

IN THIS ISSUE

LOVE STORIES

A home's legacy:
 The Johnson House.....4



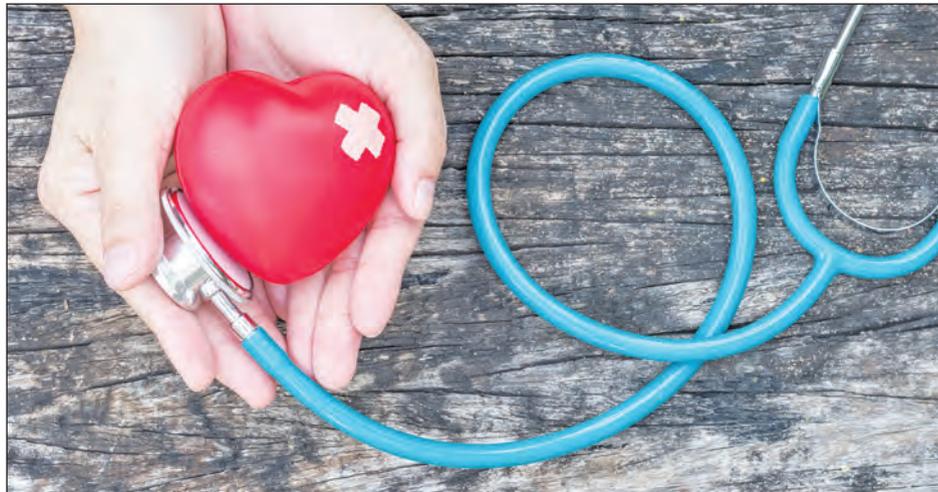
Reader submission:
 Falling in love.....5



Health Brief.....2
Calendar.....10
Crossword.....19

NEXT MONTH:
Eating Well

[American Heart Month | February]



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Take care of your heart by watching out for surprising factors that can contribute to your risk for cardiovascular disease, such as loneliness, excessive sitting and dental problems.

Watch for hidden heart health risks

By Marcia Z. Siegal

Commonly known risk factors for cardiac disease include high blood pressure, high cholesterol, smoking, obesity and advanced age. Recent studies show that other health and lifestyle conditions also can pose significant risks to your heart health if they are not addressed. Read on to learn about some of the lesser-known heart health risk factors.

Loneliness and social isolation

Loneliness is the gap between a person's desired and actual meaningful personal relationships. It can be more dangerous to your health than obesity, experts say. Research shows that chronic loneliness can raise the level of stress hormones like cortisol and adrenaline, cause or exacerbate high blood pressure, lead to chronic inflammation, and impair immune response – all of which can contribute to cardiac disease.

The journal Heart published a study in spring 2018 of nearly 480,000 adults 40 to 69 in the U.K. that found that loneliness and

social isolation, which is an absence of interpersonal contact or relationships, increased the risk of coronary heart disease, stroke and premature death by nearly 30 percent.

While many people who are lonely are also socially isolated, the two conditions differ, as noted on the website AARP.org. You can be lonely in a crowd, but you will not be socially isolated. Isolation has been defined as an objective state with measurable factors like the extent of a person's social network. Loneliness, on the other hand, is a subjective experience reflecting the perceived quality of a person's social relationships.

Like loneliness, social isolation can lead to many harmful hormonal, inflammatory and immune responses that can take a toll on heart health, Heart reports.

According to the Institute on Aging website ioaging.org, heart disease can worsen as a patient has less contact with the outside world. Isolated people may not get the medical and social support they need to monitor their heart health or to navigate daily tasks.

• continued on page 18

Love Stories

Furry valentines: Pets enrich seniors' lives

By Mary Anna Rodabaugh

For seniors with furry pets, love radiates from four paws. Those who are single, widowed or divorced may feel lonely, especially around Valentine's Day. The English Longitudinal Study of Ageing, which is funded jointly by the U.S. National Institute on Aging and United Kingdom governmental agencies, found that 34 percent of the more than 11,000 respondents age 52-plus reported being lonely often or some of the time, and this figure increased to nearly 46 percent for those 80-plus. Loneliness can be more common in uncoupled seniors. Fortunately, love takes many forms and can be found in many places.

The benefits of pet ownership are supported by research. For older adults, particularly for women and for

• continued on page 16



Mary Anna Rodabaugh

Suzie Eisenstein, 75, cuddles with her blind Schnauzer, Daphne, whom she adopted in 2012.

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Health Brief

Science backs the healing power of compassionate touch, massage

Small physical gestures – a pat on the back or a reassuring touch on the arm – may seem insignificant on the surface. However, mounting evidence suggests that these acts have powerful, positive effects when it comes to human communication, bonding and health.

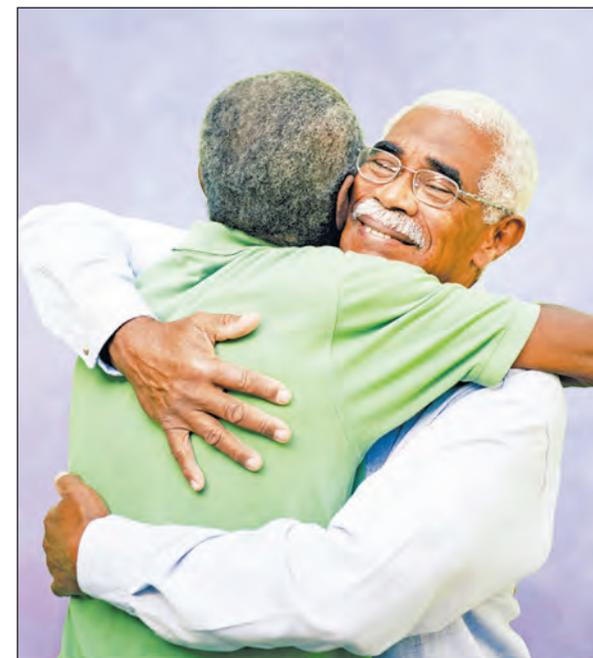
Touch is both the primary language of human compassion and the primary means for expressing that compassion, according to Dacher Keltner, Ph.D., author and professor of psychology at the University of California, Berkeley.

Keltner has investigated the science of touch for years and often quotes Michaelangelo: “To touch is to give life.” According to Keltner, touch signals safety and trust in primates and humans.

Touch can play an important part in patient-doctor relationships. According to a report in *The New York Times*, a sympathetic touch from a doctor leaves patients with the impression that their visit lasted twice as long compared to estimates from people who were untouched during an appointment of the same length.

Keltner asserts that simple warm touches by a physician can improve health by calming cardiovascular stress, lowering blood pressure, decreasing pain, and improving mood and outlook.

Touch may be particularly beneficial to patients with dementia. Studies have shown that “touch therapy” or “massage therapy,” a type of therapeutic treatment in which the patient is physically touched in a specific way, is beneficial for those even in the most advanced stages of Alzheimer’s disease. The positive effects of touch on these patients include reduced agitation, improved emotional connection with others and reduced symptoms of depression.



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Studies show that touch can improve health by lowering stress and pain while also improving mood.

Types of compassionate touch:

- Hugs
- High fives
- Handshakes
- Pats on the arm or back
- Massage therapy

Formal training programs are available for caregivers who want to learn more about the science of compassionate touch and how to incorporate it into their care routine. Those who want to see the positive effects of touch in their daily lives can begin by greeting loved ones with a warm hug or making physical contact during conversation.

While there is plenty of evidence to suggest that compassionate touching can be positive, context is critical. Caregivers, friends and relatives should be aware of cultural norms and individual preferences when it comes to touch. Caution must be taken to ensure that touch is welcome and not misinterpreted, especially if there a history of abuse or neglect.

Source: *University of California, Berkeley* 

Milestones

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Milestones is published monthly and distributed at more than 1,100 locations throughout Philadelphia, lower Bucks and eastern Montgomery counties.

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Subscriptions & Distribution:
Home delivery: \$12/year
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[Black History Month | February]

The Underground Railroad lives on at the Johnson House in Philadelphia

By Constance Garcia-Barrio

One story goes that a constable and his men, grim and heavily armed, galloped up Germantown Road (now Germantown Avenue) one night. They stopped at the Johnson House, whose owners were rumored to harbor fugitives from slavery. When the men banged on the door, perhaps Quaker matron Jennett Rowland Johnson answered, small but fearsome, even in her 60s. When she and other Johnson family members demanded to know the meaning of the uproar, the constable likely waved a warrant at them, then barged in with his men to search for runaways.

They found none.

After the men left, the Johnsons opened an upstairs window and called softly to the fugitives, who'd crawled out through a hatch onto the roof to hide, to come back inside. Thanks to the Johnson family, the fugitives on the roof avoided capture. The Johnsons were members of the Underground Railroad, a secret network of men and women, black and white, who aided escaping slaves.

The Johnsons, staunch Quaker abolitionists, had much practice in sheltering freedom seekers, especially in the 1850s. Edward T. Johnson, Jennett's grandson, wrote in his journal: "I remember my cousin saying that she could not understand how so many different colored people were in the back garrett ... It seemed to her that a different family was there every time she went ... up to it. They would be there at night and gone in the morning."

The Johnson House, at 6306 Germantown Ave., now a museum and National Historic Landmark, commanded attention long before neighbors may have whispered about strangers of color arriving at its back door late at night. With its artifacts, period furniture, maps, drawings and documents, the Johnson House museum recalls heroic deeds and spotlights the difference determined neighbors can make in a community.

"John Johnson Sr. built the house in 1768 as a wedding present for his son, John Jr., and his son's bride, Rachel Livezey," explained Loree Schuster, a guide at and neighbor of the museum. "As a multi-room, multi-story house, it stood out at a time when the average

family lived in a one-room brick or log dwelling."

The Johnsons resided at the house from 1768 to 1908 and made few changes. Today visitors can see the original dark stone walls, Dutch doors and wavy glass in the windows that existed at the time of the Underground Railroad. A musket ball fired during the Battle of Germantown on Oct. 4, 1777, left its mark on the house.

In 1805, controversy surrounded the proposed marriage of Samuel, John Jr. and Rachel's son, to Jennett Rowland. She was a tiny woman and would lack the stamina required for farm life, let alone for childbirth, the elder Johnsons felt. Samuel stood his ground and married her anyway. The years proved him right. Jennett bore Samuel 10 sons and two daughters, and outlived him by 10 years. The Johnson House's meeting room displays a picture of an elderly Jennett with her children.

The Johnson House saw its busiest – and most dangerous – period as an Underground Railroad station when Jennett presided over the household. "She had grown up in Delaware, a slave state, and had seen the effects of slavery," Schuster said. "Jennett lived her antislavery convictions by making her home a station, or safe house, on the Underground Railroad."

That decision put the Johnsons at great risk. The Fugitive Slave Law of 1850 meant that people helping fugitives faced crippling fines and possible imprisonment. But the Johnsons persisted. "One of my earliest recollections about the year 1858 or '59 was being wakened up very early ... furious knocking at our back door," Edward wrote in his diary. "My father answered it, and coming back, said that a big colored man, a slave, was there, with a note which said, he was trying to



Courtesy: Johnson House

The Johnson House in Germantown was a local station on the Underground Railroad where escaped slaves could seek refuge.

escape and please to give him food and clothing and help him along ..."

The location of the Johnson House drew fugitives to its door. "The property sloped down toward the Wissahickon Creek," Schuster said. "Freedom seekers following the creek could see a candle in a window. Also, dogs couldn't follow a scent and people couldn't track footprints if you went into the water."

Artifacts and furnishings bring perilous antebellum days to life, but so do stories told about the house. "Tradition has it that Harriet Tubman may have come here," Schuster said. "William Still, a prosperous businessman

and agent on the Underground Railroad, definitely did."

A large wooden trunk on the second floor recalls the story of Henry "Box" Brown, a Virginian who escaped from slavery by having himself shipped to Philadelphia abolitionists in a wooden crate. A picture at the Johnson House shows the box being opened. Children who visit the museum with their parents or grandparents like to get down beside the box to see if they could scrunch themselves up to fit inside.

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

You can visit the Johnson House

The Johnson House historic site and museum, located at 6306 Germantown Ave. in Northwestern Philadelphia, is open to the public for walk-in tours. Hours of operation are Monday, Tuesday and Wednesday by appointment; Thursdays and Fridays from Feb. 7 through June 7 and Sept. 5 through Nov. 29 from 10 a.m. to 4 p.m.; and year-round on Saturdays, except holidays, with hourly tours from 1:15-3:15 p.m. Admission is \$6 for seniors 55-plus, \$8 for younger adults and \$4 for children 12 and under. For details, go to johnsonhouse.org or call 215-438-1768.

Love Stories

Falling in love: A whirlwind romance

By Eleanor Kazdan

It was 1971, and I was 21, still living in my hometown of Toronto.

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SUBMISSION

I was a musician and had landed a summer job as a server at an upscale seafood restaurant at the tourist destination Ontario Place. I was not cut out to be a waitress, and as I was later to realize, that was a very lucky thing. I went back to my old summer job as a typist for the government of Ontario.

My good friend Elaine also had a summer job nearby, working as a summer psychology intern at a mental health hospital. We met a few times for lunch at Women's College Hospital cafeteria. The second time we met, we sat at a table with other psychology students. I happened to be sitting beside a good looking guy. We struck up a conversation, and he seemed interested in the fact that I was a musician. We talked about my voice studies and piano teaching, but he told me very little about himself. He left the table while Elaine and I were still sitting. I turned my head to watch him leave and said to Elaine, "He's really cute!"

Later that day, Elaine called me at work to tell me that the cute guy had asked her for my phone number. I left work at 5 p.m. I had to hang around the downtown area, since my piano teacher had given me a ticket to a concert, and I was planning to go. About a block from work, who should I meet on the street but the cute guy! What a coincidence. I felt pretty awkward, since I knew he was interested in me and had gotten my phone number. We chatted for a few minutes before he said, "What are you doing this evening?" I told him I was going to a classical music concert, and he surprised me by asking if he could go with me. I said yes, and we arranged to meet later. I was impressed that he showed up early and was waiting for me when I arrived. That concert — a flute, cello and piano trio — was our first date, on the very day we met.

In his humble way, he had not told me how interested in and knowledgeable about music he was. I later found out that we had many other interests in common, such as art, movies, literature and philosophy. We had a



Courtesy: Eleanor Kazdan

Milestones reader Eleanor Kazdan and her husband, Gary King, met in 1971 and have been in love ever since.

lot to talk about. He was generous and kind, and we had definite chemistry. We had been seeing each other for a whirlwind month. Then, one day, as he was talking about his hopes and dreams, I looked at him and realized that I was in love! That love has now lasted for a wonderful 47 years.

Eleanor Kazdan, 69, lives in Center City with her husband, Gary King. She is a retired speech pathologist, professional singer and piano teacher. She enjoys playing the cello, speaking Spanish and French, traveling to Mexico, and doing yoga.

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Love Stories

Dating for seniors: Loving relationships are beneficial for healthy aging

By Sally Friedman

Dating in 2019 is not at all like it was decades ago, when today's seniors were young adults and looking for their first loves. The goal back then was likely to find a suitable mate to settle down with, get married and start a family. Now as seniors, many people are seeking companionship without marriage.

Decades ago, most women in their 20s still lived at home with their parents. People who were dating, even seriously, didn't live together before marriage. As preposterous as all that might sound to young people today, it was a social norm for many of those who came of age in mid-20th-century America and before.

Times have changed, but loving relationships remain as important as ever – with or without marriage. Humans of all ages are meant to be social, interconnected beings. But scholars have determined in recent years that healthy aging is often linked to human relationships. Many seniors benefit from warmth, strong bonds and physical love throughout the lifespan.

Love is ageless

We know that love is important, but how do we find it? That question can be especially perplexing for seniors who find themselves suddenly alone after years in a committed relationship. Kristine Seitz, a social worker, therapist and educator for The Council for Relationships with a specialty in human

sexuality, has heard about the challenges seniors face when dating – the anxieties, lack of self-confidence and body image worries. "It's intimidating to put yourself out there," Seitz says. Thinking 'I'm too fat, too vulnerable, too untrusting' all can be impediments to dating success, according to Seitz. "But those fears need to be looked at, understood and hopefully worked through," she says, adding that men and women alike often feel they are physically unappealing in older age. "But relationships are built on many things" beyond appearance, she says. Try to let go of body anxiety. Remind yourself that all bodies are beautiful and valid.

If you are single as a senior, there are plenty of good reasons to explore romantic relationships. But you should do so wisely, says Seitz. She advises seniors who are seeking to meet people and start dating to use caution. "Don't rush into meeting someone after just a phone conversation," she says. "And don't feel that you know someone just because you've talked or texted a lot. 'Knowing' someone takes time. Use caution if something feels 'off.'"

She offers some common-sense advice for single seniors who want to meet a potential romantic partner. If you're going to try online dating, which was not a phenomenon decades ago, internet safety is essential. Inappropriate questioning about money can be a red flag. When it doubt about an online mate's intentions, turn to a younger, more tech-savvy computer user who has had more experience.

It is a good idea to seek people with similar interests. If it doesn't turn out to be a romantic match, it can be quite fulfilling to have a friend with a shared interest, like writing, art or sports.

Relationship goals

Today's seniors who are lucky enough to meet someone with whom they develop a connection and fall in love are not necessarily considering marriage as the relationship's end goal. In fact, marriage rates among those over 50 are less than those in younger age groups. As cited by Judith Graham of Kaiser Health News, people between 57 and 85 who are in relationships are demonstrating a phenomenon called "living alone together" (LAT). This is a lifestyle choice based on in-



Courtesy: Joy Pollack

Burt Siegel and Joy Pollack, both 75, share a moment on a recent vacation to Cape Cod. The couple has been happily dating for three years.

timate companionship, where each partner maintains his or her own home, social circles, activities and finances. According to Graham, older adults who have taken care of sick parents or spouses are often reluctant to resume the responsibilities and burdens of that again, and many see LAT as a viable alternative.

The landscape of togetherness is wide and varied. While some senior couples are content living in separate homes, others choose to buck tradition and live together without the intent of marriage.

Burt Siegel and Joy Pollack, both 75, have each been happily married and are now widowed. Neither thought they would be looking for love again as seniors. "When you have a wonderful, loving marriage of many years, you somehow think it will never end," says Siegel, a retired executive director of Philadelphia's Jewish Community Relations Council. "We raised great children, had grandchildren that we were convinced everyone envied, and traveled. But life rarely goes as we plan."

Pollack, a Philadelphia lawyer, experienced the same expectations and happiness in her marriage.

They grew up in an era vastly different from this one. But as fate would have it, they had a

mutual friend who recommended that Siegel meet her single friend, Pollack. A first date led to many more, with a growing recognition that there was chemistry. The relationship has continued for three wonderful years, according to the couple.

"Within three months, we began staying at each other's homes," Pollack says. Shared interests have been a major factor in their deep connection. They both have a passion for politics and Judaic activism.

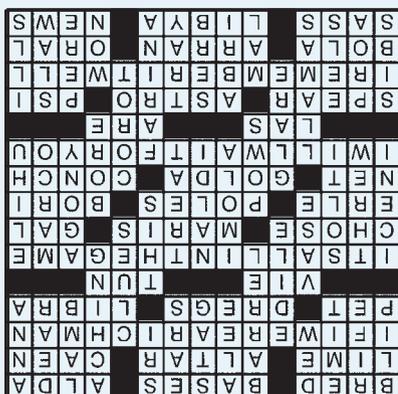
Over time, they have realized that Pollack's home in Jenkintown, which was not far from Siegel's in Elkins Park, is a more practical living space for cohabitation. "I've been slowly moving my world into Joy's, including my books, CDs, ornamental masks and clothes," Siegel says. The arrangement has suited them both. He does most of the cooking, while she helps out as a sous chef and dishwasher.

As far as whether they plan to marry, which was surely the convention in their younger years, the answer is no. "We are content, compatible and happy," Pollack says. "It's often even magical!"

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

Crossword puzzle solution

(See page 19 for clues.)





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EDITOR'S COLUMN

Girlfriends: My lifelong love story

By Alicia M. Colombo



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As I've gotten older, I've begun to realize that having loyal, supportive female friends is more important than ever. My "girlfriends," as I lovingly refer to them, include my sister, favorite cousin, best friends (plural) and other longtime gal pals. Whether we've grown up together or met each other through work, school or chance encounters, these girlfriends have been the lifeblood that sustains me, through good and bad times.

Over the past several decades, those times have included many wonderful highs, but also some devastating lows. There have been weddings and separations, births and deaths, home purchases and moves, new jobs and job losses. Whether it's a celebration or a time of deep mourning, one thing has remained constant: My girlfriends have been there for me through it all, and I have been there for them.

There was a time in my life, about 15 years ago, when the world looked very dark to me. Many of my girlfriends at the time staged an "intervention" of sorts that helped me to see the light. It was then that I realized that I could get through even the toughest of times with their support.

I've literally cried on their shoulders and they on mine, more times than I can count. A true friend always comes when called, bringing with her a tissue, a listening ear or whatever is needed. But you know there is a strong bond with a friend when she comes without even being asked and knows just what to do – or more importantly, what not to do. Sometimes, just being there is the best thing a girl can give her friend.

Some have surmised that I rely on girlfriends to fill a perceived void in my life caused by the absence of children and a mate. There have been far too many well-meaning suggestions that I get a pet or even adopt a child, so I won't be alone. Well, I hate to disappoint all the nay-sayers, but my life is quite full of love, in spite of not being a wife or mother.

Not only are my girlfriends "enough," but I feel very lucky to have been blessed with their presence. Friendship is a choice, which makes it all the more special. If you are as blessed as I have been, you have developed friendships that have, over time, melded into the fabric of your family. I refer to my girlfriends' parents not as "Mr. and Mrs.," but as Mom and Dad. We are welcome in each other's homes and at family gatherings.

I find that it gets harder to cultivate new, close friendships as I get older because suitable prospects are often busy with mates and/or children and therefore, less interested and available for friendship. But the benefits of developing new friendships are well worth the investment of time and energy. My girlfriends are a calming force when I've had a bad day at work and outlet-shopping partners when we both need some retail therapy. We can talk for hours on the phone every day without running out of things to say or go weeks without speaking but not miss a beat.

Unfortunately, there have been times when I've had to endure the loss of a once-dear girlfriend. Not through death, thankfully, but rather through growing apart. As we each go through changes, sometimes we find that our lives no longer intersect in a cohesive, mutually beneficial way. But even after friendships diminish and we part ways, I am thankful for having had a great woman in my life for however long we knew each other.

No time spent with my girlfriends – past or present – is ever wasted. And for that, I am eternally grateful.

Alicia M. Colombo is editor of Milestones.



Paola Noguerras

Ana Gonzalez (left) and her mother, Isabel Arce-Santos (right), are happy living with Arce-Santos' other daughter, Nancy Gonzalez (center), in Philadelphia after fleeing the devastating effects of Hurricane Maria in their native Puerto Rico.

After Hurricane Maria, mother and daughter make Philadelphia home

By Marcia Z. Siegal

Two months after Hurricane Maria devastated the U.S. territory of Puerto Rico in September 2017, Isabel Arce-Santos (Ahr-say-Snatos), then 82, left her longtime home on the island to live in Philadelphia. She and her daughter Ana Gonzalez, then 62, joined another daughter, Nancy Gonzalez, who was already living in North Philadelphia.

"I was feeling helpless," Arce-Santos says in Spanish in her tiny apartment kitchen as Nancy translates for Milestones.

"Philadelphia has been good to her – not only to her but to other people from Puerto Rico who came here after Maria," Nancy says. Family members and others from the island who came to Philadelphia have received help from social service agencies that have connected them to benefits, aging-related resources, and local sources for housing, food and clothing, she says. The Greater Philadelphia Long Term Recovery Committee (GPLTRC), a coalition of government, non-profit and volunteer organizations formed in the wake of the hurricane, coordinates outreach and services to evacuees in the city.

Nancy had urged her mother and sister to leave the island after Maria hit. Arce-Santos

has early-stage Alzheimer's disease, epilepsy and balance problems, and Ana has an intellectual disability and needs constant supervision, Nancy explains.

Their house outside San Juan was in shambles. A number of the trees in their yard had fallen and damaged the roof. Water was leaking from the ceiling, but there was no water for drinking or bathing unless Arce-Santos could catch rainwater in a bucket or family members farther away could drive over the damaged roads to bring them bottled water. Mold was pervasive inside the house. There was no electricity to operate a fan in the heat. Ana was terrified when an electricity pole close to their home fell and burst into flames.

"I kept calling them to come here," Nancy says of her mother and sister. "My mother was worried about her house. They were old and alone. I told her, 'Maybe it's time to forget about the house.'"

The two evacuees came to Philadelphia with just one suitcase of clothing each. Nydia Lugo, an Asociación Puertorriqueños en Marcha (APM) case manager for GPLTRC, estimates that at least 2,000 Puerto Ricans came to Philadelphia in the aftermath of Hurricane Maria, the worst natural disaster on

• continued on page 12

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February 2019

American Heart Month

Black History Month

SUNDAY

3
The Art of Audience. 40th anniversary concert from the Philomusica Chorale. 3 p.m. Parkway Central Library. 215-686-5364.

10
Ostomate & Continent Diversion Support Group. 2-4 p.m. Penn Hospital. 267-231-4517.

17
Communal Read-Aloud: 'A Wreath for Emmett Till.' Read & discuss Marilyn Nelson's profound poem about the boy whose brutal killing in 1955 helped spark the Civil Rights Movement. 2 p.m. Big Blue Marble Bookstore. 215-844-1870.

24
Prison Labor Tour & Book Discussion. Learn about the past & present role of labor in prisons & connections between incarceration, industry & the economy. Eastern State Penitentiary. 11 a.m. Register: 215-236-3300.

MONDAY

4
Baking Group. 1 p.m. Congregations of Shaare Shamayim. 215-677-1600. (Mondays)
Guided Meditation. Benefits include stress reduction, relaxation & piece of mind. Newcomers welcome. 10:30 a.m. Journey's Way. 215-487-1750. (Mondays)

11
Monday Poets. Discussion by Vernita Hall, winner of the Willow Books Grand Prize for Poetry. 6:30 p.m. Parkway Central Library. 215-686-5402.

18
PRESIDENTS DAY
Lifelong Learning Spring Semester Starts. Eight-week classes on painting, current events, opera, movies, science, music & reading. 9:30 a.m. KleinLife: NE Phila. 215-698-7300. \$

25
Film Screening: 'O' Brother, Where Art Thou?' Loosely based on Homer's "Odyssey." Story about three escapees from a prison farm in Mississippi. 6 p.m. Oak Lane Library. 215-685-2848.

TUESDAY

5
Healthy Steps. Falls-prevention program with lunch. 10:40 a.m. to 1 p.m. KleinLife: NE Phila. 215-698-7300. (Continues Feb. 12. Must attend both sessions & follow up at a later date.)
Pottery Class. Learn basic clay skills, practices & techniques. 2-3:30 p.m. Journey's Way. 215-487-1750. (Tuesdays) \$

12
Yiddish Group. Afternoon of discussion & socialization for Yiddish speakers. 12:30-2 p.m. Congregations of Shaare Shamayim. 215-677-1700.

19
Rain Check Workshop. 6 p.m. Andorra Library. Register: 215-988-1698.
Senior Strength Training. Gentle movements to increase strength, improve balance & support daily activities. Space is limited. 11:30 a.m. Fumo Family Library. Register: 215-685-1758.

26
Senior Strength Training. Gentle movements to help increase strength, improve balance & support daily activities. Space is limited. 11:30 a.m. Fumo Family Library. Register: 215-685-1758.

WEDNESDAY

6
The LGBTQAI+ Connection. Safe space to tell your story & listen to others. 11 a.m. to 1 p.m. KleinLife: NE Phila. Register: 215-698-7300.

13
How to Fix Political Polarization in America. Author Michael Tomasky discusses his new book "If We Can Keep It: How the Republic Collapsed & Might be Saved." Noon. National Constitution Center. 215-409-6645. \$

20
Yoga. 6:30 p.m. Fishtown Community Library. 215-685-9990.

27
Financial Empowerment Series. Interactive session on credit repair & reducing debt. 6 p.m. Blanche A. Nixon/Cobbs Creek Library. 215-685-1973.

THURSDAY

7
Philly Theatre Week. Free & affordable theatre events at venues throughout the city. Theatrephiladelphia.org. (Through Feb. 17)
Tai Chi. Benefits include improved balance, flexibility, stress reduction & sense of well-being. Newcomers welcome. 1 p.m. Journey's Way. 215-487-1750. (Thursdays) \$

14
VALENTINE'S DAY
Valentine's Day Open Mic Poetry Readings. 6:30 p.m. Parkway Central Library. 215-686-5402.

21
Oscar Party. Walk the red carpet, enjoy a festive meal & watch an Oscar-nominated movie. 11:45 a.m. to 2:30 p.m. KleinLife: NE Phila. Register by Feb. 14: 215-698-7300.

28
Literature Lovers Book Club. Discussion of Wallace Stegner's "Crossing to Safety" about two couples' friendships during the Great Depression. 1 p.m. Journey's Way. 215-487-1750.

FRIDAY

1
Laptops for Tax Time. Reserve a computer & private space to prepare tax returns. 11 a.m. Tacony Library. Register: 215-685-8755. (Thursdays & Fridays through April.)

8
Older Adults' Read & Chat. Casual conversation about this month's featured selection "Sing, Unburied, Sing." 2 p.m. Phila. Senior Center - Avenue of the Arts. 215-546-5879.

15
AARP Tax Preparation. Free in-person tax preparation service for seniors. 10:30 a.m. South Phila. Library. Register: 215-803-6402.

22
AARP Tax Preparation. Free in-person tax preparation service for seniors. 10:30 a.m. South Phila. Library. Register: 215-803-6402.

SATURDAY

2
Black History Month Resource & Information Fair. 1 p.m. Lucien E. Blackwell West Phila. Regional Library. 215-685-7433.
Indoor Antique & Vintage Flea Market. 8 a.m. to 4 p.m. Penns Landing Caterers. 215-625-3532.

9
'A Ballerina's Tale.' Documentary screening about Misty Copeland, the first African-American principal dancer at the prestigious American Ballet Theatre. 2 p.m. Lovett Memorial Library. 215-685-2095.

16
Hands-on History: Paul Laurence Dunbar. Discover works from one of the first African-American authors to become world famous. Seating limited. 2 p.m. Parkway Central Library. Register: 215-686-5416.

23
Gibson School of Music Presents: 'The Sound of Music.' 1 p.m. Joseph E. Colman NW Regional Library. 215-685-2150.
Indoor Antique & Vintage Flea Market. 8 a.m. to 4 p.m. Penns Landing Caterers. 215-625-3532.

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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 Fax: 215-765-9066
 Email:
milestonesnews@pcaCares.org

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

Critics' Corner

'Ali: A Life' offers nuanced view of famous boxer

By Abbey J. Porter

Prior to listening to Jonathan Eig's "Ali: A Life" (2017) on audiobook, I had only a loose conception of Muhammed Ali as a famous boxer of yesteryear – an image updated in 1996 when Ali raised the Olympic torch in his shaking hand. Listening to Eig's epic biography – a whopping 19 CDs – gave me a far more nuanced perspective on this complex man with a larger-than-life legacy.

The length of Eig's book – 640 pages in hardcover – reflects the thorough care with which Eig delineates Ali's multifaceted life. "The champ" defied easy categorization and embodied multiple contradictions. Despite his legendary cockiness and world-class achievements, for instance – he won an Olympic gold medal and world heavyweight championships – he possessed a seemingly insatiable appetite for validation. He was known to demand of admir-

ing crowds, "Who's the greatest? Who's the champ? Who's the greatest of all times?"

Born Cassius Clay Jr. in 1942 in Louisville, Kentucky, Ali began boxing as a youngster. He became a prominent figure enmeshed in the contradictions and conflicts of the turbulent '60s. To many, Ali – who refused to fight in Vietnam – represented rebellion against authority, and he became a symbol, in particular, of black power. As Eig puts it, "He was the fist in the white man's face." In 1964, he converted to Islam and, calling Cassius Clay his "slave name," changed his name to Muhammed Ali.

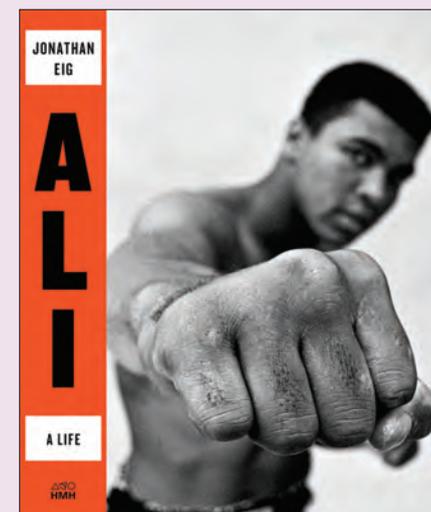
Eig takes a clear-eyed look at Ali in all his complexity, from materialistic womanizer to sincere philanthropist. As Eig puts it, "He wasn't the ideal American hero – merely the ideal one for his time."

Eig, a noted journalist, chronicles Ali's life in its entirety with the help of interviews with those who knew Ali best, including the boxer's ex-wives and former mem-

bers of his entourage. He also offers gritty, detailed accounts of some of Ali's fights, including an unflinching look at those contests that occurred long after Ali had lost his legendary quickness – long after, it could be argued, he should have retired.

Ali suffered increasingly from Parkinson's syndrome, thought to be linked to his boxing, and died in 2016. Eig's book points to the many ways his legacy holds relevance for today. For example, Eig's discussion of the complex relationship between Ali, as a successful black sports figure, and his rich white backers and white America in general, speaks to current debates about race and power in the sports arena.

If you're debating about committing to this prodigious work, check out Eig's "Fresh Air" interview with Terry Gross – that was the hook that pulled me into getting the book. (To hear the interview, go to npr.org and type "Muhammed Ali biography" in the search window.)



Thomas Hoepker/Magnum Photos

But if you're looking for a thorough and nuanced examination of one of the most influential sports figures of the 20th century, "Ali: A Life" takes the prize.

Abbey J. Porter is director of communications and legislative affairs at Philadelphia Corporation for Aging (PCA).

Hurricane Maria

• continued from page 9

record to affect the island. APM is a health, human services, community and economic development nonprofit that primarily serves Eastern North Philadelphia, home to most of the evacuees, including Arce-Santos and Ana.

It is believed that approximately 20-25 percent of all evacuees have returned to Puerto Rico, moved to another state or established themselves here in the Philadelphia area without help, Lugo says. The remaining individuals, who include many seniors, are likely to settle in the Philadelphia region permanently and need ongoing support. Many difficulties remain in Puerto Rico as the island recovers. Medical and transportation services are still not what they used to be.

Here in Philadelphia, housing is evacuees' greatest need, according to Lugo. Most are staying with family, often in overcrowded and difficult circumstances. "It's heartbreaking," she says.

While Arce-Santos and Ana initially moved in with Nancy at her home in Hunting Park,

the setting was not well suited to address their health issues. Through GPLTRC and especially Lugo's advocacy, they connected with the Philadelphia Housing Authority (PHA) and secured a PHA apartment in North Philadelphia that was more suitable. Nancy moved in with them there to be their caregiver.

A divorcee with six grown children who has resided in the U.S. for 42 years, Nancy, 61, contends with arthritis, diabetes, asthma and obesity. Since her mother and sister came to Philadelphia, Nancy has been devoted to them. She cooks most of the family's meals, takes her mother and sister to their medical and dental appointments, administers their medications, and shops on their behalf. She also frequently makes calls to social service agencies to connect them to more services and report concerns about their well-being.

For the most part, she stays home with her mother and sister, since her children work full-time and cannot help out on a regular basis. "My mother and Ana cannot stay in the apartment alone," she says. Due to these care-

giving duties, she says, "I do not have enough time to look after myself."

Despite being an octogenarian, Arce-Santos emphasizes that she doesn't think of herself as old. She dyes her hair jet black, accessorizes with bangles and baubles, and chides Nancy for letting her hair go gray. As her mother's caregiver, however, Nancy is attuned to Arce-Santos' aging-related issues. She connected with Philadelphia Corporation for Aging's (PCA's) In-Home Support Program (IHSP) through North City Congress, which administers the program in North Central Philadelphia.

Through IHSP, which provides temporary help to those getting back on their feet, Arce-Santos received PCA's home-delivered meals, had grab bars installed in her shower, and got help paying for a washer and dryer. More recently, PCA assessed her needs and determined that Arce-Santos now needs long-term care. Nancy expects those services to be in place in the future and hopes to connect Ana to the program as well. "I miss my house, but

I want to stay in Philadelphia," Arce-Santos says. "I like everything about the city. I have no complaints."

The PHA apartment where Arce-Santos now lives is on the 11th floor of a high-rise building. Arce-Santos can look out a window at a small grassy area to see children playing, and she loves to hear the sounds of the trains passing nearby. "I'm happy here," she says. "I have a home, and I don't feel alone anymore."

For more information on finding resources to help Hurricane Maria evacuees:

Asociación Puertorriqueños en Marcha – call 267-953-4614, go to apmphil.org or email nydia.lugo@apmphil.org

Greater Philadelphia Long Term Recovery Committee (GPLTRC) – call 267-464-7740, go to sepavoad.com/longtermrecovery or email menzo@libertylutheran.org

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

Recipe Box



iStock

You won't miss the meat in this satisfying vegetarian chili

February is National Canned Food Month. Having your pantry stocked with canned food can help you prepare quick and inexpensive meals that are also nutritious. The beans in this recipe are a great source of protein, fiber and vitamins. Whether you are a vegetarian or just looking for a satisfying meatless meal, this chili recipe is a winner.

Vegetarian Chili

(Servings: 4)

Ingredients:

1 tbsp. vegetable oil
 1 cup yellow onion, chopped
 1 cup chopped red bell pepper
 2 tbsp. jalapeno pepper, minced (optional)
 1 clove garlic, minced
 1 can (28 ozs.) sodium-free crushed tomatoes
 1 can (15 ozs.) black beans, rinsed and drained
 1 can (15 ozs.) chickpeas, rinsed and drained
 1 can (15 ozs.) whole kernel corn, drained
 ¼ cup canned tomato paste
 1 tsp. sugar
 1 tsp. ground cumin
 1 tsp. dried basil or cilantro

1 tsp. chili powder
 ¼ tsp. black pepper
 Toppings: Sour cream and shredded cheddar cheese (optional)

Directions:

Heat oil in large skillet over medium-high heat until hot. Add onion, bell pepper, jalapeno pepper and garlic. Cook and stir 5 minutes or until tender. Transfer vegetables to slow cooker or pot.

Add remaining ingredients, except toppings, and mix well. Cover. If using a slow cooker, cook on low 4-5 hours. If using a pot on the stovetop, cook on medium-low heat for 30-45 minutes, stirring frequently.

To serve, garnish with sour cream and cheese, if desired.

Source: *Crock-Pot Slow Cooker "Comfort Diet Food Recipes"* 

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Love Stories

Longtime love: Words of wisdom from a very happily married valentine

By Sally Friedman

Every morning, as predictable as the sunrise, my husband, Vic, leaves me a note on the kitchen table. While it's hardly in the category of a love letter, invariably it has some funny twist. Vic does it because he knows, after more than five decades of marriage, that I need to smile in the morning. I was not born a morning person.

I know there are men who compose love songs for their wives, execute a perfect tango on the dance floor or whip up flawless French dishes. I'll take my morning note over all of these other, more grandiose gestures.

In marriage, as in life, it's really, truly the little things that count. Trust me.

There is much hype about a mate's profound love poetry, perfect presents chosen with brilliance, and a willingness to vacuum every single Saturday. But none of those are the ultimate key that unlocks love.

And I surely know by now that sharing basic values and belief systems really matters. Ditto for ideas on how to be a parent, which is absolutely vital for couples with children.

But I've also come to realize that sometimes, just listening to the wind or rain with someone who is willing to warm your feet with his can be the most glorious of all gifts.

During Valentine's Day season, it's extra nice if you read love poems together and see romantic comedies – and also watch sports. We all need an infusion of romance now and then – and an adrenalin rush, too, when the home team scores.

But never forget that there are so many ways of defining love.

Love, for me, is the sight of a very wet man standing under a blown-out umbrella because on a terribly cold, rainy night, he brought the car right to the curb, even though I have professed to be totally and completely liberated.

My husband is the one person who understands that sometimes, despite her declarations of sweeping changes in nutrition, the chronic dieter with whom he shares his life simply cannot live without her Reese's Peanut Butter Cups. It also takes a special grace for him not to remind me of my indiscretions when I moan and whine about not fitting into my jeans.

As relentlessly as marriage makes demands, it also pays extraordinary dividends to those of us who refuse to give up on it. Those who are long-married, like Vic and me, hang in there through the less glorious, less glamorous days and nights. We've toughed it out through all the rust of routine, and all the sentences that begin with: "For crying out loud ..."

Maybe it's because we know that it's more important to have someone worried about you when it's storming and you're late and you haven't called than to have moonlight and roses and sparkling repartee.

Sometimes, I feel almost overwhelmed by those tiny graces of a long marriage, the things that cumulatively leave me feeling swollen with the loveliest kind of security.

I know that, yes, there is somebody out there who really does care when I'm feeling blue or battered by the world or just plain



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blah. That matters more than all the lyric love poems in any collected work.

My husband is excused for singing off-key, for refusing to ask for directions when we're lost and for leaving bagel crumbs. Because when I'm hurting, he knows to hold me tight and make me feel safe.

When I'm so absorbed that I ignore even the most basic home caretaking, he gets us back to a semblance of order quietly and smoothly. Best of all, he doesn't expect any extra credit or special "thank yous."

I happily confess I'm a very, very happy valentine in a long marriage. Which is not the stuff of those pricey cards with puffy satin hearts.

And even though I know that he'll probably never, ever clean out the garage or stop being neurotic about the condition of his car, I give thanks for having a partner who is also my homeland. Vic is my best friend in the universe, and the man who makes peanut butter and jelly taste like filet mignon. And for me, it just doesn't get much better than that.

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

Sally's 'Ten Commandments' of a long marriage

1. Know when to say, "I'm sorry." (And mean it.)
2. Try hard to stick to a budget. Money fights can be brutal.
3. Don't criticize each other's families. (Easier said than done.)
4. Spend some time apart each day. Even if it's only an hour.
5. Establish car rules. Such as, he or she who drives does so without advice or criticism.
6. For him: Put the seat down. For her: Don't use his razor.
7. Alternate where you go for holidays, so both families will feel included.
8. Avoid holding grudges.
9. Don't share a closet, if possible.
10. That oldest "don't" of all: Don't go to bed angry.

Milestones wants to hear from YOU!

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Pets

• continued from page 1

those living alone, pets can facilitate a sense of safety in and outside of the home, according to the Gerontological Society of America. But all pets are not created equal. Research by the society also found that dog owners are five times more likely to get to know their neighbors than owners of other types of pets, and twice as likely to forge friendships with people they meet through their pet.

Pets of all types can enrich seniors lives – and health. Research shows that pet owners can decrease their risk of coronary heart disease, the most common cause of death of men and women 60-plus. According to the American Heart Association, studies have shown that pet owners have lower blood pressure and smaller increases in heart rate and blood pressure in response to stress, lower resting baseline heart rates and blood pressure, significantly smaller increases in heart rate and blood pressure in response to stress, and faster recovery from stress. A study by the University of Maryland School of Nursing even found higher survival rates of heart attack patients who owned pets.

Love is blind

The unconditional love of a 13-year-old blind schnauzer knows no bounds. Suzie Eisenstein, 75, rescued Daphne from Blind Dog Rescue in January 2012. Daphne was born in a puppy mill and suddenly went blind. She was set to be euthanized right before a rescue organization stepped in to save her.

"I brought her to the house, and she just put her paws up around my neck and that was it," Eisenstein said.

Eisenstein has had at least one dog with her since she was 13. Over the years, she has had many dogs who have lived into their teens, despite some having serious medical issues. In July, her feisty Chihuahua, Charlotte, died after a long battle with breast cancer.

Eisenstein was consoled by sweet and gentle Daphne. The pair love to cuddle, and Daphne sleeps next to Eisenstein in bed. When Eisenstein makes a big salad for dinner, she'll make a smaller one for Daphne, who occasionally enjoys vegetables. Daphne has a small collection of dog coats, including two rain jackets to protect her soft fur from inclement weather.

To carry the memory of her companions with her, Eisenstein has seven tattoos, including one of Daphne.

"My dogs are the most important thing in my life," Eisenstein said. "I am lucky to have found them."

Cat companions

Joan Roberts, 87, has experienced the benefits of animal companionship firsthand. She has had cats all her life. When her husband of 60 years, Jay, passed away two years ago, she found comfort in the furry paws of her beloved cats. Jay had supported her quest to rescue stray cats around their neighborhood. After his death, Roberts sold her home and moved with her two cats, Sweetie and Lucy, to an independent living community in Northeast Philadelphia. Unfortunately, Sweetie, "a dream of a cat," passed away at the end of last year, leaving Lucy, a grey tabby, as Roberts' solo companion.

"A few weeks after Sweetie passed, Lucy's whole behavior changed," Roberts said. "I think she knew she was the only cat in the house and was ready for all my attention."

Roberts loves her cat so much she purchases a variety of cat food flavors for Lucy and switches the flavor for each meal. If Lucy likes the flavor, she saves the food label as a reminder to buy more and discards the labels from flavors Lucy doesn't seem to like. The pair have developed a nice routine.

"I talk to her," Roberts said. "I think she gets the gist of what I'm saying. We're good company for one another."

Rescuing love

Rescuing animals gives many seniors a sense of purpose. Frank Brancaccio, 77, enjoys adopting animals who are a bit needier than the rest. He has five cats with literary- and theatrical-inspired names. Fellini, named after Italian film director Federico Fellini, had been his mother's cat. He cared for his mother in her South Philadelphia home until she passed away in 2013.



Mary Anna Rodabaugh

Frank Brancaccio, 77, with his dog, Rudy, whom he adopted from Morris Animal Shelter two years ago.

"The pets give me something to take care of," Brancaccio said. "They make me feel less lonely, since I live alone."

While the cats give Brancaccio great joy, he always wanted a dog. Two years ago, he adopted Rudy from Morris Animal Shelter. Brancaccio said when he visited the shelter, all the dogs were barking and jumping around in their cages while little Rudy sat quietly. That's when Brancaccio knew he was the one. Rudy gets along great with his feline brothers and sisters. He enjoys napping in the living room and sleeping next to Brancaccio in bed.

For each pet alive and deceased, Brancaccio creates a ceramic tile bearing the photo of that furry family member. This treasured collection of tiles brings about fond memories of all the lives he has saved.

"I tell them they are beautiful and that I love them," he said. "They are my family. I know they love me, too."

Mary Anna Rodabaugh is a writer, editor and writing coach.

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| <input type="checkbox"/> Intro to Self Defense - Basic techniques to give you confidence and to help you stay aware of your surroundings. | <input type="checkbox"/> Safe? Effective? Legal? What you Should Know about Medical Marijuana - How might medical marijuana improve many of the common conditions seen with aging and how it could be harmful. |

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Health risks

• continued from page 1

If you are lonely or socially isolated, experts advise joining activities, groups or organizations that interest you, such as senior community centers, singing groups or book clubs. You can also nurture and strengthen existing relationships by scheduling time to call or visit a friend. Volunteer to connect with others in the community in a meaningful way. There are even volunteer opportunities if you are homebound, such as offering telephone support to others who are isolated. Consider using online tools such as Facebook to communicate with family and friends and connect with interest groups.

Sitting too much

Excessive sitting is sometimes termed “the new smoking” because of the hazards it can pose to your health. Even if you exercise regularly, prolonged sedentary time can be bad for your heart, experts say.

According to the Mayo Clinic, sitting too much may raise your risk for a cluster of disorders that, in turn, raise your risk of heart disease. These include obesity, increased blood pressure, high blood sugar, excess body fat

around the waist and high cholesterol levels.

Research published by the Annals of Internal Medicine shows that excessive sitting is even worse if you do so in lengthy, uninterrupted bouts throughout the day. To reduce the adverse health risks associated with sitting, experts advise exercising regularly and getting up to move or walk around at a brisk pace for five minutes after every 30 consecutive minutes of sitting.

Flu

Research published in The New England Journal of Medicine found that the flu can spike heart attack risk in older adults. The study showed that people were six times more likely to have a heart attack in the week after being diagnosed with the flu. Most of those in the study were older adults. People 65 and older bear the greatest burden of severe flu because the immune system becomes weaker with age, according to the Centers for Disease Control and Prevention (CDC). Flu activity in the U.S. peaks between December and February, but can last as late as May, the CDC reports.

Experts advise getting an annual flu shot. Older adults should also get an annual pneumococcal vaccine. Pneumococcal pneumonia

is a serious flu-related complication that can cause death. You can get the pneumococcal vaccine when you get the flu vaccine.

If you think you have flu symptoms, call your doctor right away. There are antiviral drugs that can treat the flu and prevent serious complications.

Sleep apnea

The American Heart Association (AHA) defines sleep apnea as a condition that causes repeated gaps in breathing while a person is asleep. This condition can cause the person to wake while gasping for air, and it prevents restful sleep. Sleep apnea is associated with high blood pressure, arrhythmia, stroke and heart failure.

“The evidence is very strong for the relationship between sleep apnea and hypertension and cardiovascular disease, so people really need to know that,” says Donna Arnett, Ph.D., AHA president.

Key symptoms of sleep apnea can include loud snoring, restless sleep, morning headaches, sleepiness or lack of energy during the day, and waking up with dry mouth or sore throat. If you think you may have sleep apnea, talk to your doctor about a sleep study and discuss available treatments.

Dental disease

Many studies show an association between gum disease and several serious health conditions, including heart disease, the American Dental Association says. While the connection between gum and heart disease is unknown, research by the Mayo Clinic suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.

It is essential to practice good oral hygiene every day. Experts recommend brushing your teeth at least twice a day with fluoride toothpaste and flossing daily. Replace your toothbrush every three to four months. Schedule regular dental checkups and cleanings. Contact your dentist as soon as an oral health problem arises. Avoiding tobacco, eating a healthy diet and limiting between-meal snacks can also improve your oral and heart health.

Hidden heart disease risk factors such as loneliness, prolonged sitting, sleep apnea and poor oral hygiene are rarely asked about during a typical medical checkup. Yet as evidence accumulates about these and other hidden risks, such questions may one day become more routine.

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

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Grieving is uniquely personal process

By M.L. Polak

When I tried to call a recently widowed, dear friend a few days before her impending major surgery, she wasn't home. Instead, the answering machine played a recording of her late husband, who had tragically died last year. "Hi. We're not in right now," the message announced in his familiar warm tone. Admittedly, I was spooked by hearing the voice of my friend's dead husband. The last time my friend and I had spoken, the previous week, she was rushing around trying to complete her will and power of attorney forms. Her voice quavered with nerves. She wanted these documents on hand in case anything went amiss with her operation. That made sense, despite sounding so ... final. Then she burst into tears. I felt awful for her.

Grieving is such an individual process. Does everyone really go through the same specific number of stages of grief? Surely, it couldn't be that cut and dried, that formulaic. What about those who get stuck in one stage or another? And for those who are feeling endless anger, or who are endlessly bargaining or in denial, would some form of talk therapy or counseling or medication or alternative healing be useful?

In my own healing process after the untimely deaths of several loved ones more than 20 years ago, my acupuncturist recommended professional grief counseling with a therapist. It proved useful, helping to put things in perspective. For me, though, time's the great healer.

To be sure, widowhood is one of life's greatest tragedies. After decades, perhaps, of going through life as "we," you're suddenly amputated, forcibly sundered into a solo "I." But what I mean is so much more than a mere pronoun change. No matter how prepared you may be for the demise of your beloved life partner, when it finally happens, through catastrophic illness, accident or some other misadventure, it's often unbearably horrible. The pain can be so great that no sympathy card, personal expression of condolences or self-help book can make it go away.

I worry about my friend. She has endured so much suffering, watching her husband go through medical procedures, trying to stay hopeful and positive. She will drop a comment here and there about how life is no lon-



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ger worth living without him, how it's all too much effort. What can I say to inspire someone to want to live? I mean, besides suggesting maybe it's time for a new cat. And I mean that in the kindest way.

She sobbed out to me on the phone: How could I not understand that her late husband was irreplaceable, unique? I wondered what is wrong with me to make me so emotionally shallow, so insensitive, so superficial. True, 50 years ago I had been through a very brief marriage and subsequent divorce, followed by dozens of breakups since really I was married to my career and, at times, my animal companions. Indeed, in my youth, I was blithely unaware of the consequences of willfully ending a marriage to someone I had vowed to be with forever. Now I know, based on painfully acquired life experience, that people aren't interchangeable — it's not easy to replace a lost "soulmate" with another, equally attuned person possessing all those mutual understandings that were shared, knowing what the other was thinking almost without saying a word.

Meanwhile, I have studied up on how to better handle the bereaved. Listen, nod, spend time with them in nature, even on a park bench. Be a good listener. And for me, the best solution became instead of asking "How are you?" just ask "How are you today?" That definitely works better and really covers a lot of ground. Sometimes asking the right question instead of the wrong one will provide comfort if not understanding. We do what we can with what we have.

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

Crossword

Musical musings

Across

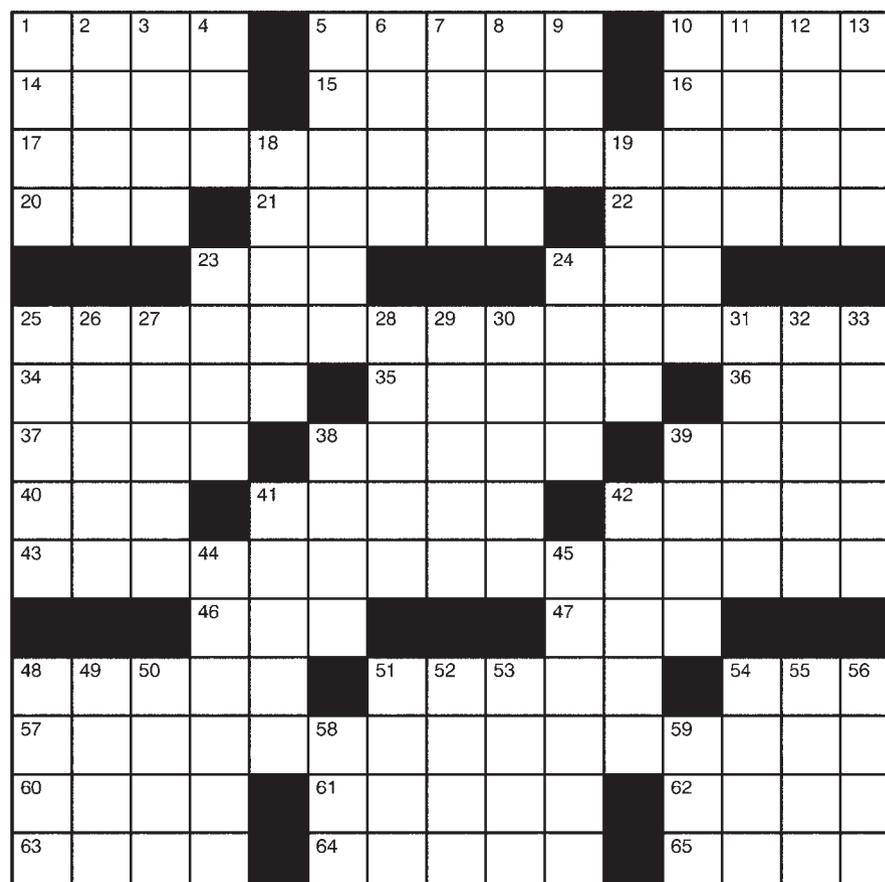
- | | | | |
|----------------------------|---------------------------|-------------------------------|------------------------|
| 1 Reared | 20 Favorite | 38 Cracow natives | 51 Houston team player |
| 5 Foundations | 21 Leavings | 39 Spanish-born lyric soprano | 54 Greek letter |
| 10 Betsy's Wedding actor | 22 Zodiacal sign | 40 Snare | 57 Ronald Reagan |
| 14 Rickey ingredient | 23 Compete | 41 Mrs. Meir | 60 Gaucho's rope |
| 15 Focal part of a church | 24 Large cask | 42 Marine mollusk | 61 Scottish island |
| 16 City of northern France | 25 Fay Vincent | 43 Tammy Fay Bakker | 62 Spoken |
| 17 Donald Trump | 34 Selected | 46 Vegas preceder | 63 Backtalk |
| | 35 Baseball great | 47 Exist | 64 Khadafy's turf |
| | 36 Unit of vol. | 48 Lance | 65 Latest developments |
| | 37 Mystery-writer Gardner | | |

Down

- | | | | |
|-------------------------|-------------------------------------|-----------------------------|--------------------|
| 1 Radar signal | 13 Freud's daughter | 29 Nita, of the Silents | 45 Fine-grain meal |
| 2 Widespread | 18 Ancient Roman official | 30 Pick up the tab | 48 Kinfolk |
| 3 Send out | 19 Crime leads | 31 Extreme pain | 49 Malay canoe |
| 4 Night condensation | 23 Urn | 32 ___ Polo | 50 Lampreys |
| 5 Hogshead | 24 Not that | 33 Root or Yale | 51 Dugout |
| 6 Nautical position | 25 Early British settlers | 38 Internees | 52 Croatian |
| 7 Kind of party or line | 26 Hurled | 39 Party pauper | 53 Salver |
| 8 Corn spikes | 27 Symphony conductor Sir Georg ___ | 41 Harsh light | 54 French dad |
| 9 Hindu title | 28 Italian city | 42 French painter | 55 Cabbage salad |
| 10 Sore | | 44 South American ruminants | 56 Misfortunes |
| 11 Baa baby | | | 58 ___ de mer |
| 12 Cherished | | | 59 Placed first |

Solution

The solution can be found on page 6.





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