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Staying Safe



Telling true stories in front of a crowd of hundreds is the focus of the monthly Moth StorySlam competition.

Storytellers share tales of being bamboozled at monthly competition

By Linda L. Riley

"Scientists say this will be the best night of your life," host R. Eric Thomas joked to an audience of about 270 at World Café Live's monthly storytelling event, The Moth StorySlam in Philadelphia. Attendees had come to tell true stories about their own lives, or hear others' stories. It being April Fool's Day, the tales told that evening were required to address the theme "bamboozled."

"They might be funny or sad, scary or dramatic," Thomas said. During the evening, 10 storytellers covered every one of those emotions. They included people ranging in age from their early 20s to their 60s. Among them were two medical students, a surfer, a high school history teacher and a community college teacher. They told tales of accidentally ingesting THC-laced gummy bears while studying for medical school exams, foiling a surfboard thief by tracking him down through Craigslist and falling for a son's improbable lies over and over.

Arguably the oldest art form, storytelling is our way of making sense of our lives, one another

and the sometimes-chaotic world in which we live. And this ancient art is thriving in our modern world. In fact, the prospect of telling or listening to stories draws hundreds of people of all ages and walks of life to The Moth StorySlam every month, in 30 cities across America.

The name "The Moth" is tied to the origins of what's now a national phenomenon. It all began with author George Dawes Green, who used to gather with friends on his porch in Georgia and swap stories. Moths were attracted to the porch lights, and the storytellers dubbed themselves "The Moths" after their impromptu audience. In 1997, Green moved to New York City and carried the storytelling tradition with him – first to his living room, then to public venues, then to other cities.

In Philadelphia, this magic takes place at World Café Live, 3025 Walnut St., usually on the first Monday of the month. No particular credentials are required to tell a story, but there are guidelines – and each month there is a theme which all stories must be based. Recent themes have included "the first time," "magic,"

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Celebrate Arts

PCA festival highlights seniors' artistic talent

By Alicia M. Colombo

Each year since 2003, Philadelphia Corporation for Aging (PCA) has hosted a month-long "Celebrate Arts & Aging" festival to encourage and showcase seniors' artistic talents. The goals of the festival are to let seniors know about opportunities to experience the arts, such as by attending a theatre performance or visiting a museum, and to encourage seniors to participate in arts-related classes.

"It's important to promote the relationship between the arts and the mental and physical health of older adults," said Holly Lange, PCA's president and CEO. "Celebrate Arts & Aging showcases the wonderful talent of the older adults in Philadelphia. This

• continued on page 15



'Old Man with Hat,' a pencil and watercolor drawing by Sally Guariglia, 79, is on display at City Hall this month.

PCA

PHILADELPHIA CORPORATION FOR AGING

WHO IS PCA?

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

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Health Brief



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Food allergies a concern for seniors

Food allergies are an increasing health concern in the older adult population. Though we often think of allergies as something a person is born with, the reality is that food allergies can develop at any time in one's life. Currently, a majority of medical research is aimed at pediatric patients. However, mounting evidence suggests that older adults may be at increased risk of food allergies compared to the general population.

According to a 2011 study in *Clinical and Translational Allergy*, the prevalence of food allergies among the elderly is 5-10%. Many researchers suspect this number is grossly underestimated due to low levels of diagnosis in the senior population. For instance, another 2011 study in *Gerontology* found that 25% of nursing home patients tested positive for a food allergy when given a skin test.

There are a few reasons that food allergies in seniors might go undiagnosed. For reasons not yet understood, older adults are less likely to experience severe allergy symptoms, including anaphylaxis, which requires immediate medical attention. In addition, a study by the Mayo Clinic indicates that seniors and their caregivers may attribute mild allergy symptoms to side effects from medications or dismiss them as symptoms of other chronic conditions.

The foods most commonly associated with food allergies in older adults are fruits, vegetables, tree nuts, peanuts and seafood. The most common symptoms of food allergies include hives or itchy skin, tingling in the mouth, swelling and inflammation, trouble breathing and gastrointestinal distress.

Older adults who suspect a food allergy should speak to their doctor about conducting an allergy test. If a doctor confirms a food allergy, there are several important steps seniors should take in their daily lives:

- Read all prepackaged food labels carefully. Be sure to recheck labels of "safe" foods periodically, as ingredients may change. Avoid packaged foods with unclear ingredient listings.
- Ask questions about ingredients and food preparation when dining out. Restaurant staff should be able to assist with choosing safe menu options.
- Take care when preparing food at home. Avoid cross contamination with allergens by cleaning food preparation areas, utensils and appliances thoroughly. Research alternative ingredients if preparing a recipe that calls for a known allergen.
- If you are going to a social function where food will be served, bring a safe dish to eat.

It's important for seniors not to simply self-diagnose a food allergy and instead speak to a medical professional if they suspect a problem with certain foods. Altering your diet without seeking medical advice could lead to additional problems, including malnutrition and vitamin deficiency. If you have been diagnosed with an allergy and are having trouble avoiding problem foods, speak to a dietician who can help you plan a balanced diet.

Source: *Today's Dietician*

Milestones

Published by Philadelphia Corporation for Aging

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[Older Americans Month | May]

Seniors connect, create, contribute to their communities in Philadelphia and beyond

Older adults are making a positive impact in and around Philadelphia. As volunteers, employees, educators, mentors, advocates and more, seniors offer insight and experience that benefit the entire community.

May was designated as Older Americans Month (OAM) 56 years ago to recognize the contributions of this growing population. Led by the Administration for Community Living (ACL), OAM provides resources to help older Americans stay healthy and independent and to help communities support and celebrate their diversity.

This year's OAM theme, "Connect, Create, Contribute," encourages older adults to:

- Connect with friends, family, and local services and resources.

- Create through activities that promote learning, health and personal enrichment.
- Contribute time, talent and life experience to benefit others.

Philadelphia Corporation for Aging (PCA) will celebrate OAM with its annual month-long "Celebrate Arts & Aging" festival. (For more information, see page 1.)

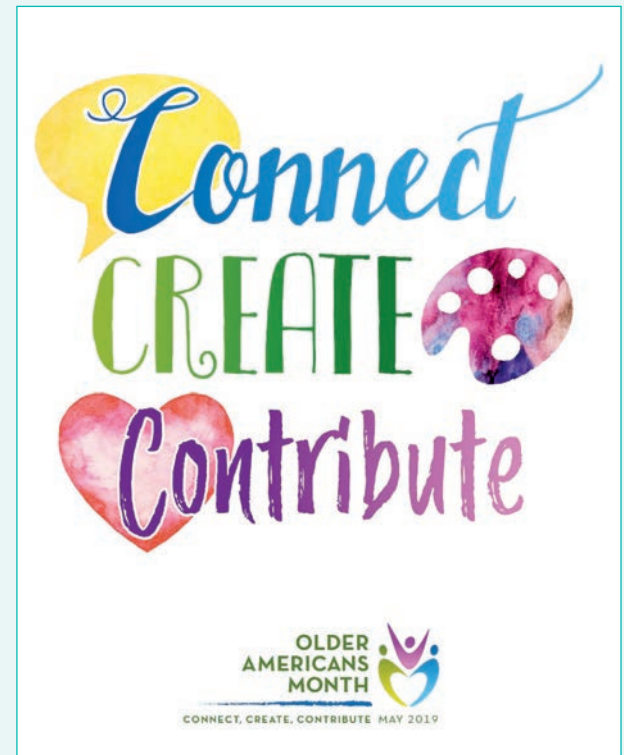
We encourage you to:

- **Connect:** PCA is your first source for resources and information to help seniors live their best lives. Connect with us by calling the PCA Helpline at 215-765-9040, visiting our website at pcaCares.org, or following our social me-

dia accounts at facebook.com/pcaCares.org or twitter.com/pcaCares_org.

- **Create:** Gain inspiration at the Celebrate Arts & Aging senior art exhibits and join an art class at your local senior community center. (See page 17 for listing.)
- **Contribute:** Reach out to your neighbors, community organizations and faith-based institutions to offer your support to local initiatives – or start your own!

Communities that support and recognize older adults are stronger. Join PCA in celebrating the accomplishments and contributions of older adults – this May and throughout the year.



Courtesy: Administration for Community Living

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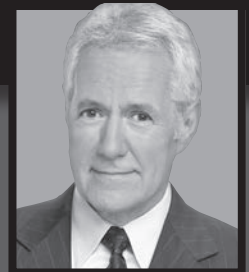


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Celebrate Arts

From storyteller to telling stories: The power of the pen showcases creativity

By Beth Goldner

I used to be a fiction writer. It started out innocuously enough. I wanted to write a book. So I did. I wanted to get the book published. So I did. Then I repeated that process. A few years later, I stopped being a writer. Aside from some dribs and drabs here and there, I stopped writing for six years. I've lost count of the reasons why — inertia, laziness, feeling that *been there, done that* feeling, distracted by Life.

I eventually picked up the proverbial pen and began writing again. I did so, I think, because I was on the cusp of middle age: I stared more closely at time, reflected on my life experiences more, and examined the texture of my world more deeply. When I started writing again, I decided that I wasn't a fiction writer anymore. Instead, to strip away the self-induced pressure of performance, I decided that I was simply somebody who writes fiction. Because I stopped identifying as a Writer with a capital W, I was free from

the pretense and expectations I've always seen wrapped up in that title. I wanted to get back to basics. I just wanted to write.

A story to tell

The truth is, creative writing of any type — novels, essays, memoirs, short stories, plays — is all about telling a story. I am not a unique, special, nor extraordinary person. Most of us aren't. But most of us have lived lives punctuated by the unique, the special, and the extraordinary. This is why I believe all of us should write. We all have a story to tell. We all have a voice. You don't have to be an artist to be creative. And you don't have to be a Writer to write.

You do have to bring a bit of courage to the process. Writing creatively in any format is an act of bravery: It is the chance to be vulnerable and touch upon your most authentic truths. Although it sounds lofty, when we put our stories on the page, we tap into our humanity. This is both cathartic and a vigorous mental workout. It requires reflection, imagination,



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openness, steadfastness, and a healthy dose of fearlessness. I invent worlds, fictionalize my worries, reimagine experiences I've had, and relay the perspective and insight that my life so far has hoisted upon me.

The act of finishing a piece — a story, a poem, an essay — is powerful. Even if I don't think it is very good and even if I don't try to get it published, there is a sense of accomplishment when spending time and energy bringing your voice to your words and getting them down on a page. I am not a poet, let alone a talented one, and yet once I spent two years working on nothing other than a collection of poems. I never published or shared these poems, but the act of telling a story in a format that was so foreign to me was thrilling.

Finding connection

We all have memories and stories both large and small, and when we write them down, in any shape and form, and whether in a composition notebook or on a computer or typewriter, we have the opportunity to find connections in our lives. When I write creative nonfiction, I love to discover connections between my past and my present.

When I was 13, I went to Valley Forge National Historic Park with my father. We went to the chapel. When we entered its bell tower, the bell-ringer was there, readying to go to the top for the hourly ringing. He invited us to join him. This was a chance encounter, and we gladly went with him. The sound was dramatic and fantastic. The air shook, and the

bell-ringer let me pull the ropes with him, both of us holding on. It was a Saturday afternoon, a crisp autumn day. My father was as captivated as I was, to happen upon a bell-ringer, to find ourselves in such a space, to be part of the sound, to mark time, to peek into another world that was so simple and true.

Fifteen years later, a friend and I would be at the top of a bell tower at a church in a small town in Ireland. It was a June day and the air was cool. We were backpacking through Europe, bouncing from country to country. I have a picture from this day: We stood next to each other, each holding the rope of a bell. This time wasn't happenstance. The bell tower was a tourist attraction. I was wearing jeans and a gray shirt with an orange wool sweater tied around my waist. I had bought the sweater in Scotland the week before. In that picture, I am happy, overseas for the first time. My father had died more than a decade before.

When I write down these two memories, place them side by side in written form, I can travel through time holding ropes: my father behind me, a summer day in Ireland that followed years later, and my life right now, with the sound of bells marking time.

With every story I tell, I get to make sense of even the smallest part of my world. When we write our stories, we get to make connections between our experiences and the world around us. We can look at the past, stand in our present and imagine our future.

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

Creative writing 101: How to begin

Here are a few guidelines for starting a writing practice.

Keep it simple

Start a journal:

- All you need is one composition book and a pen. For less than \$5, you'll have everything you need to get started.
- Open the notebook and start writing whatever you want, about anything you want. Ten minutes a day or 15 minutes every other day, or more or less — there are no rules.
- Start to get comfortable unleashing your voice.

Mix it up:

- Write a poem or two.
- Start a story, fiction or nonfiction.
- Describe a memory or experience — something big, like a wedding or a birth or a loss; or something small, like a fantastic meal you had or a walk with a friend.

- Take the approach of low stakes, low pressure, high satisfaction.

Take the next step

Seek out a senior center: Ask your local senior community center if they have a writing group. If not, ask to start one. You can bring your work to share, or spend the time together writing and then sharing your work. You'll have creativity and social activity simultaneously.

Community-level classes: Local high schools and night schools offer a host of creative writing classes. They are usually filled with people from all walks of life who are looking to incorporate writing into their lives.

Go online: There are countless online writing forums and writing groups with people to interact with, classes you can take, and blogs to read. And you can discover endless online publications where you can submit your work.



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Celebrate Arts

Participation in movement arts helps seniors face health challenges

By Leslie Feldman

Bob Parncutt could spend his days watching television or taking naps, but that's not the life he wants. At 72, Parncutt, who has had Parkinson's disease for the past 14 years, is busy with dance and boxing classes and daily walks in the mall.

"Bob will not let his disease stand in the way of doing everything he can," says his wife, Barb. "He has more energy than I do, and sometimes I am the one keeping up with him."

The Parncutts are among many seniors with health challenges who are benefitting physically and emotionally from creative arts programs.

Twice a week, the Parncutts attend a Dance for PD class at the YMCA in Ambler, Pa. The class is taught by Judith Sachs, a 72-year-old former professional dancer who worked in the health care arena prior to teaching the classes. She now runs her own company, Anyone Can Dance (anyonecandance.org).

Sachs had been working in a very different field – pharmaceutical marketing – as a creative director in 2012 when she came across Dance for PD – which happened to be training new teachers in Philadelphia. "That experience changed my life," she says. "When I was laid off from my job right around my 65th birthday, I returned to the dance career I'd started decades ago."

The classes adapt everything from ballet and tap to folk, flamenco and Bharata Natyam (Southern Indian) dancing, depending on the teachers' background. Sachs's co-teacher's background is in Klezmer and Jewish folk dance, and hers is in Broadway jazz. "But we use absolutely everything and change it when needed for those in chairs, walkers or wheelchairs," Sachs says. "One of the most important parts of the work is improvisation, where we let our students create dance."

The Parncutts love the class, and it has improved Bob's balance and mobility tremendously. "We enjoy doing this together as an activity. It's something we both look forward to," Barb says. "It allows us to not only dance but also be social with other Parkinson's patients and their families."



Courtesy: Judith Sachs

Judith Sachs, 72, leads participants in an 'All That Jazz' routine using canes at a Dance for PD class for people with Parkinson's disease at the YMCA in Ambler, Pa.

Engaging the brain

At Magee Rehabilitation Outpatient Therapy Center – Riverfront, part of Jefferson's Magee Rehabilitation Hospital, art therapy helps promote self-expression and creativity and complements rehabilitation efforts by engaging the whole brain through the creative process. Research has shown art therapy to alleviate stress, reduce pain, increase control of movement, resolve conflicts and increase self-awareness and self-esteem.

"Art therapy benefitted me because it allowed me to express the real person I am and the real person I want to be, aside from my disability," notes participant Felicia K., who did not want her full name used in print. "A lot of people can't see past my wheelchair and see that I am a real person, but with art therapy, I get to express that real person. Art therapy has opened so many doors for me, like presenting my paintings and learning how to make my art into conversational pieces. Words really can't express how grateful I am."

Carol Owens, therapy manager at Magee Riverfront, says that an important factor

when choosing an art project for a patient is to meet the patient where they are and build from there. "A lot of people come in and think they can't make art due to their limitations, but we have tons of ways to adapt materials so that patients can use them no matter what they might have going on," she says. "I try my best to set them up for success and spend a lot of time thinking about how someone can achieve what they want, even if they don't have the ability to move their arms and legs."

Ballroom dancing for everyone

American Dance Wheels, founded by Melinda Kremer of Bala Cynwyd, trains individuals with disabilities, their able-bodied partners, ballroom dance teachers and occupational and physical therapists in the art of wheelchair ballroom dancing.

"The purpose of the program is to make a significant contribution to the lives of individuals with ambulatory disabilities by providing the social, rehabilitative, and competitive activity of wheelchair ballroom and Latin dance to partnerships comprised of one seat-

ed and one standing dancer," said Kremer. "This effort gets people with and without disabilities to partake in a healthy, mainstream activity that creates the potential for a new generation of alliances and opportunities."

Problems with accessibility, transportation, and finances can present challenges for wheelchair-bound individuals, Kremer said, but even more pressing is the overall lack of understanding of this growing population.

"American DanceWheels' program brings an unprecedented level of understanding to its participants, standing and seated, because of its universal appeal and its ability to bring people with and without disabilities together in an art form that transcends physical ability," she said.

She noted that members of the group have given performances across the country. "Performance work has helped us spread the word and change perceptions of people with physical challenges wherever we go," she said. "The communication between two people that dance together is unmatched in any sport. Moving together to the sound of beautiful music is universal. Dancing is for everyone."

Leslie Feldman is a freelance writer and marketing communications consultant.

For more information on movement arts organizations

- Dance for PD: danceforparkinsons.org
- Anyone Can Dance: anyonecandance.org
- Magee Rehabilitation Outpatient Therapy Center – Riverfront, 1500 S. Columbus Blvd., Philadelphia; 215-218-3900; Open art studio: Tuesdays, Wednesdays, and Thursdays, 9 a.m. to 3 p.m. Call for rates and more information, including individual sessions.
- American DanceWheels: 215-588-6671; americandancewheels.org

Storytellers

• continued from page 1

and “Love hurts.” Philadelphia StorySlam Producer Paul Richards emphasized that, while there is often uproarious laughter at the events, this is not standup comedy. Each story must be true and must have happened to the person telling it. That alone gives it an intimacy that is rare in live performance because the person onstage is revealing something personal that is often poignant, mortifying or hilarious. In fact, the more affecting it is, the better – because the stories are judged on a scale of 1 to 10, and the person who scores highest goes on to the “GrandSlam” competition.

Before the show, would-be storytellers write their names on pieces of paper and place them in a hat. Throughout the evening, 10 names are pulled from the hat and each of those individuals tells a five-minute story. As each person tells their story, three teams of volunteer judges selected randomly from the audience listen and score the performance.

Bonnie McMeans, 63, of Havertown, was the first storyteller on April 1. A professor of English and journalism at Delaware County Community College, she said telling and hearing stories is part of her family’s life. “Both my parents are great storytellers,” she said. This was the fourth time she’d come to The Moth prepared to tell a story but the first time she was selected.

What you need to know to go

- **Buy tickets:** Moth StorySLAM tickets cost \$15 (plus a \$2 processing fee), go on sale one week before the event at 3 p.m. and often sell out quickly. Advance tickets can only be purchased online at themoth.org. A limited number of tickets are available at the door for \$15 cash on the night of the performance.
- **Arrive early:** Doors open between 6 and 6:30 p.m. (For best seats, especially for groups, get there early.) The show begins at 7:30 p.m.
- **Enjoy yourself:** You can purchase an array of food and beverages, including alcohol. Then, get ready to laugh, cry, clap and have a good time.
- **Be prepared:** If you think you’d like to tell a story, you can find the next month’s theme and get more information, including storytelling tips, at themoth.org. At the bottom of the page, you can select your city and sign up for email updates or hard copy mailings.

Her story was about a trip she and her husband took to Mexico to meet Diana, a 5-year-old orphan they hoped to adopt. While there, they took the little girl to the zoo, where they encountered a handsome older gentleman who introduced himself as “Roberto” from Corpus Christi, Texas. He joined the group, chatting with Diana in Spanish and translating. At the end of the visit, he recommended a nearby restaurant. They offered to buy him a meal, and he accepted. And, since he spoke Spanish and they did not, he offered to take care of paying. McMeans’ husband opened his wallet, Roberto took out about 200 pesos – the equivalent of about \$35 – and went off to pay. That was the last they saw of him.

“We waited and waited,” McMeans said. “He didn’t come back.” Finally, they arrived at the obvious conclusion: They’d been bamboozled. “The Spanish word for steal is ‘robar,’ so my husband decided we should call him ‘Robarto,’” McMeans said.

The McMeans’ adopted daughter, Diana, is now 29, and recounting the story of when they first met her is part of the family’s lore. “This is a story my husband and I like to tell people,” McMeans said. The telling at The Moth was different because she had to keep it to five minutes. In preparation, she said, she made an outline with the key points of her story and rehearsed it many times to make sure she could stick to the time limit.

Paul Boddy, 67, came from Waldwick, New Jersey, to share the story of being repeatedly bamboozled by his son into letting the son stay home from school. He has come to The Moth almost monthly for the past three years, and this was not his first time onstage. He said he was inspired by being able to share his story with an audience: “It’s fun. It’s like writing, but you know people are going to hear it.”

When the scores were tallied, McMeans came in second. First place went to a history teacher who told the story of how his claim of being able to mimic the calls of all 50 state birds had landed him in a talent show. When his turn had come to perform, he said, he had earnestly announced each bird – and then did the exact same call for every one. He had The Moth’s audience in stitches as he reprised that performance, complete with the bird call. He will have the opportunity to compete with other monthly winners for the title of Philadelphia Moth GrandSlam Story Champion.

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

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May 2019

Older Americans Month

PCA's Celebrate Arts & Aging

SUNDAY

Broad Street Run. Cheer on 40,000 runners in one of the country's largest 10-mile races. 8 a.m. start. Broad St. from Somerville Ave. to the Navy Yard. 215-683-3594. Broadstreetrun.com.

Chestnut Hill Home & Garden Festival. 11 a.m. to 5 p.m. 8000 to 8600 blocks of Germantown Ave. 215-247-6696.

5

MONDAY

Spinning Yarns. Bring your latest project for a relaxing evening of crafting at the library. All fiber arts welcome. 6:30 p.m. Fumo Family Library. 215-685-1758.

6

TUESDAY

Smartphone Basics. 11:30 a.m. Charles L. Durham Library. Register: 215-685-7436.

7

MOTHER'S DAY

Dream Philly Festival. Live entertainment, community open mic & family-friendly workshops. 1-4 p.m. Cherry Street Pier. 215-923-0818.

12

Jump for Joy Concert. A tribute to Dr. Irene Reiter performed by lifelong learning teacher Steve Pollack & friends. 10:30 a.m. KleinLife: NE Phila. 215-698-7300.

13

Student Art Festival. Noon to 3 p.m. KleinLife: NE Phila. 215-698-7300.

Singer Barry Pogach Performs. 7 p.m. Congregations of Shaare Shamayim. 215-677-1600.

14

Yiddish Club. A pleasant afternoon discussing & speaking Yiddish. 12:30 p.m. Congregations of Shaare Shamayim. 215-320-0351.

Milestones™

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

Send your calendar items to:

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

Email:
milestonesnews@pcaCares.org

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

Reach & Raise: Yoga on the Steps. 7:30 a.m. Phila. Museum of Art. Presented by Living Beyond Breast Cancer. Register: www.lbbc.org. \$

19

Primary Challenges: Opioid Panel Discussion. Explore resources & supports available. 6:30 p.m. South Phila. Library. 215-685-1866.

20

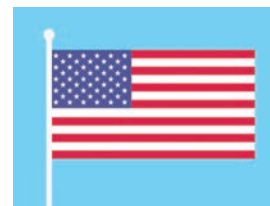
Craft Sale: Beading & Jewelry. 10 a.m. to 2 p.m. Journey's Way. 215-487-1750.

21

Mythic Creatures: Dragons, Unicorns & Mermaids. Academy of Natural Sciences of Drexel University. 10 a.m. to 5 p.m. Through June 9. 215-299-1019. \$

26

MEMORIAL DAY



27

Email Basics. Learn to use email & set up a free account. Noon. Frankford Library. 215-685-1473.

28

WEDNESDAY

Barry: Mamaloshen in Dance! **1**
12:45 p.m. KleinLife: NE Phila. 215-698-7300.
Healthy Snacks Workshop. 1 a.m. Center in the Park. 215-848-7722, ext. 225.
Spring Bingo Night. 6 p.m. Congregations of Shaare Shamayim. 215-437-7437. \$

Craft Sale: Knit & Crochet. 10 a.m. to 2 p.m. Journey's Way. 215-487-1750.
Mother's Day & May Birthday Party. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300.
Tai Chi Demo. 11 a.m. Marconi Older Adult Program. 215-717-1969.

'But What of Black Women?' An Evening of Tea & Letters. **15** 6:30 p.m. Parkway Central Library. 215-686-5322.
PCA's Celebrate Arts & Aging Artists' Reception. 4-6 p.m. West Phila. Senior Community Center. 215-765-9000, ext. 5055.

Member Appreciation Lunch. **22** 11 a.m. Center in the Park. Register by May 14: 215-848-7722, ext. 208.
Songsters Spring Concert. Kick off spring with soulful songs. 1 p.m. Center in the Park. 215-848-7722, ext. 221.
Spring Bazaar. 11 a.m. Center in the Park. 215-848-7722, ext. 221.

Computer Basics. Attendees encouraged to arrive 15 minutes early. 2 p.m. Parkway Central Library, Room 202. 215-686-5394.
PCA's Celebrate Arts & Aging Artists' Reception. 4-6 p.m. Center on the Hill. 215-765-9000, ext. 5055.

THURSDAY

Night Market Philadelphia. **2** Al fresco dining & entertainment. 6-10 p.m. 5th St. & Lehigh Ave. 215-575-0444.

Enhance Fitness Exercise Class. **9** 9 a.m. Center in the Park. Register: 215-848-7722.
PCA's Celebrate Arts & Aging Artists' Reception. 5-7 p.m. City Hall, 5th Floor. 215-765-9000, ext. 5055.

Craft Sale: Weaving. **16** 10 a.m. to 2 p.m. Journey's Way. 215-487-1750.
Centenarian Celebration. Honoring members celebrating 100 years or more. 10:30 a.m. to 1:45 p.m. KleinLife: NE Phila. Register by May 9: 215-698-7300.

Adult Coloring. **23** 2:30 p.m. Center in the Park. 215-848-7722, ext. 221.
Senior Strength Training. Space limited. 11:30 a.m. Fumo Family Library. Register: 215-695-1758.

Movie: 'Book Club' Screening of film starring Diane Keaton & Jane Fonda. 12:45-2:30 p.m. KleinLife: NE Phila. 215-698-7300.
Senior Strength Training. Space limited. 11:30 a.m. Fumo Family Library. Register: 215-695-1758.

FRIDAY

Art Exhibit Opening: Meet the Artists Reception. **3** 4-6 p.m. Journey's Way. 215-487-1750.
Cinco de Mayo Party. Music & customs from Mexico. 12 to 1:30 p.m. Marconi Older Adult Program. 215-717-1969.

Rittenhouse Square Fine Craft Festival. **10** 11 a.m. to 6 p.m. 210 W. Rittenhouse Square. 215-586-5675. (Through May 12.)

Sleeping Mat Project. **17** Assist in the conversion of recycled plastic bags into colorful woven mats for the homeless. 10 a.m. to noon. Andorra Library. 215-685-2552.

AARP NE Phila. Community Conversation. **24** Share your thoughts on transportation, housing, parks & green spaces. 5:30-7:30 p.m. Greater NE Phila. Chamber of Commerce. 877-926-8300.

French Conversation Group. **31** Join a small group of non-native French speakers for informal conversation. 10:30 a.m. to noon. Lovett Memorial Library. 215-685-2095.

SATURDAY

South Street Spring Festival. **4** Maypole celebration featuring 200 vendors. South & Front streets. 11 a.m. to 8 p.m. 215-413-3713.

Clothing Giveaway. **11** Items available for the whole family. 10:30 a.m. to 1 p.m. Mont Olivet Tabernacle Baptist Church. 215-286-5638.

ARMED FORCES DAY **18**
Italian Market Festival. Celebrating Italian food & entertainment. Italian Market. 11 a.m. to 6 p.m. 215-278-2903. (Through May 19)
Loosening the Caregiving Knot. 9 a.m. to 4:30 p.m. Science History Institute. Register: nancys-house.org. \$

Crochet & Knitting Club. **25** Presented by Sisters Interacting Through Stitches. 1 p.m. Winfield Library. 215-685-0298.

Celebrate Arts

Flourtown couple who met in school have made beautiful art for past 40 years

By Barbara Sherf

Flourtown artists Betz and Jim Green met at Tyler School of Art and have been making beautiful creations for 40 years.

Blessed with two grown children – a son and a daughter – and two grandchildren, Jim is blunt when he says “the only good thing I got out of the four-year art school education is my wife.”

Jim, 62, admits he felt pressure to provide for his family, so he put down his palette and joined his father in the family sheet metal business.

“I liked working with my hands, and my father was truly an inspiration, employing dozens of workers and running a successful company,” Jim said while sitting in front of a canvas in his studio.

On the side, he pursued sculpting and then turned to impressionistic oil painting.

“I would wake up in the middle of the night and paint or sculpt for three or four hours, where time would fly, before going off to work in the morning,” Jim said. “The creativity just takes over.”



Barbara Sherf

Artist Jim Green works on an oil painting in his Flourtown studio.

Eventually, Jim bought into his father’s business, which employed up to 30 workers in its heyday. After the economy turned south in 2009, Jim decided to close the business and retire in 2014.

Betz, 60, says there had been no question in her mind: She’d always known she would be an artist.

“As a kid, I would get pencils and papers and just draw, and if I got a good teacher who was interested in art, then that was a good year,” she said.

At Tyler, Betz was introduced to a method called silverpoint by professor Chuck Schmidt, who was well-known for his skill in the ancient art form. Using silver wire inserted into a stylus, a silverpoint artist must be meticulous as she drags the wire across a specially prepared surface without the ability to erase the resulting lines, as one would with a graphite pencil.

Betz is always collecting objects that could be used to create art. “I’ve amassed many of nature’s small scale cast-offs, such as tiny animal skulls and skeletons, seed pods, discarded birds’ nests and eggs, insect casings, and beetles, along with beach finds like crab claws, shells and seaweed,” she said. “I make drawings of these relics using silver wire combined with other mediums to create portraits with story lines, emphasizing the intriguing qualities of decomposition. The tarnishing silver contributes to this illusion, as does the mottled, freely-torn collaged paper background.”

The couple married young, and Betz started participating in art shows and doing house and children’s portraits. She also painted covers for Montgomery County Town and Country Liv-

ing Magazine and working for poster companies, and she co-founded the advocacy group Montgomery County Guild of Professional Artists.

Working with metals ran in Betz’s blood, as her father, grandfather and uncle were all metallurgists (scientists who specialize in metals). Her dad even taught her how to weld and solder. For several years, Betz designed stained glass windows – an activity that involved the use of copper and lead and her soldering skills. But in more recent years, she has reconnected with her retired professor and a few fellow Tyler graduates who were interested in pursuing work with metal and silver. For kicks, Betz has added pastel colors to her silverpoint work.

Betz’s unique artistry has graced the walls of many local exhibit spaces, among them Chestnut Hill Gallery, Artman House in Ambler and Immaculata University in Malvern. She has also worked as a drawing instructor at the Woodmere Art Museum.

Betz notes that she and Jim have different artistic styles.

While Betz had a leg up on her husband in terms of experience, Jim is catching up with her through his colorful paintings, using vibrant colors to create impressionistic oil paintings depicting regional landscapes, quirky character portraits and the occasional still life.

“Since I’ve been retired, I’ve done more than 30 paintings and continue learning different techniques,” Jim said. “I want to always do something different and never want to be an assembly-line artist. That’s what I’m doing now, experimenting with different techniques.”

“People either love the subtle beauty of decomposition or turn away to look at Jim’s



Barbara Sherf

Artist Betz Green works on a drawing of dried sunflowers in her Flourtown home.

whimsical pieces,” Betz said. “The difference between our works is, if I drew a vase, I would do a portrait and paint what I see and Jimmy would do a colorful impression – his interpretation. My work might seem subdued and his more vibrant. But as they say, beauty is in the eyes of the beholder.”

The pair exhibited at the 2018 Montgomery County Studio Tour at the Art Center at Ambler in the Ambler Activities Center, where they also teach once a week.

“A lot of people going into retirement want to be creative, and they are happy learning new skills,” Jim said. When people ask their advice on become an artist later in life, We tell them to look at books, go to museums to see what they might want to try and then to experiment,” he said. “You need to try several mediums like watercolor, painting, drawing, stained glass, woodworking or sculpture. There is something you will find a passion for and when you do, just run with it.”

For more information on Betz and Jim Green, visit betzgreen.com or artbyjimgreen.com.

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

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Bartram's Garden

Boating on the Schuylkill River: Saturdays, 11 a.m. to 3 p.m., April 22 to Oct. 27

Sunset fishing – Free rods, tackle, bait and instructions: Last Wednesday of the month, 6-8 p.m., April through September

This 45-Acre National Historic Landmark is free to the public and open year-round except on national holidays.

Bartram's Garden Community Boathouse, located at the base of the Bartram's Garden meadow; 5400 Lindbergh Blvd.; bartramsgarden.org; 215-729-5281



'Genesis,' an acrylic painting on canvas board by Thomas Smith, 63, will be on display at Center on the Hill this month.

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

Tuesdays through Saturdays, 10 a.m. to 4 p.m.;
First Friday of the month until 9 p.m.
Pay-What-You-Want admission

Witness the history of some of Philadelphia's bravest through the collection of artifacts and archives of the history of firefighting in the city of brotherly love.

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



'Japanese Noodle Cups,' a watercolor and colored pencil drawing by Janis Pinkston, 67, will be on display at City Hall this month.

Institute of Contemporary Art – University of Pennsylvania

Wednesdays through Sundays, 11 a.m. - 6 p.m.
Free admission

Exhibitions aim to bring under-recognized artists to the attention of the broader world.

118 S. 36th St.; icaphila.org; 215-898-7108

The Old City Experience

First Friday of the month, 5-9 p.m.
Free admission

Cutting-edge paintings, sculpture, ceramics, photography and fiber art on display at monthly open house events at galleries in Philadelphia's arts district.

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

Philadelphia Museum of Art

First Sunday of the month, 10 a.m. to 5 p.m.
and every Wednesday, 5-8:45 p.m.
Pay-What-You-Wish admission

Vast collection of art, architecture, tools, toys, film and furniture that covers the full range of visual and decorative arts and every corner of the globe, from ancient to contemporary times.

2600 Benjamin Franklin Parkway; phila-museum.org; 215-763-8100

Please Touch Museum

First Wednesday of the month, 4-7 p.m.
\$2 off admission

Memorial Hall, 4231 Avenue of the Republic; pleasetouchmuseum.org; 215-581-3181



'Go Van Go,' a watercolor painting by Marie A. Jones, 68, will be on display this month at West Philadelphia Senior Community Center.

Rodin Museum

Wednesdays through Mondays, 10 a.m. - 5 p.m.
Pay-What-You-Wish admission

Largest collection of master sculptor Auguste Rodin's works outside Paris.

2151 Benjamin Franklin Parkway; rodin-museum.org; 215-763-8300



'The Power of Flowers,' an acrylic painting by Deborah Glass, 80, will be on display at City Hall this month.

Science History Institute

Tuesdays through Saturdays, 10 a.m. to 5 p.m.
Free admission

Exhibits preserve and interpret the history of chemistry, chemical engineering and the life sciences.

315 Chestnut St.; sciencehistory.org; 215-925-2222

Woodmere Art Museum

Sundays, 10 a.m. to 5 p.m.
Free admission

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

For more information, go to pcaCares.org/SeniorArt.

Philadelphia Corporation for Aging presents

Celebrate Arts & Aging

Festival

• continued from page 1

is an opportunity for some artists who have never shared their work to obtain recognition for their artistic talents."

Held in May to coincide with Older Americans Month (see page 5), this year's festival features three exhibits of works by 161 artists ages 55 to 102. The exhibits will be on display May 1-31 at the following locations, with free artists' receptions held at each.

- City Hall, 1401 John F. Kennedy Blvd., 4th and 5th floors. Exhibit: Weekdays, 9 a.m. to 5 p.m. Reception: May 9 from 5-7 p.m.
- West Philadelphia Senior Community Center, 1016-26 N. 41st St. (41st and Poplar streets). Exhibit: Weekdays, 11 a.m. to 4 p.m. Reception: May 15 from 4-6 p.m.
- Center on the Hill, located behind the Presbyterian Church of Chestnut Hill, 8855 Germantown Ave. Exhibit: Weekdays, 9 a.m. to 5 p.m., and Sundays, 9 a.m. to noon. Reception: May 29 from 4-6 p.m.

Signature artist

Many of the seniors who exhibit their work at Celebrate Arts & Aging are new to creating art. But others have embraced their artistic sides for decades, including this year's featured artist. Sally Guariglia, 79, of South Philadelphia grew up with the love of art. "My family came from Italy," she said. "I'm genetically predisposed to art. It's in my blood." She was exposed to opera and painting at a young age and has been taking classes at Fleisher Art Memorial since early adulthood. "I started going there back when it was a rickety old building," she said. Guariglia has been taking weekly classes at Fleisher in painting, art theory and drawing since 2009.

Six years ago, she expanded her art studies to include two classes a week at South Philadelphia Older Adult Center. "We have a wonderful art group at the center," she said. The gathering of 10-13 people ages 65 to 87 meets on Wednesdays and Fridays at the center to work on various art projects, and group members get together on their own time for outings. "Anything around town that has to do with art, we get our noses into," Guariglia said. "It's not just education. It's a social group. We go to museums and luncheons together."

The group collaborates each year to create and select individual pieces for the Celebrate Arts & Aging exhibits. "We don't look at it as a contest," she said. "It's a project and event



Linda Resnick

Sally Guariglia discusses her submission for this year's Celebrate Arts & Aging festival with members of her art group at South Philadelphia Older Adult Center.

that we can work on and attend together. My friends encouraged me to enter my pencil and watercolor drawing, 'Old Man with Hat,' this year." Guariglia was "super surprised" and honored to learn that her piece had been selected as the festival's signature artwork. "I feel privileged to represent all of us at South Philadelphia Older Adult Center," Guariglia said. She views the exhibit as an opportunity to shine a spotlight on older adults' talents. "It's great to see older people being recognized for their talents and having a voice in a city they helped build," she said.

Guariglia's fascination with faces inspired her to create the signature work. "Throughout the world, there are a billion people – each with two eyes, a nose and a mouth," she said. "But they're all different. The faces all express something about that individual. I just love to do faces and portraits. It's more challenging to try and capture an expression in the eye, in the face, that tells the story."

Before retiring, Guariglia worked in the mental health field for 25 years at hospitals in Philadelphia, Cherry Hill and Florida. She started out as a mental health technician and went on to become a psychologist, earning a Master of Clinical Psychology later in life. In her work, she used art as a therapy technique. "I worked with chronically mentally ill patients who were in crisis," she said. "You can't sit and talk with them. They're too scared. So I would sketch or draw with them instead. Art is a safe language to use to express yourself."

Alicia M. Colombo is editor of Milestones.

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Critics' Corner



Redford, Fonda finally reunite onscreen in 'Our Souls at Night'

By Frank Burd

In 1967, Robert Redford and Jane Fonda starred in the Neil Simon movie, "Barefoot in the Park." The film was about newlyweds living in a Greenwich Village, sixth-floor walk-up apartment. They made many other films together after that.

Fast-forward 50 years to 2017, when Redford and Fonda shared the screen once again in the Netflix original movie "Our Souls at Night." This time we see them in a touching story about two elderly, widowed neighbors who discover each other.

Widowed for several years, Addie is lonely and isn't sleeping well. She knocks on Louis' door one night. Before he says a word to this visitor who he hadn't really known, she asks, "Would you be interested in coming to my house to sleep with me?"

I don't care how old Jane Fonda is. If she asked me to sleep with her, I'd be there in a heartbeat. But this invitation isn't about sex. It's about what Addie and so many of us yearn for – someone to lie with at night. Louis is speechless. Redford, who is known for his brilliantly understated acting choices, has

done it again. We watch his face as he tries to figure out what to do. After thinking it over, he agrees.

At first, he sneaks in the back door, lest the neighbors complain, but Addie eventually coerces him to walk in the front door. Of course, his male friends find out, and they needle him. Addie's female friend is disappointed when she tells her that there's no sex.

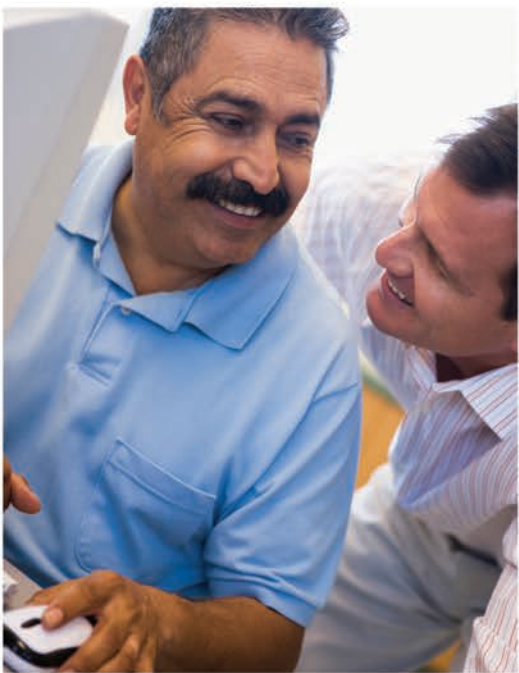
The plot thickens when Addie's son drops his boy off with Addie. He is struggling with his own life, his wife having left him. These two octogenarians (she was 79 and he was 81 when the film opened) find ways to amuse the boy, and themselves, as they rediscover life.

Of course, the backstory of each character adds to the depth of their understanding of each other. Addie lost a young daughter. Louis had been briefly unfaithful. There are no easy answers, but we are treated to a beautiful film with fine acting by two immensely talented actors whose performances are still resonating with audiences, even after five decades.

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

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2121-37 N. Howard St. 19122
215-423-7241

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

King Older Adult Center
2100 W. Cecil B. Moore Ave. 19121
215-685-2716

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

Mann Older Adult Center
3201 N. 5th St. 19140
215-685-9844

Northern Living center
827 N. Franklin St. 19123
215-978-1300
(formerly North Broad Street Center)

*On Lok House
219 N. 10th St. 19107
215-599-3016

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

NORTHWEST PHILADELPHIA

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

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

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

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

NORTHEAST PHILADELPHIA

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

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

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



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

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

SOUTH PHILADELPHIA

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

Marconi Older Adult Center
2433 S. 15th St. 19145
215-218-0800

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

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

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

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

WEST PHILADELPHIA

Firehouse Active Adult Center
5331-41 Haverford Ave. 19139
215-472-6188

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

SOUTHWEST PHILADELPHIA

*CHCS – Star Harbor Senior Community Center
4700 Springfield Ave. 19143
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Southwest Senior Center
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*Satellite meal center hours and programming may be limited. Call for details.



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[Personal History Awareness Month | May]

Leave a legacy for your family by recording your own history

By Barbara Sherf

As part of Personal History Awareness Month in May, why not consider writing down the details of your life for your children and grandchildren?

My first personal history project started with my late father, as I could see he was losing his memory. When I was a young child and a teen, we rode horses together, and as part of my mid-life crisis, he and I had the luxury of riding in the Wissahickon Valley once a week from 2003-2008.

In the saddle, Dad would tell me rich stories about growing up on a farm with four siblings in Maple Shade, New Jersey. He chatted about making more money as a teen cowboy riding a bull for eight seconds at Cowtown Rodeo or Sally Starr's Ranch on a Saturday night than he did picking and hauling tomatoes by horse and buggy to Campbell's Soup Co. in Camden. I kept urging him to write the stories down, but what it took was a list of questions and an ultimatum.

*On my father's deathbed,
I was able to read our book
aloud to him.*

"Now there will be no riding this spring unless you come back from Florida with this composition book filled with your stories, and captions on the back of the photos," I told him.

Upon his return and eager to get back in the saddle, he placed a box containing five composition books and the captioned photos in my lap and said, "Here, now let's go riding."

And we did go riding – for a good six weeks, until I had a freak riding accident.

Despite a dislocated shoulder and some cracked ribs, I was able to use my time in recovery to self-publish our book, titled "Cowboy Mission: The Best Sermons are Lived... Not Preached" in time for my father's 80th birthday party.

My father turned into a local celebrity in South Jersey, conducting book signings and readings, and I started working with groups



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Capturing personal history is a great way to share your memories with family members.

and individuals on pulling together their personal histories.

On my father's deathbed, I was able to read our book aloud to him. It was clearly a confirmation of a life well-lived, and closure for him. What more can any of us ask?

If you belong to a senior center or live in a building with a community room, find a retired English teacher, pair him or her with a history buff and you've got your instructors for a class on writing your personal history. Penning an essay once a week to share during a 12-week class will go a long way toward putting that book together.

Even just keeping those essays with your will or the family Bible will give your loved ones a sense of what your life was like, including the heartaches, and guide them toward creating the details of your final story – your obituary.

My father died in October of 2016, a month before his 88th birthday. I still take out that book. As I write this, I am preparing to share his story with his great-grandson while visiting with my sister and her family in Florida.

While my father was not a wealthy man in terms of dollars and cents, he was rich in the stories he told, the horses he rode, and the people he surrounded himself with.

To reach the author for a complimentary introductory workshop or legacy planning session, email CaptureLifeStories@gmail.com or call 215-990-9317.

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

How to write your personal history

If you're interested in writing your personal history but don't know where to start, try searching the internet for examples of personal history essays or memoirs. You could also to the library and browse through the shelves for books on memoir writing. Here are some additional tips.

- Ask yourself: Who needs my voice? Is this for your family, yourself or the public?
- Sort through family pictures and create captions for those that illustrate an essay.
- Create a table of contents or outline.
- Choose experiences from your life that you learned something from. If those experiences were the theme of a movie, what would the movie be called?
- The opening sentence of your memoir is called the "hook." Make it interesting so people will want to keep reading.
- Connect the dots. Maneuver your way from the "hook" to the details and then to the moral of the story.
- Take a memoir-writing class, or find a writing buddy or personal historian to keep you moving and motivated.



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- Check your facts: Do you have the right time period, people and places? Have you said anything that could be considered inflammatory or libelous?
- Select a "reader" to help edit and give you constructive feedback.
- Take it to the next level: Self-publish your work. If you are not tech-savvy, find someone who is knowledgeable about computers and the internet to help guide you through the process.

Crossword

Footprints

Across

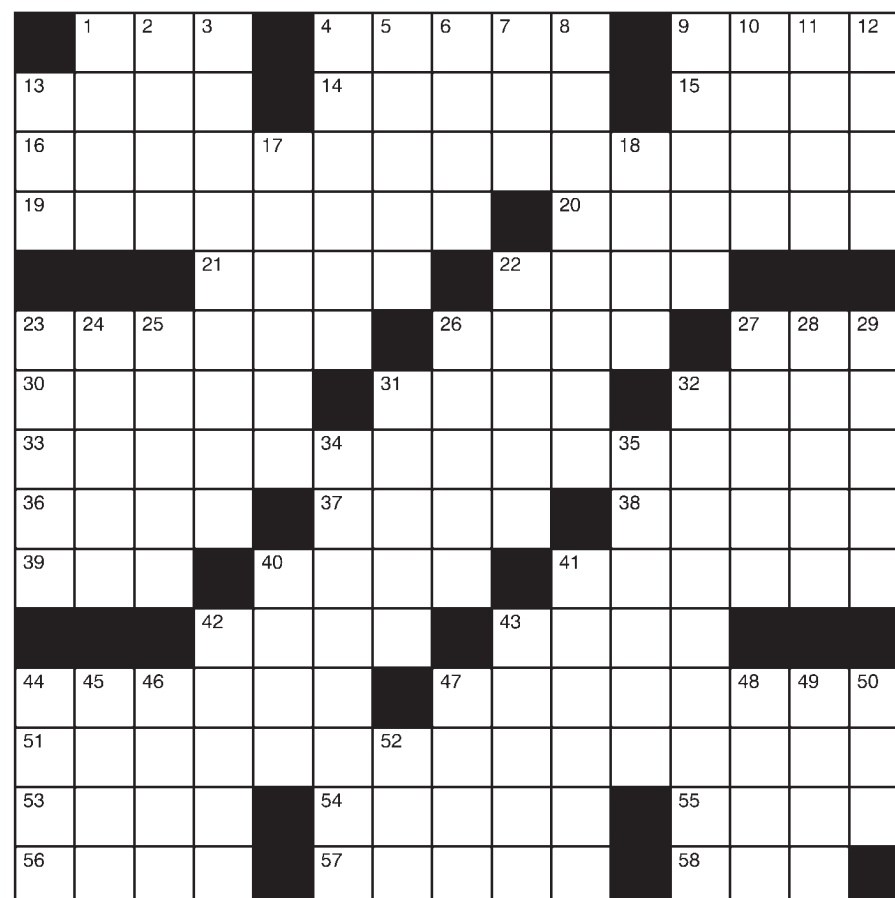
- | | | | |
|-----------------|-----------------------------|--------------------------|----------------------|
| 1 Approvals | 20 <i>The Gleaners</i> | 33 Throw ringers | 47 Species |
| 4 Title holder | painter | 36 To ___: just so | improvement |
| 9 A poke's | 21 Historic Scott | 37 Singer Pinza | 51 Cowboy gear |
| contents | 22 Family layout | 38 Feather | 53 Can do |
| 13 Got off | 23 Virgilian work | 39 ___ <i>Miserables</i> | 54 Hopeless cause |
| 14 Recluse | 26 <i>East Lynne</i> author | 40 He's the CINC | 55 Mississippi River |
| 15 Preprandial | 27 Actress Arthur | 41 Martin, of movies | bridge designer |
| consideration | 30 Schematics | 42 Principal | 56 Start |
| 16 Boudoir wear | 31 Road runners | 43 ___ song: | 57 Honor highly |
| 19 He acts for | 32 Vote-chasers, for | cheaply | 58 Pastrami bread |
| another | short | 44 Downright | |

Down

- | | | | |
|-------------------------|------------------------|---------------------------|-----------------------------|
| 1 <i>Corrida</i> clamor | 10 Rind | 26 "___ hell" | 42 Took a spouse |
| 2 Young 'uns | 11 Respecting | 27 Good things | 43 Distillery product |
| 3 Shrillness | 12 Big puff | 28 Actress Verdugo | 44 Opposite of <i>vive!</i> |
| 4 Reproduced | 13 Atty's organization | 29 Neighbor of | 45 Wraparound |
| 5 ___ in on: | 17 Big and scary | Bhutan | 46 Function |
| focused | 18 Motley | 31 Defraud | 47 Author Ferber |
| 6 Faulkner hero | 22 Bit of statuary | 32 Have amours | 48 "Now ___ me |
| 7 Tunes' Torne | 23 Horrify | 34 It's passed on | down..." |
| 8 Path of | 24 The cream | 35 Made the tenpin | 49 Relinquish |
| indulgence | 25 Thurmond and | 40 Criticizes hard | 50 Draft HQ |
| 9 Quite adequate | Archibald | 41 <i>Casablanca</i> star | 52 Goddess of night |

Solution

The solution can be found on page 4.



Milestones wants to hear from YOU!

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

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