way around Philly, it's easier and more enjoyable to see the sights while someone else does the driving.

We drove up Spring Garden Street toward the Benjamin Franklin Parkway first. Riding one flight up on the double-decker bus, instead of at ground level, provided a unique perspective. When walking or driving, I must watch for other pedestrians or cars. Once I had the opportunity to just take it all in, the richness of the city was magnified many times. Looking at buildings from a higher point, I saw things that I wouldn't ordinarily notice. The sculptured engravings on so many buildings are fascinating. The vantage point from the middle of an intersection is also interesting.

The bus made a stop at the art museum and, as I expected, people took pictures in front of the Rocky statue. I instead chose to marvel at the wonderful polychrome sculptures of painted terra cotta figures that adorn one of the museum's pediments. These figures represent gods from Greek mythology. Of course, the view down the Ben Franklin Parkway is magnificent, and it always looks spectacular.

We rode through the colonial section of Philadelphia while our guide filled us in on some of the people and events associated with our city's rich history. Another bonus of taking a tour is that trained guides provide so much information. All you have to do is listen and look to experience the history.



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A bus tour can be a great way to see Philadelphia's famous sites, like City Hall.

Nostalgia abounds

Our guide told us that the guitar in front of the Hard Rock Café on Market Street near 12th is taller than the statue of William Penn that stands atop City Hall. Less than 50 years ago, no building was permitted to be taller than the top of Penn's hat. Now, City Hall isn't even among the 10 tallest buildings in the city.

Passing Dirty Frank's Bar at 12th and Pine streets, you can see the many celebrity "Franks" whose images are painted on the wall, including Frank Sinatra, Frank Zappa, Benjamin Franklin and Pope Francis. The bar is a Philly icon. I understand the drinks are cheap there, too.

We passed Giovanni's Room in the Washington West neighborhood of Center City, which has become known as the "Gayborhood" because of the high concentration of LGBT-friendly businesses and restaurants in the area. We passed the Louis Kahn Memorial Park, which is named for the famous

• continued on page 19



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Adventure

PCA social workers study abroad to gain new perspective, expand views

By Marcia Z. Siegal

In the midst of their careers, Philadelphia Corporation for Aging (PCA) social workers Marquette Bond, Edda Weber and Frederick Pence traveled abroad individually to study social work in other countries. Through their experiences, they gained new perspectives and deepened their appreciation of cultural diversity – an advantage in working with PCA's long-term care participants, they said.

Refugees and human rights

Bond, a supervisor in PCA's Long-Term Care Assessment (LTCA) department, oversees a team of assessment workers who visit the homes of older adults and people with disabilities to evaluate their need for care. Assessments focus on individuals' eligibility for long-term services and supports, including what services are appropriate and where these services should be provided.

Bond participated in the 13-day Human Rights Exploration in Germany program based at Friedensau Adventist University in Möckern, Germany. Through classroom and field activities, she studied the social welfare aspects of the immigration, asylum and resettlement of refugees in Germany, many of whom were from Africa and the Middle East. Bond also studied the impact of populism, nationalism, and other social and political movements on human rights, as well as their impact on current and past refugee crises.

The experience further sensitized her to the language barriers and difficulties accessing information and services faced by refugees and immigrants in Philadelphia who are among the elders PCA serves. "Older refugees and immigrants who live in both Germany, and Philadelphia have to rely extensively on family or the people who have sponsored them to help them adjust to their new environment and connect to medical and financial assistance in their new home," Bond said.

Through interviews she and her classmates conducted with social workers working at refugee resettlement camps in Germany, as well as informal talks she had with refugees and immigrants she met in Berlin neighborhoods,

she immersed herself in the human rights issues that drive such people's migrations and result in the challenges of resettlement.

As part of her study program, she interviewed a Sudanese man living in a Kenyan refugee camp via Skype (a software application that lets people see and talk to each other over the internet). He was in his early 40s. The man had been living in the camp since he was 14 due to continuing war and human rights abuses in Sudan. "He was waiting to leave the refugee camp to seek asylum in Europe or America, and he was still hopeful that he would do so, even after more than 30 years," Bond said.

Bond's study abroad experience enabled her to "break down personal stereotypes, receive an authentic cultural experience and see how other communities treat locals and immigrants," she said. Based on her observations of the widely varying languages, customs and religious practices of the African and Middle Eastern immigrants and refugees she encountered and the pride they displayed in their native heritages through clothing, cuisine and other traditions, "I discovered that our Western societal values and norms are just a tiny glimpse of the huge cultural diversity that exists in the world," she said.

Becoming a global citizen

Service coordinators Weber and Pence work with older adults in Philadelphia, Bucks and Montgomery counties who have been determined eligible for long-term care services and supports and have chosen PCA to coordinate these services. Service coordinators conduct a comprehensive needs assessment, taking into account the person's goals and preferences; develop and implement an individualized care plan; arrange for services, such as personal care, home-delivered meals and transportation; and monitor the person's progress through visits and phone calls.

Weber also participated in the Human Rights Exploration in Germany program, focusing on human rights and international social work. Both she and Bond connected with the program while pursuing their master's degrees in social work part-time at West



Courtesy of Frederick Pence

PCA service coordinator Frederick Pence enjoys some leisure time at a bamboo garden in Kyoto, Japan, where he studied social services through a Council for International Fellowship Program.

Chester University.

"I wanted to gain a deeper understanding of human rights, to explore Germany, to study in a European classroom, and to learn a more varied, global perspective," Weber said.

This foreign study "taught me the value of being open to a dialogue with people of differing opinions, of being forthright, and of appreciating my extremely good fortune," she said.

Through studies, personal encounters and cultural experiences, "I discovered what it means to be a global citizen," Weber said. "I learned that to thrive we must relinquish identification with a specific nation and embrace who we are fundamentally – beings indelibly linked together by our human experience."

One of the experiences Weber especially took to heart as a professional in aging services was seeing how frail older people in a German nursing facility were treated. This nursing home, or "pflegeheim," was situated on the Friedensau Adventist University campus, between the gym and the library. "It was wonderful to see that the home was a part of the community, not hidden out of the way, in contrast to many nursing homes I have observed in the United States," she said. Residents "were able to access a more normal and engaged lifestyle. They could eat meals on campus or walk the perimeter along with the students. It was not a place of separation,

nor did it seem to carry a stigma."

Social work in Japan

Pence spent 21 days in Japan through a Council for International Fellowship program that offers social service professionals the opportunity to learn about social services in other countries. Like Bond and Weber, he undertook the study abroad initiative using his vacation time and personal funds.

He followed a jam-packed agenda that included lectures at Doshisha University in Kyoto on Japanese social services and social work practices. He also spent his time in the field observing programs for homeless people and those with HIV/AIDS, as well as visiting a support center for individuals with intellectual disabilities and a nursing home for older adults. One afternoon, he observed a home visit by a social worker to a frail older adult receiving long-term care.

Pence found that Japan and America have much in common with regard to older adult services. "From what I saw, Japan tends to follow the American model," Pence said. "They have many of the same home- and community-based services, such as home-delivered meals, personal care, transportation and senior centers. Most older adults live with their children and try to age at home."

However, he did notice a philosophical

Recipe Box



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Enjoy corn with tomatoes and herbs, a tasty summer side dish, at your next cookout or family gathering

This classic summer side dish is easy to prepare and provides a way to enjoy produce that's in season this month. If you have received 2018 Senior Farmers' Market Nutrition Program produce vouchers, which provide \$20 worth of farm-fresh produce, think of using them to purchase corn and tomatoes for this recipe at one of the local certified farmers' markets. (Produce vouchers may still be available to income-eligible Philadelphia seniors. Call the PCA Helpline at 215-765-9040 or go to pcaCares.org to verify availability.)

Corn with tomatoes and herbs

(Servings: 4)

Ingredients:

4 ears of corn, husked
2 tbsp. unsalted butter
2 cups assorted cherry or grape tomatoes, halved
Kosher salt and freshly ground pepper
2 tbsp. chopped fresh chives
1 tbsp. chopped fresh basil

Directions:

Cut the corn kernels off the cobs and transfer to a medium bowl. Using the back of the knife, scrape the cobs to release the corn milk into the bowl.

Melt 1 tablespoon of butter in a large skillet over medium-high heat. Add the tomatoes and cook until softened, about 3 minutes.

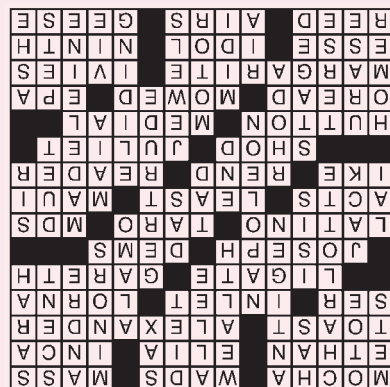
Stir in the corn and corn milk, 1 tablespoon water, $\frac{3}{4}$ teaspoon salt, and a few

grinds of pepper. Cook until the kernels are tender, from 3 to 5 minutes. Remove from the heat and add the chives, basil and the remaining 1 tablespoon butter; toss to combine.

Source: *Food Network Magazine*

Crossword puzzle solution

(See page 19 for clues.)



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PECO Free First Sunday Family Day: Story Sharing. Features an array of voices & presentations to delight audiences of all ages. 10 a.m. to 5p.m. Barnes Foundation. 215-278-7000.

12 Fishing with Friends. Cast a line & enjoy the view with fellow fishing enthusiasts. The program is in partnership with the Mid-Atlantic Youth Anglers. 3-6 p.m. Pier 68, Penn's Landing. 215-922-2FUN. (Sept. 9)

19 Caribbean Festival. Celebrate the culture, music and food from across the Caribbean islands. 12-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.
Jazz in the Park. Performances by Philadelphia's finest jazz musicians. 3-7 p.m. Spruce Street Harbor Park. 215-922-2386.

26 Global Guide Tour: Middle East Galleries. Immigrants & refugees share historical information about artifacts, personal experiences & stories from their countries of origin. 2:30 p.m. Univ. of Penn Museum of Archaeology & Anthropology. 215-898-4000. \$

MONDAY

6 Israeli Scouts Friendship Caravan & August Birthday Party. The caravan's U.S. tour brings a message of hope & peace for Israel in a performance for all ages. Shows at 9:30 a.m. & 12:45 p.m. KleinLife: Northeast Phila. 215-698-7300.

13 Free at the Kimmel Presents: La NOCHE! Music & dancing by the hottest live Latin bands. Led by host/dance leader Kevin Ngo. 8 p.m. Kimmel Center, Commonwealth Plaza. 215-893-1999.

20 Celebrating Summer's Bounty: Flavor-Filled, Low-Sodium Cooking. Learn to transform seasonal fruits & vegetables into simple, delicious dishes & heart-healthy dishes. 6 p.m. Culinary Literacy Center at Parkway Central Library. 215-686-5322.

27 Community HealthChoices Community Meeting. 10 a.m. to noon or 1-3 p.m. Center in the Park. Register: 1-833-735-4416. (See page 6 for details.)

TUESDAY

7 Farmer's Market. Purchase fresh, local produce from the center's on-site hoop houses & gardens. 12-2:30 p.m. KleinLife: Northeast Phila. 215-698-7300.

14 Health Care & Housing Options. Information about safe, affordable senior health care & housing opportunities. 9 a.m. to 2 p.m. NewCourtland Senior Services. Must register at 1-888-530-4913.

21 Barnes Jawn(t). Anything goes tour of the collection led by Rev. Nicolas O'Rourke, asst. pastor at the Living Water United Church of Christ in Oxford Circle & organizer of POWER: Philadelphians Organized to Witness, Empower & Rebuild. 6 p.m. Barnes Foundation. 215-278-7000. \$

28 Community HealthChoices Community Meeting. 10 a.m. to noon or 1-3 p.m. Saligman Apartments. Register: 1-833-735-4416. (See page 6 for details.)
Senior Safety Training. How to stay safe in your community & protect yourself. 9 a.m. to 1 p.m. PSC - Ave. of the Arts. 215-546-5879.

WEDNESDAY

1 Who Got The Jazz. Master jazz musicians & soul vocalists pay tribute to legendary jazz artist Charlie Parker. 5:30-8 p.m. African American Museum in Phila. 215-574-0380.

8 Book Club: 'The Hare with Amber Eyes' by Edmund De Waal. 2-3 p.m. Glen Foerd on the Delaware. For this month's location or to learn how to join: 215-632-5330.

15 Wednesday Night Hay Rides. The farm will open at 6 p.m. for visitors to explore. Hay rides at 7 p.m. Fox Chase Farm. 215-685-0470.

22 Late Night Wednesdays in the Garden. Enjoy the garden in the cooler evening hours. Bring a picnic dinner & delight in chirping crickets & fireflies. 10 a.m. to 8 p.m. Morris Arboretum of the University of Pa. 215-247-5777. (Wednesdays)

29 Community HealthChoices Community Meeting. Mandarin translation services available. 10 a.m. to noon or 1-3 p.m. PSC - Ave. of the Arts. Register: 1-833-735-4416. (See page 6 for details.)

THURSDAY

2 Screenings Under the Stars: 'Austin Powers In Goldmember.' Watch blockbusters & classic films outdoors on big screens. 8:30 p.m. Great Plaza at Penn's Landing. 215-922-2386. (Thursdays through August.)

9 Screenings Under the Stars: 'Black Panther.' Watch blockbusters & classic films outdoors on big screens. 8:30 p.m. Great Plaza at Penn's Landing. 215-922-2386. (Thursdays through August.)

16 ArtBreak. Curators will guide visitors through special exhibition galleries. 12:30-1:30 p.m. African American Museum in Phila. 215-574-0380. \$
Stenton Star Gazing. Derek Pitts, chief astronomer at the Franklin Institute, will lead in viewing the sky. 7 p.m. Meet at Logan Library to walk to Stenton House. 215-685-9156.

23 Knitting for All Ages. Bring needles, yarn & a project to work on. Knitters of all skill levels & ages are welcome. 3-5:45 p.m. Roxborough Library. 215-685-2550.

30 Community HealthChoices Community Meeting. 10 a.m. to noon or 1-3 p.m. West Oak Lane Senior Center. Register: 1-833-735-4416. (See page 6 for details.)
Comedians Steve Martin & Martin Short. 8 p.m. Mann Center for the Performing Arts. Tickets: 1-800-745-3000. \$

FRIDAY

3 Movies in the Park: 'Black Panther.' 7:30 p.m. Cliveden Park. 215-988-9334.

10 Israel Scouts Friendship Caravan. The caravan's U.S. tour brings a message of hope & peace for Israel in a performance for all ages. 12:15 p.m. KleinLife: Center City. 215-832-0539.

17 WURD Radio's Summer of Freedom Tour. Live broadcast by Stephanie Renee from the library. 10 a.m. to noon. Overbrook Park Library. 215-685-0182.

24 Friday Nights in the Galleries. Arpeggio Jazz Ensemble performs sounds of the 1940s classics by Lester Young, Duke Ellington & others. In conjunction with "Modern Times: American Art 1910-1950" exhibit. 5-8:45 p.m. Phila. Museum of Art. 215-763-8100. \$

31 Final Fridays: Work Your Angles. Philly-based rap & spoken word artist Ivy Sole explores how we see ourselves, how we want to be seen, & how others see us. 5-8:45 p.m. Phila. Museum of Art. 215-763-8100. \$

SATURDAY

4 Opera in Manayunk. Delaware Valley Opera Company presents 'Faust' by Charles Gounod. Sung in French with English subtitles. 8 p.m. Venice Island Performing Arts & Recreation Center. 215-725-4171. \$

11 Annual Community Day. Family-friendly event with food, fun & resources, including CHIP, PennDOT & Property Tax/Rent Rebate. 2-6 p.m. Presented by State Rep. Vanessa Lowery Brown. Overbrook Beacon Community Empowerment Center. 215-879-6615.

18 Festival of India. Art, music, dance & cuisine. 1-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.
Pirate Day. Pirates land & skirmish with the British soldiers. Tours, musket drills & scavenger hunt. 10 a.m. to 4 p.m. Fort Mifflin on the Delaware. 215-685-4167.

25 Antique & Vintage Flea Market. 8 a.m. Kimmel Center. 215-893-1999.
Baskets of Love. Laundry baskets filled with personal care items & non-perishable goods free to seniors. Photo ID required. 10 a.m. to 12 p.m. Helping Hands Ministry, Inc. Register: 267-595-9000.

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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Email: milestonesnews@pcaCares.org

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

Ask the Expert

Life-saving tips to help seniors stay safe in the heat

QUESTION:

It has been very hot, and I am concerned about my elderly neighbor, who does not have air conditioning. How can she stay safe and healthy in the summer weather? (Anonymous)

ANSWER:

You have good reason to be concerned about your neighbor. About 600 people die each year from heat-related health conditions. Older adults are particularly at risk for health complications from the heat.

The best thing you can do to assist your neighbor – or any older person – is to check on her frequently during hot weather. Keep an eye out for the following symptoms, which might be signs of heat stress or heat stroke: red, hot, dry skin; rapid pulse; strong headache; dizziness; nausea; and confusion.

If you notice any of these symptoms in an older person during extreme heat, call 9-1-1 for immediate medical attention.

The following tips can help older adults stay healthy during hot weather:

- If you have an air conditioner, use it. Otherwise, visit air-conditioned places such as a neighbor's house or senior community center.
- Use a fan only with the windows open.
- Drink plenty of beverages, but avoid alcohol.

- Eat light meals that don't require cooking.
- Apply a cool compress to your neck, armpits and forehead. Take a cool bath or shower.
- Wear lightweight clothing.
- Avoid exercise and other strenuous activity.

Bea Winn is assistant director of health and nutrition services at Philadelphia Corporation for Aging (PCA).



PCA's Bea Winn

It's your turn!

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

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OVER 50? STAY HEALTHY STAY ACTIVE

✓ Farmer's market

✓ Walk the dog

✓ Get vaccines

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



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CITY OF PHILADELPHIA

Local couple helps Syrian refugees

By Lawrence H. Geller

Renata Alkurdi, 55, has a twinkle in her eye and determination in her heart as she packs donated men's, women's and children's clothing in a large nylon bag. Destination: Syrian refugee camps in Turkey and Lebanon.

"When people make the decision to leave their homeland because of war, they leave with the clothes on their backs," she says.

With her husband, Nizar Alkurdi, 65, she founded Narenj Tree Foundation in 2013 to gather clothing and school and medical supplies, and to raise funds to ship those items from a small warehouse in Norristown that functions as the foundation's homebase.

"There is so much turmoil going on all over the world, people want to do something on the international scene," Alkurdi said. "Helping Syrian refugees is something they can do."

Alkurdi, a Muslim, has an international background. Born in Warsaw, Poland, she was raised Catholic. She met Nizar in Germany when he was there on business and she was on vacation with her family. They exchanged addresses and wrote to each other. When Nizar subsequently came to Warsaw on business, he contacted her. They began dating, and he met her family. The couple moved to Syria after they became engaged. "My family had concerns about my wish to marry a Muslim," she says. "But Nizar, after winning me over, also won them over." There have been no regrets.

"After marriage, she began reading the Quran to better understand her husband's beliefs. "I found that Islam didn't conflict with my Catholicism – it made it fuller," she says. "Islam is not just a religion; it's a service to manifest one's faith."

Shortly after coming to the U.S. in 1983, she converted to Islam. "I considered myself an average housewife raising a family," she says. But the wars in Iraq and Bosnia were a harsh reality.

She participated in marches protesting the U.S. invasion of Iraq and purchased clothes from a thrift shop and sent them to Bosnia. Then, sparked by the Arab Spring in 2012 and the beginning of the war in Syria, "I put out a call in my community for material aid."

The response was overwhelming, "and pretty soon we had clothing in bags and boxes all over the house," said Alkurdi. As a result, the Alkurdis started Narenj Tree Foundation.

"Narenj Tree" refers to a tree that grows bittersweet oranges that is commonly found



Courtesy of Renata Alkurdi

Renata Alkurdi, 55, packs donations of supplies for Syrian refugees at a warehouse in Norristown.

in Damascus. "We wanted a name that Syrians would understand and Americans would ask about," Alkurdi says. Narenj Tree accepts clothing at 101 Schuylkill Ave. in Norristown Saturdays, 10 a.m. to 2 p.m., and financial donations to assist in shipping 44-foot containers of material aid to Syrian refugee camps overseas.

People from all backgrounds have contributed. She notes that Jewish and Christian supporters have collected several boxes of coats and other items to be donated. Weavers Way Co-op donates 50 pounds of rice and beans monthly.

* * *

Donations for Syrian refugees can be sent to Narenj Tree, c/o the Alkurdis, 214 Drakes Drum Dr., Bryn Mawr, Pa. 19010. For information about clothing drop-off sites throughout the Philadelphia area, visit NarenjTree.org.

Lawrence H. Geller is an actor, writer, activist and creator of the Anne Frank Theatre Project.



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Traveling

• continued from page 1

\$2,200 fee that included the four-day conference package of lodging, meals, workshops, a day-long tour and transportation to two events. I turned to Cheapoair.com and found \$499 roundtrip airfare from Philly to Reykjavik. Iceland is pricey, but would I ever have this chance again and be healthy enough to take it?

Be prepared

I seized the opportunity to travel abroad but approached it with careful planning and caution. I bought trip insurance, but next time around I'll purchase health care coverage, too. Medicare generally doesn't cover medical care abroad. "My parents are in their late 70s, and I tell them to get medical insurance," Behme, the geriatrician, said. "I have patients who've run into health issues on trips, and they're glad they had insurance."

He suggests a pre-trip physical. "Make sure that your doctor knows about your travel plans so he or she can make sure you're up to date on vaccinations," he said. (See related story on page 2.) "Your doctor can also take chronic conditions into account. Say you have chronic obstructive pulmonary disease. You may be fine on the ground, but airplane cabins have a different concentration of oxygen. If you have multiple conditions or you're visiting a developing nation, consider consulting a specialist in travel medicine."

I packed a small emergency kit to prepare for minor ailments that may arise while traveling: aspirin; hand wipes; antibiotic ointment; bandages; and medication for constipation, diarrhea and colds. I packed prescriptions in their original containers to avoid hassles with customs and airport security, then stowed the kit in my carry-on, under my seat.

The flight itself can bring problems. "A man two seats away kept coughing," said retired



iStock

Seniors can enjoy the pleasures of international travel. Iceland, where this writer visited, is known for its natural hot springs, which are located in idyllic settings.

librarian Audrey Roll, 65, who flew to Australia in February to spend time with her son, daughter-in-law and year-old granddaughter. "I caught his cold. Next time I'll carry cough drops to offer anyone coughing near me. I'll also carry towelettes to wipe down the seatbelt and tray table."

Get moving

My itinerary first took me to New York's JFK airport, where I had a three-hour layover that allowed me time to make the connection, read and walk around for exercise. I landed in Reykjavik after a five-hour, red-eye flight. Roll, on the other hand, had a grueling journey: Almost 7 hours to Los Angeles, then 22 hours to Melbourne, Australia. That continuous flying would have exhausted most people. "Next time, I'll break it up with a stop in Fiji," she said. A layover or time in a transit hotel, available in larger airports, can provide much-needed rest for international travelers.

Even on my relatively short flight, twinges in my new knee reminded me to get up and

move on the plane. "It's important on extended flights to promote good circulation," Behme said. However, Roll caught flak from a flight attendant when she moved around. "You may have to be a little insistent, but your health's at stake," she said.

Roll wound up with the traveler's trifecta: jetlag, a cold and diarrhea. Her travel-related illness left her leery of airplane food. "It contributed to my diarrhea," she said. "For the return trip, I bought fruit and a sandwich in the airport." Behme advises caution with airplane food for a different reason. "Lots of preserved foods have sodium," he said. "It can affect people prone to fluid retention. Buying food in the airport gives you more choices." Some airlines can accommodate dietary restrictions on international flights. Call at least 24 hours ahead to make special food requests.

Enjoy the trip

After arriving at your final destination, take time to explore – within your limits – the gifts the country has to offer. Iceland gave me many rewards for daring to visit. At the Handknitters Association, I bought a sweater of fabled Icelandic wool. I chose one in the wool's natural color, like dry sand, with a yoke of eight-pointed stars of dark green and brown.

I took tours over miles of black lava fields and ice-crowned mountains. I bathed in the Secret Lagoon in Fludir and emerged with velvety skin. I saw geysers, glaciers, volcanoes and boiling springs. At one of them, our guide hard-cooked eggs for us by lowering them in a wire basket into the water. No wonder producers of "Game of Thrones" shot scenes in this dramatic terrain. I went to an adult story hour at the hotel where I was staying and heard traditional tales of elves and trolls.

Tips for traveling abroad

- Stay well hydrated. Dehydration can cause weakness and fatigue.
- Ask your doctor if you should take low-dose aspirin or wear elastic stockings to help avoid blood clots while flying.
- Consider packing cushioned insoles and other foot care products, if you'll be walking a lot.
- Wherever you go, ask if there's a reduced entrance fee for seniors.
- To help avoid an accident if there's a line to use the bathroom at the airport or when sightseeing, wear a sanitary napkin or incontinence pad.
- Request assistance from the airline when you return to the U.S.; you'll have help going through customs and finish faster. Request and confirm assistance well in advance.
- Thwart thieves by wearing a money belt. One option is to have a "dummy wallet" with only a little money to hand over if you're robbed.
- Join AAA, even if you don't drive. It provides information about travel, passports, visas, travel advisories and other travel-related information.
- O'Hare, JFK, San Francisco and other large airports have yoga rooms, an excellent way to relax during your trip.

Along the road I glimpsed tiny houses built so that elves could live there, and I heard that Iceland's engineers consult "elf experts" before routing new highways, lest angered elves and trolls cause trouble.

The writers retreat featured workshops led by an array of prize-winning writers from all over the globe and included a wine and cheese reception with Iceland's president, Guoni Th. Johannesson, at his residence near Reykjavik.

Any disappointments? Yes. I was exhausted after one full-day tour, so I missed the guided literary tour of Reykjavik, and a trip to see the Northern Lights was canceled due to cloudy weather. Still, I tested myself by climbing 200 feet up Oskjuhlíó Hill, a landmark and observatory at the center of Reykjavik that's known for having the best view of the city. Through it all, I tested my new knee – and it passed.

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

Beating the sardine syndrome on airplanes

My budget can't stretch to flying business class, let alone first class. After being crammed into the economy section, I had a tingling left foot for half an hour after I deplaned. Next time, I'll consider premium economy, which adds five to seven inches of leg room and an inch or two more of seat width.

Licensed physical therapist Joanne Fagerstrom, 63, of Wyndmoor, who specializes in treating osteoporosis and chronic pain, suggests these body-sooth-

ing exercises when flying:

- Circle your ankles, first one way and then the other, and/or pump your feet up and down for better circulation.
- Tightening and then slowly releasing your buttock muscles encourages blood flow.
- Circle your shoulders backwards to help relieve tension.
- Place a small pillow or folded towel against your lower back for support.

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Couples conflict

• continued from page 1

The book explains the mindset that locks couples into conflict and what to do about it. It also shows them how to create the relationship they want by using skills of “embodied non-violent communication” based on Rivers’ idea that couples move through three stages: infatuation, conflict and maturity.

“Even though I now see clients worldwide over the internet, the reason I wrote the book is that I just can’t get everyone on my couch,” Rivers said. He has developed a six-session process to teach couples what he calls the Teamwork Method. “If clients don’t find value in the first session, there’s no charge,” Rivers said. “And after 10 years of offering this guarantee, every couple has said they found the session useful. In fact, the comment I most often hear is, ‘I feel as though a weight has been lifted.’ A happy side effect of now having the book is that when clients come in for that first session, they know the theory and language of our system, and I can focus on teaching them how to apply it in their relationship.”

Preventing divorce

According to divorce-statistics.info and other sources, 50 percent of marriages end in divorce, and second marriages have an even higher failure rate – up to 75 percent.

“We often see couples who have not been getting their needs met for years and are considering divorcing,” said Rivers. “Our process offers them an alternative: learning the skills of negotiation so they can potentially save their own marriage.”

Rivers feels that not having the skills to clearly communicate what we need is one of the major contributors to the high divorce rate. This belief is why he focuses on teaching skills like non-violent communication (NVC) instead of doing counseling or therapy.

In Marshall Rosenberg’s seminal book “Non-Violent Communication: A Language of Life,” Rosenberg describes what he calls “universal human needs” as the life-affirming, positive-intentioned values through which we respond to life’s situations. These needs are for things like autonomy, celebration, interdependence, integrity, spiritual communion and physical nurturance.

Communicating effectively

Rivers based his practice on the NVC principle that all communication is an attempt to get one’s needs met, and judgments are just badly formed requests.

Not being able to identify your needs, not knowing how to negotiate strategies with your partner so you both get your needs met, and expressing your needs as angry judgments of your partner are among the challenges Rivers’ training can help couples resolve.

According to studies, only about one out of 10 couples who have done a year of marriage counseling report feeling their issues were resolved. Rivers said that teaching couples to self-mediate gives them the kinds of skills they need to resolve not only their presenting issues but also their differences over a lifetime. And many couples report that the skills they learn to help their relationship are also applicable to their parenting, work and friendships.

Retirement often creates a sense of unexpected stress for married couples. Rivers described one such couple in which the husband was the CEO of a major corporation. “For over 20 years, while he was working 60-hour weeks, they were like two ships passing in the night,” Rivers said. “When he was forced to retire at the age of 75, they faced the realization that they had not been relating. His wife dragged him into a session, and he came to understand that he was trying to use the same skills that had made him a success in business in their relationship, and it just wasn’t working. So we taught him a few new communication skills, and he was able to feel like a success at home as well.”

Rivers said they also hear from women whose children are going off to college, abruptly changing the women’s role as a full-time mother. “Their reason for being is coming to an end, and they are suddenly faced with not knowing who they are,” he said.



Courtesy of Max Rivers

“These women often move into a phase of life when their own needs awaken, especially their needs for intimacy and sexuality, which often terrify their husbands.”

Baby boomers are living longer, and as a result, members of a couple often find that after being successful in their separate roles, they don’t know how to reconnect when their situation changes later in life. “We can give them the tools to bring back the intimacy and enter into the next phase of life: a mature relationship where you get pleasure out of meeting your partner’s needs and getting your own needs met.”

Rivers believes anytime there is ongoing conflict in a relationship, that is a signal that the relationship needs attention. “Conflict isn’t necessarily a bad thing; it’s often the relationship trying to get to a deeper level of intimacy,” he said.

* * *

For additional information, or to make an in-person or Skype appointment, go to the website TheMarriageMediation.net.

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Adventure

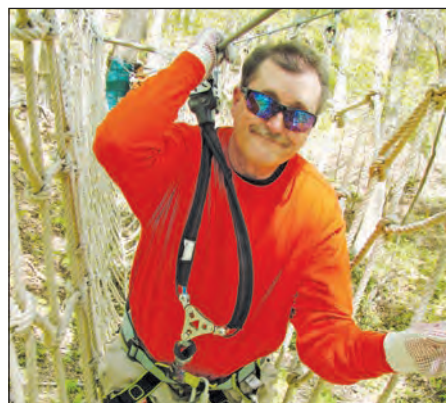
Treetop Quest Philly offers excitement for all

By Michael Hanisco

This spring, a portion of Fairmount Park has transformed into Treetop Quest Philly, a unique destination for adventure seekers. The aerial adventure park features zip lines, rope ladder bridges, balance beams and other obstacles for visitors of all ages. The park is the fourth of its kind in the United States, and the only one in the northeast.

Developed in partnership with the Fairmount Park Conservancy and the Philadelphia Department of Parks and Recreation, Treetop Quest Philly, located at 51 Chamounix Dr., aims to expose visitors to the natural beauty of Fairmount Park, Philadelphia's largest green space. Visitors can test their courage at five participation levels, each with a different degree of difficulty. Level 1 features obstacles about 10 feet above the ground floor, while the highest level takes participants more than 60 feet in the air. There is also a modified "Chick Pea Course" for visitors younger than 7.

"We want people of all ages to challenge themselves and expand their comfort zones," said Scott Ireland, operations manager at



Courtesy of Treetop Quest Philly

Dwayne Morris navigates a rope bridge at the new Treetop Quest Philly adventure park.

Treetop Quest Philly. "But we also impress upon people that this is a 'challenge-by-choice' activity and their level of participation is entirely up to them."

Ireland noted that since opening in May, Treetop Quest Philly has welcomed a number of visitors 60 and older who have had a great time working their way through the courses.

There is no age limit for participation. However, Ireland stressed that anyone with a pre-existing medical condition should seek a doctor's consent before participating.

Treetop Quest Philly is open daily through Sept. 3 and on weekends and some holidays through Nov. 30. For more information or to book your treetop adventure, call 267-901-4145 or visit treetopquest.com/philly.

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

Social workers

• continued from page 8

difference. While both American and Japanese long-term care services address participants' needs and disabilities, he said, the Japanese approach doesn't seem to emphasize the older adult's strengths the way agencies like PCA do. "For example, when we conduct assessments, we ask what participants are able to do before assuming what help they may need," Pence said.

One advantage he observed in Japanese culture was the lifelong connection with nature. "It's an almost mystical reverence for nature that's instilled from the youngest age," Pence said. "I saw older people who, even if they were homebound, were tending their garden or indoor plants and really getting a great deal of happiness from being at one

with nature." Japanese elders had something that helped them cope with and momentarily transcend the profound challenges they were experiencing as they became frail, he observed.

The three PCA social workers said the experience of traveling abroad will continue to benefit them personally and professionally. "You're taking a huge leap," said Pence of the immersion in another country. "You have to be willing to take whatever comes."

* * *

For more information about Philadelphia Corporation for Aging's level-of-care assessments and service coordination, call the PCA Helpline at 215-765-9040 or go to pcaCares.org.

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

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 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Best Time to Call: ____ AM ____ PM

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Home safety tips for seniors help prevent falls, other accidents

By **Alicia M. Colombo**

Are there dangers lurking in your home? Many older adults are not entirely safe in their own homes. Making easy and inexpensive changes can help you continue to live safely and comfortably in your home as you age.

Lois Rosage, a licensed and registered occupational therapist for 33 years, works to evaluate the safety of seniors' homes through Philadelphia Corporation for Aging's (PCA's) Senior Housing Assistance Repair Program. “I go into a home and look at all the areas that can make seniors independent and safe in their home,” Rosage said. She offers this advice: “Be mindful of your surroundings. Keep walkways clear and use adequate lighting.”

Following are common problem areas in a home, and how to address them.

Clear the clutter

It's important to have all stairways, doorways and walkways open and free of clutter. “Items can be in boxes, but there has to be enough room to pass freely without bumping into anything,” Rosage said. Other tripping hazards can include badly worn carpeting, extension cords that run across the floor and cluttered stair landings.

Clutter creates other hazards besides falls. Countertops packed full of items close to the stove are a fire hazard, and blocked doors present another problem. “People tend to block their back doors with cleaning buckets, trash cans and other items,” Rosage said. “If there is a fire, the exit will be blocked and you might not be able to get out in time.”

Beware of bathroom dangers

Wet and slippery surfaces create a danger in bathrooms. “I can't talk about bathroom safety enough,” Rosage said. “Falls occur while stepping in and out of the tub more often than elsewhere in the home.

To reduce the risk of falling in the bathroom, she recommends non-skid strips inside the tub and a good-quality, non-slip bath mat outside of the tub. A combination of a tub chair and hand-held shower may also be recommended for anyone who cannot stand and reach to bathe. All seniors should have

grab bars installed at the entrance of the tub and on the long wall inside the tub. It is important to also have a vertical grab bar for support as you step in and out of the tub.

It is recommended that grab bars be installed by a professional to assure they are sturdy enough to hold a person's weight. “My experience with suction cup grab bars is that they are not safe,” Rosage said. “Never rely on a towel bar for support. It's not made for that.”

Getting up from the toilet is challenging for many seniors, so they often reach for

something for support. “Seniors will often grab onto the sink to pull themselves up from the toilet, and it will over time become loosened from the wall,” Rosage said.

A raised toilet seat, which can be purchased inexpensively from retailers such as Walmart or Amazon, is recommended to assist with toileting for anyone with decreased strength, endurance and balance. A grab bar should also be placed near the toilet.

increased strength, endurance and balance. A grab bar should also be placed near the toilet.

Support on the stairways

Stairways are the second biggest danger zone in the home due to fall hazards caused by items left on steps, railings in disrepair, and a lack of sufficient support due to wear or improper installation. “Clearing items off interior stairs is something that seniors can take care of themselves,” Rosage said.

“Older people should have a railing installed on each side of every stairway inside their home,” Rosage said. Railings should be supportive and properly maintained.

Steps on the exterior of one's home should be free of cracks, chips and uneven surfaces. “The best alternative to replacing cement is to make sure there's a good iron railing to give [you] support,” Rosage said. “Even good steps can get slippery and icy, so a railing is something everyone could and should do.”

* * *

For information about home repairs and modifications for Philadelphia seniors, call the PCA Helpline at 215-765-9040 or visit pcaCares.org

Alicia M. Colombo is editor of Milestones.



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Don's Column

Making the trek for a baseball game



By Don Harrison

Travelling from our neighborhood in West Philadelphia to Shibe Park (later to be known as Connie Mack Stadium) in North Philadelphia was a trek. We had to take a trolley and two subways, then walk seven blocks. But it did not deter us from attending baseball games. As kids, we were regulars, especially when we could score cut-rate (or free) outfield seats. We were there, cheering on the Phillies and the Philadelphia Athletics, or A's (now of sainted memory), in their futile efforts to vacate the cellars of their respective leagues.

Occasionally, we'd get a lift to the game and a chance to observe the implicit extortion of car owners by kids in the ballpark neighborhood. These enterprising youngsters offered, "Watch your car, mister?" for some extra change.

Before the invention of television, on the days when we couldn't make the trip to the ballpark, we'd be glued to the radio. We listened to the play-by-play for home games and wire reports when our team was away. The wire reports were handled ingeniously, designed to duplicate the action as though we were at the game.

The A's, sadly, left town in 1954 and moved

to Kansas City. Following a few transformations, the team now makes its home in Oakland, California. The Phillies, meanwhile, have been going strong in Philadelphia since the team's founding in 1883.

Violence, continued

Shootings used to be rare. And when a shooting did occur, it was usually front-page news. But, unfortunately, this is no longer true.

On one recent morning, a brief item headlined "Teen Shot" appeared, buried, on the bottom of page 14 in the B section. Has it come to this?

That teen shooting victim has a family, neighbors and schoolmates. At one time, when shootings were a rarity, the tragic event would, deservedly, have been printed on page 1. But today, that teen is only a statistic. His name appears among a daily list of Philadelphians of all ages who have been shot, some of whom have breathed their last breath – in two paragraphs at the bottom of page B14.

And it's not uncommon for the victims to be accidental. Passersby caught in the cross-fire, sometimes innocent little kids. Has it come to this?

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.

Exploring my city

• continued from page 7

Philadelphia architect. We learned from our tour guide that what is now Chinatown was called the Tenderloin District long ago and was where the prostitutes hung out.

There were so many churches and cemeteries in the small area that is Center City. I vowed to myself to come back and look at the headstones.

Just as interesting as the city's landscape, though, are its people. Philadelphia is such a wonderful, beautiful, diverse city. While people-watching, I saw many different styles of clothes, shoes and hair. As a photographer, I could snap away, barely noticeable, in spite of being atop a big red bus. Most people I viewed had earphones plugged in or were

walking with an iPhone in their hand.

This was just a two-hour tour, but our city offers many different kinds of bus rides. Most allow you to get off, hang out in a place, then get on the next bus. There are also themed rides. One of the most popular is the tour focusing on Philadelphia's vast array of murals. I've walked much of the city from end to end and photographed many of those murals.

I suggest all Philly natives, and longtime residents like me, take at least one of these rides. Next time a friend comes to the city, treat them ... and yourself.

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

Crossword

In a name

Across

- 1 Arabian coffee
- 6 Small compressed masses
- 10 Communion service
- 14 Allen or Frome
- 15 Charles Lamb
- 16 Peruvian Indian
- 17 Skoal, e.g.
- 18 Brandy cocktail
- 20 Sun. offering
- 21 Estuary
- 23 Blackmore's Miss Doone
- 24 Tie
- 26 Knight of the Round Table
- 27 18th C. riding coat
- 28 U.S. pol. party
- 29 Resident of South or Central America
- 30 Starchy food plant
- 31 Drs.
- 34 New Testament book
- 35 Minimum
- 37 Island of HI
- 38 DDE
- 39 Tear apart
- 40 Publisher's employee
- 42 Not barefoot
- 43 Classical heroine
- 44 Timothy or E. F.
- 47 Average
- 48 Mountain nymph
- 49 Did yard work
- 50 Govt. agency
- 53 Translucent mineral
- 55 Climbing plants
- 57 Being
- 58 Effigy
- 59 Beethoven's Choral symphony
- 60 American army surgeon
- 61 Affectations
- 62 Water birds

Down

- 1 Shea Stadium team
- 2 Sioux
- 3 Rich dessert
- 4 Possesses
- 5 Immunizing substance
- 6 Affluence
- 7 Formal avenue
- 8 Nutritional intake
- 9 Getz never left home without it
- 10 Some sports leagues
- 11 Revolutionary spy
- 12 Aroma
- 13 Painted trillium
- 19 Cottonwood
- 22 Cream pastry
- 25 Egyptian goddess
- 26 Infant's slip
- 27 Lifting device
- 28 Prosecutors: abbr.
- 29 Medieval tale
- 30 Little boy
- 31 Small shell-shaped cake
- 32 Music for two
- 33 Form of address
- 36 Terminate
- 37 One of the Pleiades
- 39 Valerie Harper sitcom
- 41 Slurring over
- 42 Arranged for theater
- 43 Rubies and emeralds
- 44 Aaron speciality
- 45 Soybean enzyme
- 46 Short
- 47 Energizing device
- 49 The south of France
- 51 Family adjuncts
- 52 Wimbledon champ
- 54 Creek
- 56 Contend

Solution

The solution can be found on page 9.

1	2	3	4	5		6	7	8	9		10	11	12	13
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