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NEXT MONTH:
Fun & Leisure

[LGBT Pride Month | June]



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Activist founds group for LGBT elders

By Constance Garcia-Barrio

Talk five minutes with Heshie Zinman, 68, founder of the LGBT Elder Initiative, and your thoughts may flash to Gem, the empath on old Star Trek adventures, a being super-sensitive to others' needs and feelings.

"Before I launched the initiative in 2010, I asked myself what aging people in the community needed," said Zinman, who was 59 when he began the program. A gay man, he knows that society often sets LGBTIQI (lesbian, gay, bisexual, transgender, queer, and intersex) seniors apart. (While "Q" and "I" are not part of the group's name, Zinman said the initiative also assists queer and intersex people.) "The initiative helps these elders have vibrant, creative and mutually supportive lives," he said.

Zinman chose early on to stretch beyond his comfort zone for a fuller life. "I'm white, male, and a college graduate," said Zinman, a Northeast High graduate who has a bachelor's degree in history from Penn State University and an MBA from St. Joseph's University in pharmaceutical marketing. "These things give me privilege, but I grow when I meet people different from me. I have my mom to thank for raising me to have room in my life for all kinds of people."

At 29, Zinman ditched what seemed a conventional life. He had married his high school sweetheart in 1972 but came out as gay in 1979. "I'll put it this way," he said. "If my wife and I went to a club where there were beautiful women and handsome men, I could appreciate both

• continued on page 13

Staying Safe

Safety hazards at home: Finding the path to safer living

Our homes are our castles, our refuges, and where our hearts lie. But our homes can pose safety risks, especially as we get older. Through the natural process of aging, we can experience reduced mobility, problems with our balance, decreased dexterity, and visual and hearing impairments. Medical conditions can make these factors even more challenging. It is important to identify safety hazards where we live and find solutions for a safer home.

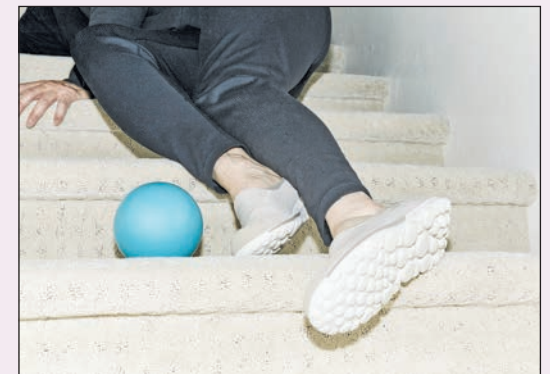
Falls

Falls are one of the most common causes of injury for seniors. There are simple steps you can take to prevent falling in your home.

Floor surfaces:

- Clean up spills on non-carpeted floors quickly, never use throw rugs, and make sure area rugs have adhesive underneath.
- Make sure that staircases are either carpeted or have a non-slip surface.
- Keep clutter off the floor, and make sure that electrical cords are tucked away.

• continued on page 14



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WHO IS PCA?

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

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



- Ombudsman services
- Health education
- Information and referral

For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

Health Brief



Shutterstock

Safety tips for an enjoyable summer

Summer is a time of rest and relaxation. However, the summer season also brings certain hazards and safety concerns. Below are tips for enjoying the summer while avoiding some of the dangers that come with warmer weather.

4 p.m., when UV rays are strongest.

- **Cover up:** When you are out in the sun, wear a wide-brimmed hat and clothing that protects as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- Use a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply at least every two hours. Remember that “water-resistant” does not mean waterproof. Even lotion marketed as water-resistant needs to be reapplied after swimming or sweating.

Keeping cool

The Centers for Disease Control and Prevention (CDC) offers the following tips on keeping cool in the summer heat:

- Stay hydrated. Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you can drink, or if you take water pills, ask your doctor how much you should be drinking.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- On extremely hot days, stay in an air-conditioned place as much as possible. If your home does not have air conditioning, find a local library or senior community center that does.

Enjoying a safe backyard cookout

The U.S. Food and Drug Administration (FDA) offers the following safety tips for preparing food at a summer cookout:

- Keep perishable food cold until it is ready to cook. Use an insulated cooler filled with ice to transport cold food. Avoid opening the cooler repeatedly, so that your food stays colder longer.
- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures before serving.
- Keep cooked food hot until served – at 140°F or warmer.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that have touched raw meat or poultry. ☀

Staying safe in the sun

Sun exposure increases your risk of skin cancer. The American Cancer Society offers the following tips for staying safe in the summer sun:

- **Seek shade:** Limit your direct exposure to the sun, especially between 10 a.m. and

Milestones

Published by Philadelphia Corporation for Aging

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PCA Helpline: 215-765-9040
Outside Philadelphia toll-free:
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www.pcaCares.org

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Staying Safe

Safety tips and sound advice for senior travelers

By Beth Goldner

"If you've always wanted to go to Paris, go to Paris. If you've always wanted to go to Mongolia, go to Mongolia," Sara Vogel told me when I asked her about traveling as a senior. A retired banking executive and volunteer "ambassador" for Roads Scholar, a nonprofit organization that provides travel tours geared toward older adults, Vogel got the travel bug early while living overseas as a teenager. She is passionate about travel and encourages seniors to explore the world around them.

Although Paris and Mongolia can be fascinating places where food, history, and art meet, travelling safely requires planning ahead. And while some of the advice that follows applies to people of any age, it is especially important when traveling as a senior, no matter the destination.

Medications

Pack your prescription medications appropriately, Vogel advises. Instead of filling a segmented pill box, take the original bottles with

you. In the event of a medical crisis, details of your medications, dosages, and physician contact information will be with you, and invaluable for medical providers. Vogel suggests also bringing your over-the-counter medications if you are travelling internationally. In some places in Europe, she notes, you cannot get ibuprofen over the counter.

Medical insurance

Before you travel, contact your health insurer to see what they will cover wherever you are going. Vogel says this is particularly important for international travel. "Remember that Medicare will not cover you overseas, but there are exceptions," she says. Go to medicare.gov/coverage/travel to learn more. Confirming your coverage is critical for avoiding large out-of-pocket expenses in the event of a sudden illness or accident.

Itineraries and documentation

Vogel suggests giving designated friends or family at home not just your general itinerary, but all the information about your trip,

including details of your flights and hotels. If you book online, email confirmation information to your at-home contacts; there are ways to do this so you can keep the prices private. When you travel internationally, make copies of your passport, visas, and any other documents to give to your contacts. You want to ensure immediate and streamlined communication between yourself and your contacts in the event of an emergency.

The STEP program

Suzanne Aresco, director of travel for AAA MidAtlantic, suggests that senior travelers register with STEP— the Smart Traveler Enrollment Program — a free service from the U.S. Department of State. With STEP, you enroll your trip with the U.S. embassies or consulates in the countries you are visiting. STEP sends you important information and alerts about natural disasters, civil unrest, and other safety issues affecting the country you are in. Family and friends can reach you through STEP if they have an emergency, and STEP can contact them if you have an emergency.



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Enroll before you take your trip at step.state.gov/step/.

Special assistance

"Don't leave anything to chance," Aresco says. Arrange ahead for any required special meals, physical assistance, or special seating when you are flying. If you are going on a cruise or to a destination more remote or "less traveled," get information about accessibility if you have a wheelchair or other assistive equipment, or mobility issues. This is

• continued on page 15

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Staying Safe

How a Sunday stroll turned sour

By Sally Friedman

My husband I were taking a walk, for several reasons. One was that our doctor has suggested—well, make that demanded—that prescription. And it was a sensible one.

So on a recent fine day, we drove to a town near our South Jersey community. We are one year into a CCRC—continuing care retirement community.

Our home is in an area of town we don't know well yet because we're still new to the area.

The sun had been shining when we started out, but soon, dusk had descended.

Out of of nowhere—or so it seemed—a group of noisy teenagers came along. We smiled at them because that's what we tend to do.

Suddenly, the boy who seemed to be the leader of the group inched up to my husband—a bit too close for comfort—and challenged, "What are you smiling at?"

My husband and I were a bit stunned by his tone. The smile was—well, a greeting, which we tried to explain. By this time, a couple of other boys and a couple of girls had joined the circle that had now formed.

Vic and I looked at each other and realized that on this very ordinary day, the entire atmosphere had changed from pleasure to peril, all in seconds.

It had never occurred to either of us that there was anything risky, let alone downright dangerous, about our little expedition.

"Nice jacket," one of the girls said about my very ordinary spring denim attire. And it was right about then that I felt something close to terror.

She reached out her hand and touched the sleeve. My chivalrous husband kind of stepped between us, and I looked at him in what he must have recognized as panic and said something like, "No—I'm fine."

Of course, I was totally prepared to hand the jacket I loved over to the girl, who was no older, I guessed, than 14. But she might have been 30-year-old wrestler based on her macho manner.

And just as this little scene was playing out on a pleasant street in a small town, along came a pedestrian who seemed to sense that there was a problem. "Everything OK here?" he asked my husband, and from that moment on, we somehow felt protected.

Our "savior" was not a policeman, but he was clearly a resident of the town who deftly and confidently told the little group to clear out.

And something in his authority and calm approach worked. The group scattered.

Of course, we thanked the man both sincerely and gratefully and ended our day's walk a bit shaken—and, yes, wiser.

We learned a bit about ourselves and our vulnerabilities—and, with some degree of humility, that we are not the "kids" we thought we were back when we were in our 60s and early 70s. These 80s we've entered feel different.

Lessons we learned that day also were important reminders.

The entire atmosphere had changed from pleasure to peril.

Yes, we feel more vulnerable.

We also believe that our society's behavior has undergone "climate change." While we grew up in a different era, the anger and bullying that seem so dominant these days was just not there in decades past.

I take a number of "shoulds" from our experience:

We should be more guarded about the towns and neighborhoods we enter and check the landscape as much as possible.

Perhaps there's safety in numbers after all. Walking with even two more people might have been wiser and made us feel less vulnerable.

I should have carried a backpack, not a pocketbook swinging over my shoulder.

We should carry cell phones, charged and ready.

And finally, there's something to be said for learning self-defense at any age. We haven't done that. We probably will now.

If there are happy endings, this was one. We were not harmed. Frightened, yes. Shaken yes. But not harmed.

And best of all, we are wiser now.

Aging is a gift—and a challenge. We should come to terms with the limits—and the opportunities—of living long.

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

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Produce vouchers program brings locally grown produce to seniors' tables

By Shannon Reyes



Provided by PCA

For older adults, a nutritious diet is essential for healthy living and regulating the medical conditions that can be associated with advanced age. Yet, fresh produce is not always readily available to Philadelphia's senior population. In fact, 83% of adults 60 and older in Philadelphia report having less than four servings of fruits and vegetables a day. As part of its efforts to encourage a balanced diet and good health among older adults, PCA will be distributing produce vouchers to eligible seniors beginning Monday, June 24.

The vouchers are redeemable for \$20 worth of seasonal Pennsylvania-grown produce at certified farmers markets located throughout the city. Vouchers can be acquired at PCA, 642 N. Broad St., on weekdays from 9 a.m. to 4 p.m. and participating senior centers while supplies last. They also will be available Wednesday, July 17, from 10 a.m. to 2p.m. at Reading Terminal Market, where they can be redeemed onsite.

"A balanced diet is always important, but unfortunately, the foods available to our aging low-income population are typically processed and devoid of the nutrients essential to maintaining a healthy and active lifestyle,"

PCA Special Projects Coordinator Amanda De Leo said.

According to the Centers for Disease Control (CDC), maintaining a produce-rich diet can help to reduce the risk of conditions such as high blood pressure, heart disease, stroke, diabetes and some cancers. In addition, research suggests that replacing high-calorie foods with fruits and vegetables can play an important role in maintaining a healthy weight.

Vouchers can be spent in increments of \$5 from Monday, June 24, to Saturday, Nov. 30. De Leo urges voucher-holders to redeem their vouchers sooner rather than later.

"You're always going to find a lot more variety in fresh fruits and vegetables in the summer months than near the fall," De Leo said.

Vouchers are limited to one set per person. To be eligible, you must be 60 or older and fall below certain income limits. These limits typically extended up to 185% of the federal poverty guidelines. Eligible recipients must show proof of age and of Philadelphia residency. For additional information about voucher distribution sites or a list of farmers markets accepting vouchers, please contact PCA's Helpline at 215-765-9040.

Shannon Reyes is public relations specialist at Philadelphia Corporation for Aging (PCA).



Courtesy: PCA

Vouchers provided by Philadelphia Corporation of Aging (PCA) offer access to fresh produce at local farmers markets.

Smart snacking can be healthy for you

When we think of snacks, we often think of prepackaged, unhealthy, processed foods. Snacks are often blamed as the culprits behind unhealthy weight gain. Yet, all snacks are not created equal. In fact, smart snacking has many benefits, including increased nutrient intake, appetite control, increased energy and better concentration. The trick is to distinguish snacks that are healthy from those that are not. PCA's Amanda De Leo, registered nutrition and dietetics technician, offers these tips to keep you on the right snack track:

1. Prepare your snacks ahead of time. Plan your day and prepare your snacks

in advance. This will not only save you money; it will also save you from purchasing unhealthy snacks on impulse while you are out.

2. Snack the rainbow. Try mixing up the colors of fruits and vegetables you eat. Some vegetables get their color from the nutrients they pack. For example, most orange vegetables (i.e., sweet potatoes, carrots and mangoes) contain beta-carotene, which is converted into vitamin A in the body. By including an array of colorful fruits and vegetables in your snacking, you ensure that your body gets the proper variety of essential vitamins and minerals.

3. Limit your snacks to about 200 calories each.

This is the typical calorie range for a healthy snack. Limiting your caloric intake while snacking can help to ensure that between snacks and meals, you do not go over your recommended daily value. For reference, one cup of fresh fruit equals about 60 to 100 calories.

4. Read the label. If you choose to purchase a prepared snack, always check the label. You want a snack that is high in nutritional value, but not high in sugars or sodium. Also, you want to stay away



from eating or drinking "empty calories," or high-calorie drinks or food with no nutritional value.

As with all the food choices we make, it's important when snacking to take a minute and evaluate the food entering our bodies. Snacks can be an important part of your daily nutritional intake and play an essential role in maintaining your health and wellness.



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June 2019

SUNDAY

Anna Crusis Women's Choir **2**
presents 'Beyond Boundaries.' 7:30 p.m.
Kurtz Center at Penn Charter. 215-844-3460. \$
Phila. Irish Festival. Traditional Irish dancing & performances. Noon to 7 p.m. Great Plaza at Penn's Landing. 215-922-2386.

Pride Day Parade & Festival. Parade **9**
begins at 13th & Locust streets & ends at the Great Plaza at Penn's Landing. 11:30 a.m. 215-875-9288.
Ostomate & Continent Diversion Support Group. 2 to 4 p.m. PA Hospital, Cheston Conference Room, 2nd flr. 267-231-4517.

FATHER'S DAY **16**
Bloomsday 2019. Annual day-long celebration of Leopold Bloom's fictional journey through the streets of Dublin in James Joyce's epic 'Ulysses.' 11 a.m. The Rosenbach. Rosebach.org.

23
ESL Class. Weekly class for English learners at the beginner & intermediate levels. 1p.m. South Phila. Library. Register: 215-685-1866.

30
Greensgrow Farm Stand. Selling seasonal, locally grown produce. Noon to 4p.m. Greensgrow West. 215-427-2780, ext. 6. (Sundays)

MONDAY

3
Creative Gardening Workshop. Learn to make a planter out of everyday household items. 11 a.m. Center in the Park. 215-848-7722.

10
SAGE Meeting. Group discussion regarding assistance & services to older members of the LGBT community. 1 p.m. Center in the Park. 215-848-7722.

17
Chair Yoga. Center your mind & body in this free yoga class led by a certified instructor. 12:30 p.m. Fumo Family Library. Register: 215-685-1758.

24
Spinning Yarns. A relaxing, low-key evening of crafting at the library. All fiber arts are welcome. 6:30 p.m. Fumo Family Library. 215-685-1758.

TUESDAY

4
Farmers Market. Purchase fresh local produce. Noon to 2:30 p.m. KleinLife: NE Phila. 215-698-7300, ext. 196. (Tuesdays)

11
Jewish Memoirs. 12:45 p.m. KleinLife: NE Phila. 215-698-7300, ext. 129.
LGBTQAI+ Connection. Lunch provided. 11 am.to 1:45 p.m. KleinLife: NE Phila. Register: 215-698-7300, ext. 129.
Summer Concert. Baritone Ronald Campbell. 1 p.m. Trinity Center for Urban Life. 215-546-3879.

18
Fraud Prevention Bingo. Consumers learn how to protect themselves against investment fraud. 2 p.m. Phila. Senior Center on the Avenue of the Arts. 215-546-5879.
Italian Festival Luncheon. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300, ext. 129.

25
Mah Jongg. 1-3 p.m. Center in the Park. 215-848-7722 ext. 221. (Tuesdays)

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.

SATURDAY**1**

Anna Crusis Women's Choir presents 'Beyond Boundaries.' Concert commemorating 50th anniversary of Stonewall Uprising in New York City. 7:30 p.m. Kurtz Center at Penn Charter. 215-844-3460. \$

8

Clothing Giveaway. 10:30 a.m. to 1 p.m. Mont Olivet Tabernacle Baptist Church. 215-286-5638

Philadelphia Senior Games. Track & field, basketball, swimming, billiards, bowling, golf, tennis & more. Father Judge High School. Call for registration forms & info: 215-685-2736 (Through June 14) \$

15

West Phila. Juneteenth Festival. Celebrating the Thirteenth Amendment abolishing slavery. Noon to 7 p.m. Germantown Ave. between Washington Ln. & Johnson St. 215-686-3488.

Vernon House Flea Market Sale. 33rd Street between Cecil B. Moore & Clifford Streets. 9:30 a.m. to 3 p.m. 215-866-8155.

22

Manayunk Arts Festival. Features handmade crafts of all sorts. 11 a.m. to 6 p.m. Main Street in Manayunk. 215-482-9565. (Through June 23).

Phila. Juneteenth Parade & Festival. Annual celebration honoring the abolition of slavery. 9 a.m. to 7 p.m. Malcolm X Park. Juneteenthphilly.org.

29

Fidler Square Farmers Market. Presented by The Food Trust. 9 a.m. to 2 p.m. 23rd and Pine Streets. 215-575-0444.

FRIDAY**7**

Annual Wellness Symposium. Featuring ideas for healthy living, exercise & senior vibrancy. 11:30 a.m. to 1 p.m. Philadelphia Protestant Home. 215-697-8007.

Oneg Shabbat: Shavout Yizkor. Memorial celebrating receiving of the Ten Commandments. 10:40 a.m. KleinLife: NE Phila. 215-698-7300, ext. 129.

14

Flag Day Grand Parade. A patriotic celebration honoring Flag Day. 10:30 a.m. National Constitution Center Front Lawn. 215-409-6600.

21**FIRST DAY OF SUMMER**

Friday Film Matinee: LGBTQ Pride Month. Screening 'Hearts Beat Loud'. 1 p.m. Whitman Library. 215-685-1754.

28

Intermediate Sewing. 1-2:30 p.m. Center in the Park. 215-848-7722 ext. 221. (Fridays)

THURSDAY**6**

Baltimore Ave. Dollar Stroll. Enjoy \$1 bargains from neighborhood favorites. 5:30-8:30 p.m. Baltimore Ave. between 43rd & 52nd Streets. 215-243-0555, ext. 227.

13

Father's Day Celebration & June Birthday Party. Honoring the men in our lives & those celebrating June birthdays. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300, ext. 129.

20

Free Community Meal. Join neighbors from Fishtown/Kensington for a monthly community dinner. Vegetarian options available. 5 p.m. Lutheran Settlement House. 215-426-8610.

Rosalie's Review. Topics in popular culture & the news. 12:45 p.m. KleinLife: NE Phila. 215-698-7300, ext. 129.

27

Chair Yoga. Center your mind & body in this free yoga class led by a certified instructor. 11 a.m. Torresdale Library. 215-685-0494.

WEDNESDAY**5**

Family Matters Podcasting Series. Intergenerational learning experience featuring programs that explore culture & family dynamics through positive dialogue. 5 p.m. Lillian Marrero Library. 215-685-9794.

12

Healthy Eating Workshop. Learn about healthy diets & free radicals that may play a role in heart disease, cancer & other diseases. 11:30 a.m. Center in the Park. 215-848-7722.

19

Community Walk. Leisurely 30-minute stroll around the neighborhood. Meet at reference desk by 3 p.m. Phila. City Institute. 215-685-6621.

Sit & Stitch. Join a knitting & crochet circle for an informal evening of needle-crafts. 6 p.m. South Phila. Library. 215-685-1866.

26

Joints Class. Noon to 1 p.m. PA Hospital, Zubrow Conference Room. 215-829-3000.

Pennypack Park Music Festival. Featuring Gypsy, a tribute to Fleetwood Mac. 7-9:30 p.m. Ed Kelly Amphitheater. 215-574-2100.

LGBT Pride Month**National Safety Month**

Staying Safe

Self-neglect is a major, unrecognized concern among older adults

By Michael Hanisco

Self-neglect is a major and often overlooked problem among older adults. In the United States, more than half of the cases of elder abuse reported each year are because of self-neglect, according to the National Center on Elder Abuse.

“Self-neglect occurs when a person is not able to meet their own daily essential needs, due either to a physical or mental incapacity,” said Jennifer Matthews, nurse investigator in the Older Adult Protective Services (OAPS) department at Philadelphia Corporation for Aging (PCA).

Older adults who are experiencing self-neglect may stop bathing or cleaning up after themselves. They may stop taking medication or paying bills or avoid seeking necessary medical care. If left unaddressed, these behaviors may become entrenched and worsen over time.



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Warning signs

According to Matthews, there are early warning signs of self-neglect. She encourages people to check on their friends, family and neighbors and take notice of changes in their

status. She noted that people who are isolated or who have a substance abuse issue are particularly at risk.

“Sometimes things just don’t look right, or things look like they’re deteriorating, or there’s mail piling up outside of the home,” Matthews said. “There may be pets that aren’t taken care of. Sometimes there are hoarding issues.”

Physically, people that are self-neglecting might look disheveled, or they may become odorous. They may have visible wounds or refuse to use necessary medical devices like eyeglasses or hearing aids. There may also be changes in their weight from not eating or eating a poor diet.

Making a report

Someone who suspects self-neglect or any other form of elder abuse can call the PCA Helpline at 215-765-9040 to make a report 24/7. Matthews emphasized that reports can be made anonymously.

“People are protected under the law. They are confidential reporters. We do not release their name to anyone,” Matthews said. “We want people to feel free to be able to call and make a report if they have a concern.”

Matthews is quick to point out that people are helping, not harming, when they make a report for someone in need.

“I think there’s a misconception of protective [services] that we are going to go in and just pull someone out [of their home],” Matthews said. “They think that’s our role, but that’s not what we’re able to do; nor would we

want to do that. We just want to keep people safe in the environment they want to be in, if that’s possible.”

To demonstrate that point, Matthews recalled an extreme case of self-neglect that she had experienced earlier in her career at PCA. A report came in about a veteran who was isolated in his apartment, where he had lived for many years. The man had stopped paying his bills and had very serious medical issues that were not being addressed. He had trouble walking and getting around.

“There were leaks in the apartment where wood was warped, and it was a very difficult situation,” Matthews said. “We had one of our medical providers help get him assessed medically. Then we got him hooked up with a regular doctor and the V.A. again,” she said.

Despite the man’s initial fears of losing his independence, he was able to continue living on his own. “The apartment manager—because we were involved and agreed to put in services—moved him into a new apartment in the same building,” said Matthews. “He started fresh with a brand new apartment that was not falling down around him. They really went above and beyond, I think, because they saw there was help for him and he wasn’t just going to another place and [have it] deteriorate. He cleared a little mentally and he followed up with the doctors, and it was a very successful story.”

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

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Recipe Box

Enjoy healthy, seasonal greens for a delicious meal this month

Whether it's fresh herbs or colorful berries, seasonal and locally grown produce is always a great way to freshen up your meal. The month of June is chock full of fresh fruits and vegetables that are ready for harvesting in Pennsylvania, including arugula, asparagus, beets, blueberries, corn and kale. To help take advantage of the fresh vegetables offered at your local farmers market, below is a recipe that incorporates seasonal produce.



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Spicy Kale and Corn Stuffed Chicken Breasts

Ingredients:

- 4 teaspoons olive oil
- 5 ½ ounces frozen chopped kale (about 2 cups)
- 2 cloves garlic, finely chopped
- Kosher salt
- ⅓ cup frozen whole kernel corn
- 2 ounces pepper jack cheese, grated (about ½ cup)
- Four 8-ounce boneless skinless chicken breast halves
- Freshly ground black pepper
- ½ cup low-sodium chicken broth
- 1 teaspoon all-purpose flour
- 1 ½ teaspoons fresh lemon juice

Directions:

1. Heat 2 teaspoons of the oil in a large skillet over medium heat. Add the kale, garlic and ¼ teaspoon salt and cook, stirring, until the kale is softened and the garlic is fragrant, about 5 minutes. Add the corn and cook, stirring, until warmed through, 2 to 3 minutes more. Transfer to a bowl to cool slightly, and then stir in the cheese.

2. Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3-inch pocket. Repeat with the remaining chicken breasts. Then evenly stuff with the kale mixture.

3. Heat a large nonstick skillet over medium-high heat until very hot, 3 to 4 minutes. Rub the chicken breasts with the remaining 2 teaspoons oil and sprinkle with a total of ¾ teaspoon salt and ¼ teaspoon pepper. Add all 4 chicken breasts to the skillet and cook until golden brown, about 2 minutes. Then lower heat to medium. Continue cooking, turning once halfway through, until just cooked through, about 14 minutes more. Insert a small paring knife into the top of the chicken to test for doneness. If any pink areas remain, cover the skillet and continue to cook until opaque.

4. Transfer the chicken and any bits of filling that fell into the skillet onto 4 plates. Stir the broth and flour together in a small bowl and then add to the skillet. Cook, stirring, until thickened, about 2 minutes. Remove from the heat, stir in the lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken.

Source: FoodNetwork.com

Crossword puzzle solution

(See page 15 for clues.)

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

Activist

• continued from page 1

groups. But when they called 'last call,' my eyes went to the men. Our friends had begun raising families, but it seemed unfair to bring children into our situation."

Zinman, who'd marched against racism and the Vietnam War in the '60s and '70s, became an AIDS activist in the early '80s, soon after the epidemic started. "I was bartending at the time," he said, "and from a sociological standpoint, that put me on the frontline. I had this group of people who would come in for a drink. We would talk, have fun, but within months they would disappear. Later, I would learn they'd died of AIDS." Zinman lost 16 friends in 10 years that way. He had to do something.

"We have a unique set of needs."

Zinman volunteered as a "buddy" for people sick with AIDS through the Philadelphia AIDS Task Force/Philadelphia Community Health Alternatives and ActionAIDS, now called ActionWellness. "It wasn't easy," he said. "I was scared of catching the illness—in the beginning, we didn't even know how it spread—but I wanted to be a buddy for the most vulnerable people." That aim often translated into assisting poor people and people of color. As a buddy, he ran errands, helped with housekeeping, and sometimes just listened.

Empathy allowed Zinman to home in on the needs of people with AIDS and help establish resources for them. "I realized that if I were sick and unable to work, I would need cash to pay my rent and buy wholesome food," he said. He helped found the AIDS Fund, which provides emergency financial assistance to people living with HIV/AIDS.

Zinman made another perceptive move when he co-founded the AIDS Library of Philadelphia, 1233 Locust St., in 1987. When he went to the Free Library of Philadelphia seeking information about HIV/AIDS, the librarian not only shrank away from him but also told him he'd have to go to different departments: one for medical data, another for legal advice and a third to learn about psycho/social support. "How can you run around like that if you're sick?" he said. "John Cunningham and I co-founded the HIV/AIDS library—the nation's first—to make a one-stop resource and to help fight the public's fears about the epidemic. We hired librarians with master's degrees and cre-

ated a space where people know they'll be safe, respected, loved. It's a kick-ass library."

In 1989, HIV became a personal issue. Zinman was diagnosed with the virus, but he still felt fortunate. "I'm a long-term non-progressor, someone who has good genes that fight the virus," he said. "It means that I've remained relatively healthy. My HIV never progressed to full-blown AIDS."

Zinman continued to shape Philadelphia's response to HIV/AIDS as director of the AIDS Information Network and SafeGuards Gay Men's Health Project and in other positions. In the past 10 years, he has turned his attention to LGBT seniors and aging. A member of the PCA board of directors and the Mayor's Commission on Aging, he founded the LGBT Elder Initiative to address the needs of adults 55 and older. The initiative publishes a monthly column, "Getting' On," in Philly Gay News that deals with topics of interest to the aging LGBT community. The group also sponsors free educational community forums to provide information and resources for older adults. In addition, the Initiative's resource guides cover topics like LGBTQI senior-friendly housing, legal services and healthcare.

"We have a unique set of needs," Zinman said.

He noted that about 80 percent of caregiving in the U.S. takes place within the family structure. Adult children and grandchildren step up to assist aged relatives. "LGBT elders are more apt to be alone as they age," Zinman noted. "We're less likely to have children, and we may not be able to count on biological family. In some cases, families are embarrassed at having an LGBT member and have cast that person aside. That means we may depend more on formal systems like bringing someone into our homes to help."

Reliance on agencies for assistance and health care makes it critical that such agencies be culturally sensitive. "For example, I have pictures of my husband all over our apartment. I don't want someone who'll look askance at them, talk about sin, or otherwise make me uncomfortable," said Zinman, who chairs the LG-BTQ Committee at his synagogue, Rodeph Shalom, and also serves on the Pennsylvania Long Term Care Commission and the LBGT Work Group, which promotes policies that can lead to better lives for seniors in the community.

To learn more about the LGBT Elder Initiative, please visit www.lgbtellderinitiative.org.

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

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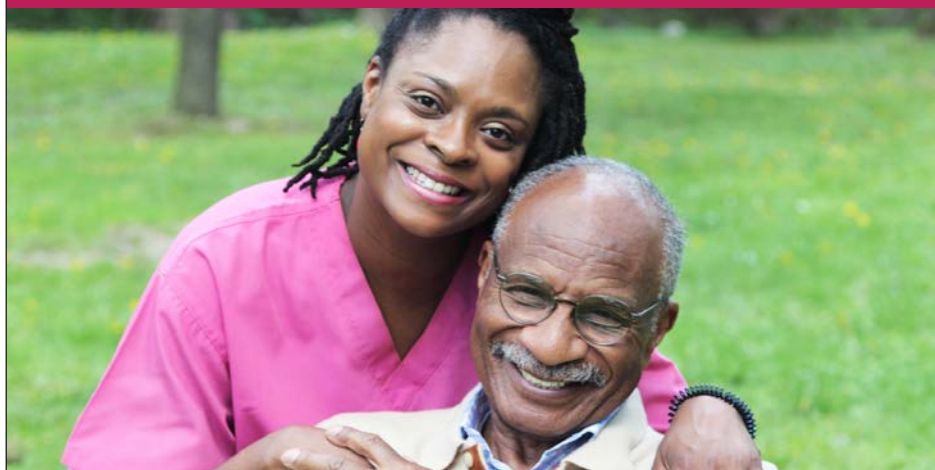
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Hazards at home

• continued from page 1

- Keep furniture arranged for an easy path from one end of the room to another. Be sure to space furniture far enough apart for a walker, if needed.

Lighting

- Equip every room with good lighting. Increase the number of lamps or overhead lighting as needed.
- To prevent glare, which can make it hard to see, use dimmer switches and light-bulbs with non-glare optics.
- Place nightlights in all outlets. Use the sensor kind that automatically turn on when the room or hallway darkens.
- Place light switches at the top and bottom of staircases and at every doorway, so you can avoid crossing rooms or using the stairs in the dark.

Other tips

- Consider having a medical alert system—a device you wear, with which you can call for help if needed. There are countless alert systems on the market. Prices and services vary, so do careful research before investing in one.
- Store items in your home at waist level to avoid having to bend too far or reach too high.
- Use a reacher-grabber tool instead of climbing on a stepladder or standing on a chair to get something that's out of reach.

The kitchen

The kitchen is often the heart of a home, where people gather most and where we often break bread with loved ones. But the kitchen poses risks as we age. Any decrease in physical strength and dexterity can make using sharp instruments, cooking on the stove with heavy pans, or carrying a plate of hot food dangerous. Also, half of all home fires start in the kitchen. Be extra careful with appliances that do not have automatic off switches, and always set timers when you cook. Keep smoke detectors in every room and replace the batteries each time you change the clocks for daylight savings.

The bathroom

Every surface of the bathroom, from the tub to the toilet, involves water. This makes slipping and falling, as well as dropping things, a real possibility, putting older adults at risk for injury. There are many ways to prevent prob-



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lems. Consider installing a bathtub bar and a bar next to the toilet. A transfer bench for the shower also can be used. Ensure the surface of your tub is non-slip. And make sure the water faucets are clearly marked for hot and cold to ensure you can be getting the water to the desired temperature safely.

Medication

We tend to take most of our medication at home. For those who take medications, you want to avoid taking too much or not enough – or taking medications in combinations that will cause side effects. Have a medication review with your doctor or pharmacist, especially when a new drug is added to your regimen. You want to make sure you are taking everything as prescribed. Because you may be taking drugs prescribed by multiple doctors, you want to be aware of all possible interactions and make sure you are not just taking the right amount, but also at the right time and with or without food as indicated.

Create a medication list and keep it with you. List the brand and generic name, dosage, how often you take it, and for what condition or symptom. Give a copy of this list to a loved one. Also, create a custom medication schedule, so you always know when to take your medication and how much to take. Post the schedule in the location where you take your medication, and always get rid of expired medications using a safe method, so that you are not throwing them in the garbage or flushing them down the toilet.

Keeping your home safe as you get older becomes a matter of making small adjustments to decrease the risk of injury. With common sense and some well-placed safeguards, you can feel safer in your home. 🌞

Travel advice

• continued from page 4

especially important for international travel, when language may be a barrier and not all destinations may be well-equipped for those with physical limitations.

Travel insurance, travel agents, and tour companies

Whether you are spending three days in Rehoboth Beach or three weeks in Rome, both Vogel and Aresco stress the importance of purchasing travel insurance. Your trip could be canceled or delayed, or you could have an accident while travelling or an illness beforehand that precludes traveling. Occasionally, people need to be evacuated from a site during their trip following an emergency or accident. Without travel insurance, this can be a significant cost.

Also, consider using a travel agent, suggests Aresco. "We are experts, and we can vet endless travel options and deals on the internet and save you time and money." Tour companies are also great options for seniors, says Vogel. They take care of pre-planning and navigate any crisis – medical or otherwise – that may occur, and you are guaranteed to meet new people in the form of your fellow travelers.

Traveling alone

Vogel urges common sense when traveling alone. Be aware of your surroundings at all times, she says, and make sure somebody at home knows where you are. Aresco advises being especially careful when drinking alcohol. You may not be as alert to risks, such as walking alone at night in a city.

Aresco recommends solo travelers stay in a full-service hotel with a restaurant and room service. Request a room that doesn't have a connecting door to another room and ask to be placed close to an elevator. Keep the Do Not Disturb sign hanging outside your door, even when you aren't there.

Ride-shares like Uber and Lyft are quick, relatively inexpensive and convenient. But Aresco advises solo travelers to be extra safe when using such services. Take a screen shot of the driver's information on your phone or take a picture of the license plate before you get in the car. Immediately text or email this to a home contact to document your ride.

Other helpful tips

- Instead of using a debit or credit card, get a pre-paid travel card. If you lose your wallet or it is stolen, nobody can access your accounts.
- Make sure your phone is charged and don't forget to pack a charger. If travelling internationally, pack a charge adapter compatible with the country's outlet system. Confirm that your plan allows international calls.

Travel can open the world to all of us. Seniors may be concerned about safety and emergencies, but Vogel urges older adults to not let fear stop you. "Don't postpone the joy of travel," she advised. The risks of having problems while traveling can be mitigated by planning ahead and helping to ensure the trip will be a safe one.

Beth Goldner is a writer, editor and creative writing instructor.

Crossword

Make the Connection

Across

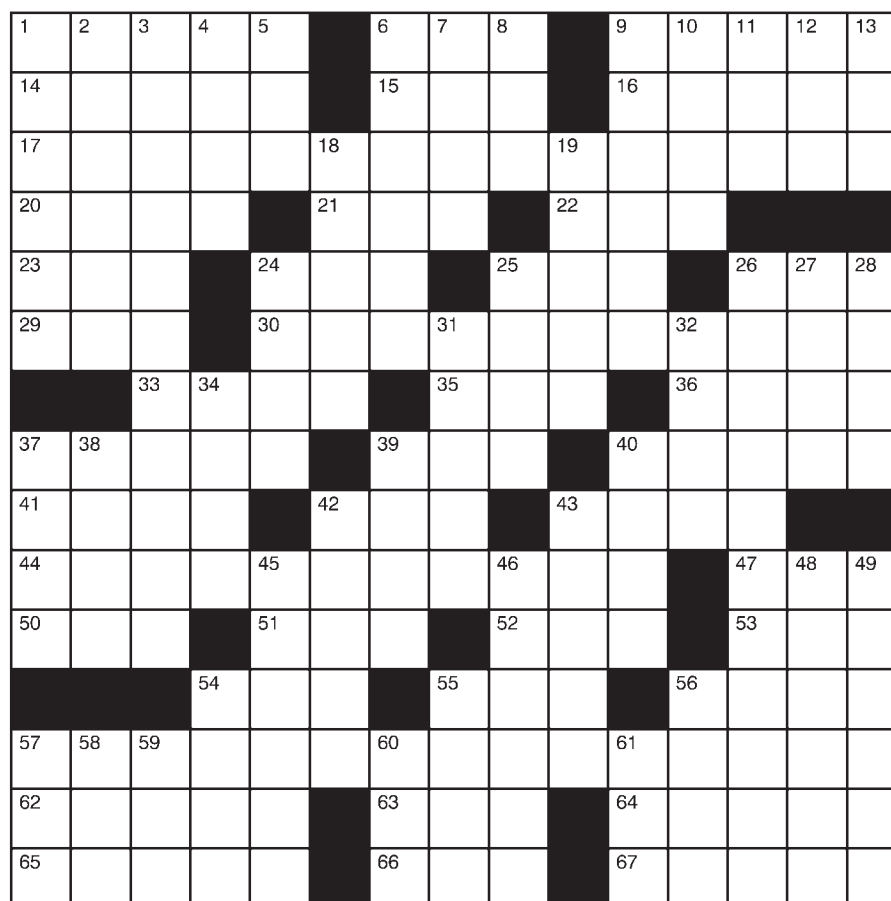
- | | | | |
|---------------------------|-------------------------------|-----------------------|----------------------|
| 1 Scottish-born physicist | 22 Street of nightmares! | 36 Sioux | 52 Termination |
| 6 Intimidate | 23 Lennon's widow | 37 Glasgow or Burstyn | 53 Spigot |
| 9 Orange | 24 Draw | 39 Scrap | 54 Connective word |
| 14 ___ Gay | 25 Affirmative vote | 40 Ransack | 55 High school subj. |
| 15 Cable TV channel | 26 Possesses | 41 Impend | 56 Dugout |
| 16 Free-for-all | 29 Greek letter | 42 Arden | 57 Egg |
| 17 Discard accountant | 30 Oscar night disappointment | 43 Carson pal | 62 Unconventional |
| 20 Freshwater fish | 33 That's alternative | 44 Break time | 63 Consume |
| 21 Exist | 35 Assistance | 47 Goddess of harvest | 64 Formal walkway |
| | | 50 Inquire | 65 Rapacity |
| | | 51 Fleming | 66 Three, in Bologna |
| | | | 67 Hollers |

Down

- | | | | |
|--------------------------|--------------------------|------------------------|-----------------------------------|
| 1 Oppressive ruler | 11 Swiss mountain | 31 Harder to find | 46 Take out |
| 2 Oak: Sp. | 12 Mild expletive | 32 Exhaust | 48 Package |
| 3 Headbands and leotards | 13 Eternally, to Shelley | 34 Cordage fiber | 49 Cleats |
| 4 Winged parts | 18 Lures | 37 Actress Lanchester | 54 Land unit |
| 5 Musical form | 19 Attuned | 38 Fortunes | 55 At a distance |
| 6 St. Vitus' dance | 24 Chinese dynasty | 39 Kiln | 56 Competent |
| 7 Woodwind instrument | 25 Landed | 40 Organ stop | 57 Minor functionary |
| 8 Canton cooker? | 26 Cause of some fumbles | 42 Sidestep | 58 Wallace hero |
| 9 Breakfast food | 27 Mil. absentee | 43 Fencing maneuver | 59 Resident of |
| 10 Appear | 28 Dagger | 45 Made porcine sounds | 60 Mesh |
| | | | 61 <i>Life With Father</i> author |

Solution

The solution can be found on page 12.



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