



Milestones™

News and Possibilities for Seniors

May 2016 • Free

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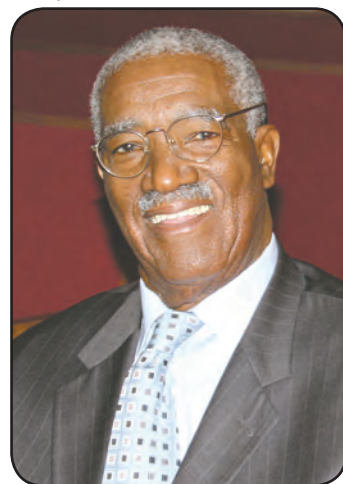


Photo by B. Krist for VisitPhiladelphia

"Swann Memorial Fountain" at Logan Square was originally named "The Fountain of Three Rivers" for Philadelphia's main waterways: the Delaware River, Schuylkill River and Wissahickon Creek.



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Caregiving

By Alicia M. Colombo

Philadelphia is known as the "The City of Murals," but it's also home to a collection of 1,500 pieces of outdoor sculpture, with a tradition of public art that goes back almost a century and a half.

"Philadelphia is unique in that we have one of the largest and oldest collections of public art in the United States," said Laura Griffith, assistant director of the Association for Public Art (aPA). "Public art is available to everyone, 24/7. You don't need a ticket to see it. You can see it at your own pace. It's meant for all citizens and visitors to Philadelphia to enjoy."

The city's dedication to preserving and showcasing public art dates back to 1872, when the aPA was established. It was the nation's first private, nonprofit

civic organization dedicated to creating a "museum without walls" by integrating public art and urban design.

Many of Philadelphia's most iconic sculptures represent the people and places of our region. When "Swann Memorial Fountain" opened in 1924 at Logan Square (Benjamin Franklin Parkway at 19th Street), it is said that 10,000 people danced the tango in the streets to music played by the police band. It was created as a memorial to Dr. Wilson Cary Swann, founder of the Philadelphia Fountain Society. It was originally called "The Fountain of Three Rivers," and features three Native Americans reclining amidst soaring jets of water which represent Philadelphia's main waterways: the Delaware River, Schuylkill River and Wissahickon Creek.

Summer weather offers an added

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Bocce began in Egypt

By Marcia Z. Siegal

"Go, Marie! Try to find strength!"
"Give 'em hell, Julie!"
"Terry, we need you!"
"Green's in!"
"Red got two!"
"The stress is killing me!"

At Guerin Recreation Center in South Philadelphia, bocce is serious business. Just ask members of its women's bocce teams. Ranging in age from 45 to 90, the players meet Thursday evenings from October until May, when the finals are held. At the Guerin Center, as traditional

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Photo by Paola Noguerras

Pictured at the Guerin Recreation Center are bocce players Mary Ann Quattrone (left) and Barbara Stuirniolo of the Penrose Diner team.

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Health Brief

Get fit while you sit with chair exercises



Photo by Evangelina Iavarone

A group of seniors at KleinLife practices chair exercises.

Strength training isn't just for body builders and professional weightlifters. It's extremely important as you grow older. Even if you have mobility and balance issues, there are chair exercises that can help you regain and build your strength, and your independence. Practicing these exercises regularly will help keep your muscles and bones strong, which in turn helps prevent falls and fractures. Try to build a habit of doing these exercises at least twice a week. Build up slowly and aim to increase the weight and/or repetitions of each exercise over time.

Before you begin

Chose a chair that is stable and solid; one that doesn't fold or have wheels. You should be able to sit with both feet flat on the floor and knees bent at right angles. Wear loose, comfortable clothing and keep a water bottle handy. When weights are indicated, you can use light hand weights, 20-oz. bottles of soda or water, or cans of soup.

The following seated exercises are recommended for seniors by the National Institutes of Health.

Wrist Curls

Rest your forearm on the arm of a sturdy chair with your hand over the edge. Hold a weight in one hand with the palm facing upward. Slowly bend your wrist up and down. Repeat 10 to 15 times, then switch to the other hand and repeat for two sets with each hand.

Side Arm Raise: Shoulders

You can do this exercise while sitting in a sturdy, armless chair, or while standing. Keep both feet flat on the floor, shoulder-width apart. Hold a weight in each hand with your arms straight down at your sides and palms facing inward. Slowly breathe out as you raise both arms to the

side, to shoulder height. Hold the position for one second. Breathe in as you slowly lower arms to the sides. Repeat 10 to 15 times, rest and repeat 10 to 15 more times.

Leg Curls: Thighs

Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee. Flex your foot, pointing toes up toward the ceiling. Hold position for one second. Breathe in as you slowly lower the raised leg back down. Repeat 10 to 15 times, then switch to the other leg and repeat for two sets with each leg.

Chair Dip: Arms

Sit in a sturdy chair with armrests. Keep feet firmly, flat on the floor, shoulder-width apart. Lean slightly forward; keep your back and shoulders straight. Grasp both arms of chair with your hands. Breathe in slowly. Breathe out and use your arms to push your body slowly off the chair. (The pushing motion will strengthen your arm muscles, even if you are not able to lift yourself up off the chair.) Hold position for one second. Breathe in as you slowly lower yourself back down. Repeat 10-15 times, then rest and repeat 10-15 more times.



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Get Physical

Now she says "Take my bike – Please!"

By Maralyn Lois Polak

Why does adulthood seem to needlessly complicate things? Take riding a bike. One of my best memories as a kid growing up in small-town America is riding a bicycle, pedaling just for the joy of motion, the breeze caressing my skin.

This was at the North Jersey shore, first in Asbury Park where as a 5-year-old I'd ride along the sidewalk on Sunset Ave. under the trees until I came to the winding white bridge leading to Wanamassa, and I'd turn back, the good girl my parents raised me to be, going just far enough, but not too far.

Two years later my family moved six miles north to the pleasant little college town of West Long Branch, population 3,000, where "Annie" would someday be filmed.

On my metallic purple Schwinn English Racer – three-speed gear shift, chrome fenders, black equipment bag, comfortable padded black seat, passenger rack, chrome basket, kickstand – I'd head for the woods way down the end of my street, past a farmer's stubbled cornfield, and try to figure out the difference between Devil's Paintbrush and Indian Pipe.

Or Franklin Park Lake, where I'd fish, if you can call it that, with my twig of a rod, strung with thick black line and the alluring, mostly to me, red-and-white plastic bobber.

How I loved to watch that bobber dance and dart with the current until it suddenly disappeared. And then I knew to yank hard!

If I caught something, usually a sunfish, carp or catfish, I'd throw it back, content to sit watching the clouds' reflection shimmer off the water as a dragonfly hypnotically rode the bobber before affixing itself to the end of my fishing rod, like a hood ornament.

For me, watching its silhouette suspended against the rosy horizon as the sun set was a kind of idyllic perfection I have only felt a few times since in my life.

Flash-forward to adulthood, wherein my career has taken me from that small shore town to Philadelphia. Here, in

the big city, bike after bike – meticulously chained to the telephone pole in front of my fashionably located Rittenhouse Square apartment – gets stolen, Kryptonite(TM) lock or not. Eventually I buy a house. I get another bike to ride, alongside my dog. And guess what? It's stolen. Even though it was a used bike, which I imagined would appeal to no one but me.

One more try

Years pass. One dog becomes another. One dream blurs into the next. Eventually, I get me a classic brand-name bicycle, from the Internet. It's new and presumably tantalizing to bike thieves. Deliberately I have ordered this bike in gray, thinking it will attract no attention that way.

Naturally it arrives with bright red enameled crossbars, and I nearly faint because, to bike thieves, I would imagine, red is the equivalent of a red flag to a bull. But finally, inspired by the Tour de France, I am considering dipping into the bike manual, a chore I've put off because the idea of 25 gears is somewhat daunting to me.

On the cover of this 64-page manual, in bright yellow letters against a black background, there's the screaming headline, "WARNING: MUST READ BEFORE RIDING."

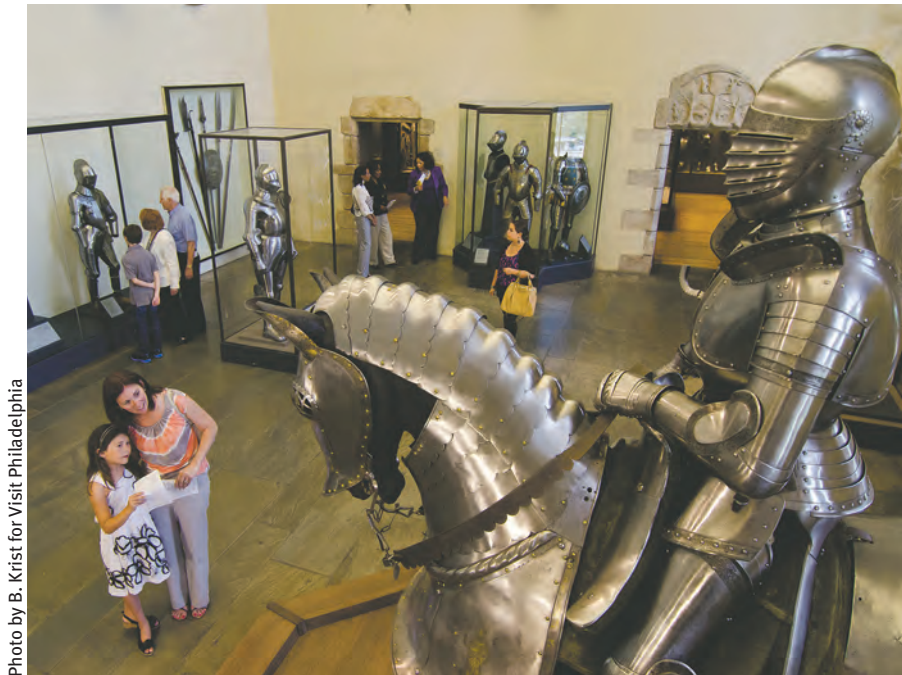
This, alas, reminds me of a guy I knew, a former Dustbowl English professor who'd grow short with me for one intellectual malfeasance or another, and would bark, "RTFM! RTFM!" Which of course means "Read The Freakin' Manual!"

Well, gang, he knew! Even then, he knew something I didn't know: You can't get by in life anymore unless you do.

This manual contains many "warnings" and "cautions" many of which say "you may lose control and fall." Because any fall can result in serious injury or even death, we do not repeat this warning whenever the risk of falling is mentioned.

Thanks a bunch. If it's just the same with you, I think I'd rather walk.

Screenwriter/cartoonist/novelist Maralyn Lois Polak lives in Philadelphia.



Docents have to demonstrate that they can give a tour for each part of the museum, including the museum’s five galleries of arms and armor.

Museum docent says she will keep going until her knees give out

By Barbara Sherf

Growing up in the Fairmount section of Philadelphia, Gertrude “Gert” Kline and her younger sister would help at the family grocery store, but when they weren’t working, they would ride their bicycles exploring their neighborhood.

“We used to ride to the main branch of the library, and one day I looked up and said, ‘why don’t we go look at that big building down there.’ When we got there we discovered it was a museum and they let you in for free. Wow. That was something else, and it was always in my heart,” said Kline while reminiscing about her first trip to the Philadelphia Museum of Art, where she has served as a docent for 13 years.

Over the years, Kline visited the museum from time to time, but she and her husband, Albert, were busy raising three boys and she was teaching full time in the Philadelphia public school system. After 26 years of teaching, she retired at 62, but soon began working

part time for Temple University, observing third year education majors doing student teaching.

“I would go into schools to observe them as student teachers who were ready to get certified and give them feedback. The pay wasn’t much, but I loved every moment of it and got paid in other ways in terms of giving back to the educational community,” she said.

A longtime friend who was a docent at the museum knew Kline planned to retire from the student teaching program and suggested that she enroll in a new two-year class for docents.

Rigorous training

“We met all day every Monday that first year and if you missed three sessions you had to leave the program,” Kline said. “During the second year, each guide had to prove that they could give tours for each part of the museum, plus an introduction to the museum. That was seven individual tours. It was really hard, but worth it to me. I got to see the museum every week and learn new things.”

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Get Physical

City's parks offer opportunities to walk, run, ride a bike or a horse — or just relax

By Alicia M. Colombo

Philadelphia's park system boasts 10,200 acres of open spaces and urban landscapes, including more than 100 neighborhood parks in every part of the city. These green spaces make outdoor activities accessible for all, regardless of where you live. When seniors were surveyed in 2010, only 1% said they did not live near a public park; but 72% reported not having taken advantage of a recreational facility or park within the past year.

"We engaged with seniors in focus groups across the city," said Kate Clark, planner for policy and program development at Philadelphia Corporation for Aging (PCA). "We found that seniors had fond memories of going to parks when they were younger, but the fear of safety and lack of organized activities, such as walking groups, was keeping them from going to parks in their elder years."

One outcome of the survey was an alliance between PCA, the Fairmount Park Conservancy, and Parks & Recreation aimed at addressing the issue. The groups worked together to develop criteria for rating, and potentially modifying, Philadelphia's parks based on the World Health Organization's Age-friendly Cities Checklist.

"We went out to the parks with an Occupational Therapist to check them out. We found a lot of needs, such as broken sidewalks and benches, but also many parks that could be very accommodating for seniors. Then, we started to look at ways to make all the parks more accommodating to seniors," said Meg Holscher, senior director of development at Fairmount Park Conservancy.

An "age-friendly" park is one that is inviting and accessible to people of all ages and abilities. The checklist includes features that are important not only to seniors, but to people of all ages — like shaded areas; railings along stairways; and wide, sturdy sidewalks for wheelchairs or strollers. "Seniors want a safe place to go that is free of crime, tripping hazards and dogs off leashes. Bathrooms and accessi-

Photo by R. Kennedy for Visit Philadelphia



Horseback riding, bicycling and sightseeing are among the many outdoor activities that are available to seniors throughout the city's vast park system.

bility to public transit are very important. They also need a reason to go there, including programming, amenities, and areas to sit and read," said Clark.

High-rated parks

The following is a sampling of parks around the city that are recommended for seniors. To locate a park near you and to learn more about the features of other city parks, go to www.myphillypark.org or www.phila.gov/ParksandRecreation. You can also contact the Fairmount Park Conservancy at 215-988-9334.

Clark Park, 4300 Baltimore Ave.

This park, located in the University City neighborhood of West Philadelphia, has seen a lot of improvement over the past 10 years, according to Holscher. "Much of the revitalization has been driven by the surrounding community and volunteers. It offers café seating and a lot of other amenities. It is a very safe park with a mixture of residential and community facilities surrounding it, including a nearby health center and the University of the Sciences," she said. Clark Park is very dog friendly (leashes required in all areas) and features a community garden; areas for picnics, parties or cookouts; a playground; basketball,

volleyball and youth soccer courts; and gaming areas for chess and lawn bowling. The French game of pétanque/boules, which resembles bocce, is played Sundays from 11 a.m. until about 2 p.m. (weather permitting) at the central plaza in North Park. There's also a farmers' market on Saturdays from 10 a.m. to 2 p.m. and Thursdays from 3 to 7 p.m. For more information: www.friendsofclarkpark.org.

Dickinson Square Park, 4th & Tasker Sts.

Located in the Pennsport section of South Philadelphia, this park was recently renovated. "It has really great walkways that are shaded. There's also an onsite farmers' market on Sundays," said Clark. Dickinson Square features several basketball courts, swing sets and jungle gym equipment for the grandkids, and large shade trees on three acres. The Friends of Dickinson Square Park website (<http://dickinsonsquare.org>) boasts of the park's turn-of-the-century layout and architecture of the surrounding neighborhood, which features structures from a true golden age of American building. There are many nearby shops and restaurants where you can pick up lunch to enjoy in the park. A notable nearby attraction is the Mummer's Museum, just a block

away from the park on 2nd Street. SEPTA buses 29 and 57 stop on the corner.

Fisher Park, 600 W. Spencer St.

Situated in the Olney section of North Philadelphia, this park comprises more than 23 acres of natural beauty, including several gardens, woods with trails, a playground area, and tennis and basketball courts. Clark says there are some hills that could be challenging for seniors with mobility issues, but it's a good place for more active seniors to get some exercise. There's a convenient drop-off area that helps make it accessible.

Franklin Square, 200 N. 6th St. (6th & Race Sts.)

This was among the five public squares laid out in William Penn's original plan for the city. Located at the foot of the Benjamin Franklin Bridge in Center City, this eight-acre park is a refreshing, urban green space that features a wealth of amenities and activities. Among them are the Parx Liberty Carousel; Philly Mini golf, an 18-hole course through dioramas of local attractions; SquareBurger featuring specialty milkshakes and other culinary treats; a restored fountain from 1838; and the Living Flame Memorial, a tribute to Philadelphia's fallen police officers and firefighters. Storytelling benches offer free short talks about Philadelphia's past, given by non-costumed historians and presented through Once Upon a Nation. The benches are open Fridays and Saturdays from 11 a.m. to 4 p.m. from June through Labor Day weekend; and from June 14 to August 13, the benches are open Tuesdays to Saturdays (same time). Special events are held year-round, including the inaugural Philadelphia Chinese Lantern Festival that's going on now through June 12 from 6 to 10 p.m. and until 11 p.m. on Friday and Saturday. The square is open daily, year-round. Until June 12, regular daytime hours will be 10 a.m. to 5 p.m. From June 13 to September 5, the square stays open until 9 p.m. most days and until 10 p.m. on Friday and Saturday.

First Wednesday Group keeps neighbors in the loop, tours get the inside scoop

By Marcia Z. Siegal

Carole Sheridan had a vision for her retirement: she wanted to create a "senior center without walls" for her neighbors age 55-plus in the Art Museum/Fairmount area.

Now that their families were grown and many were retired, people could regroup to network, reconnect, provide support and socialize. However, it would not have a defined physical space. Sheridan hung posters around the neighborhood and secured coverage in the Girard Home News to help spread the word about the group's first organizational meeting.

"I appreciated what a wonderful concept senior centers are and how participation in these centers can greatly enhance the quality of life for older adults," says Sheridan, who had served as director of both the South Philadelphia Older Adult Center and the Northeast Older Adult Center.



Photo by Paola Noguere

Carole Sheridan stands in front of Boathouse Row, a past tour destination for The First Wednesday Group.

"Father Peter Burkaukas, pastor of St. Andrew's Church at 19th and Wallace Streets, lent his support and made his community room available for free when needed for meetings," Sheridan says. Five people attended that first meeting in 2008. "It was decided that we would meet on

a life of its own. People supplied phone numbers and e-mails; began bringing other people to meetings and events; made suggestions; and lent their skills and talents. This includes Sheridan's husband, Alan Freed, a retired systems programmer, who volunteered to pro-

vide all the technical services for free. Starting with speaker events and trips, First Wednesday has continued to evolve, with events taking place throughout the month that mirror the interests and talents of its expanding membership.

There are now two book groups; a weekly walking group; an annual holiday pot luck dinner; and a Chinese New Year's Banquet, which is held at Mustard Greens Restaurant on South Street. Group member and historian Brian Burke leads a hike each May, often in Fairmount Park. Departing from his usual tradition, he led participants along a few chosen blocks of Green Street last month to talk about the architecture and the families who had built homes there.

First Wednesday members MaryAnn Tancredi, an opera singer, and John McIntyre, a classical pianist, have performed for fellow group members in neighborhood venues. Neighborhood authors Tom Lyons and Clara Whaley Perkins have given readings of their work.

Sheridan coordinates a tour to unusual destinations around the neighborhood and other

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Her matchmaking led to two sisters marrying brothers in this double wedding

By Dorothy Stanaitis

Jennie and George were in love and wanted to get married. George came from a large Irish family of jolly, friendly boys and girls. His brothers were handsome and hard-working. His sisters were fun-loving and industrious. Their parents enjoyed raising their family, and welcomed Jennie into it.

The problem was with Jennie's family. They had come, with much hardship, from Lebanon, and were struggling to find a foothold in this new country. Jenny's two uncles had gone back to Lebanon when they wanted to find brides, and brought back two lovely women to join the family in the large, three-story home where they all lived.

Although they liked George, Jennie's family would have preferred that Jennie marry a Lebanese man. However, they couldn't manage the expense of sending her overseas along with a female chaperone and a man to look after both women while a Lebanese marriage was arranged. But that wasn't the only problem.

Jennie had an older sister, the beautiful and elegant Eleanor, who had more than her share of admirers, but wasn't in love with any of them. The family believed that it would disgrace Eleanor if her younger sister married before she did. They would not give permission for a younger sister to marry first. Jennie and George would just have to wait until Eleanor found a husband of her own.

Months went by, and Eleanor continued to enjoy seeing several young men, but didn't think that any of them would be the one she would marry. Jennie and George became more and more impatient, until finally, Jennie came up with a plan.

All of George's brothers were popular with women and dated frequently, but none of them had any plans to settle down in the near future. Jennie decided to change all that. A plot was hatched. She talked endlessly to Eleanor and to George's brother, Bob. She

Photo courtesy of Dorothy Stanaitis



A double wedding made for twice the fun at half the expense. The couple on the far left were also newlyweds, having eloped shortly before this wedding.

had George start a campaign, praising Eleanor to his brother. Finally, Bob expressed interest in meeting this special young lady, and Eleanor agreed to a double date with Jennie and George.

Eleanor was beautiful, charming, intelligent and eligible. Bob was handsome, charming, intelligent and eligible. After a very short courtship, George's brother proposed, and with urging from Jennie, and prodding from George, two engagements were happily announced. But then, another problem arose.

Cost conscious

Weddings were expensive. There would be considerable cost for the bride's family to hold a suitable affair for their elder daughter. Jennie and George would have to wait until Jennie's family could save for a second wedding. But Jennie would not be denied. She had waited long enough. She suggested a double wedding. It would be twice the fun with half the expense. Two sisters marrying two brothers would mean a smaller guest list than if four families were involved. It seemed a sensible solution, so Jennie's parents agreed.

The date was set and preparations began. Invitations were ordered, a photographer was selected, and a reception hall and caterer were engaged. Next came the choice of wedding gowns. Eleanor had a tall, regal build, while her younger sister was short and less slender. They would not be able to wear matching gowns, so they would just choose different dresses.

Then the selection of the wedding parties began. Each girl was popular and had many friends, and of course, family members had to be considered. Each bride chose one maid of honor and one bridesmaid. A little cousin would serve as flower girl for both brides. It was a happy

and exciting time for everyone involved.

When the wedding parties were assembled, it was decided that the two maids-of-honor would wear matching dresses and floral tiaras, while the bridesmaids would wear another style of dress and headpiece. But before the gowns were even ordered, there was a surprise to deal with.

Eleanor and Jennie's older brother announced that he and his darling Rose had eloped to Elkton, Md., and were now man and wife. When the excitement of that announcement calmed down a little, the plans for the double wedding were adjusted to add the newlyweds and another couple into the bridal party.

It turned out to be a wonderful double wedding in a beautiful church filled with friends and family. And to add to the occasion, well-wishers had the opportunity to toast and congratulate not one, not two, but three new brides and grooms.

Dorothy Stanaitis is a retired librarian and a freelance writer.

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Public art

• continued from page 1

incentive to put on your walking shoes and explore the outer beauty of our city. You may want to bring a friend along, as well as your camera, smartphone or notepad to help you document the sights. Following are some highlights from sculpture tours created by the aPA (see page 11 for details on where to find tour routes and maps).

Pockets of art

Some areas of the city feature multiple artworks, so taking a walk can be like visiting an outdoor gallery. "The Benjamin Franklin Parkway is a great place for seniors to explore art, because it is easily accessible. It's a straight route, and there are a lot of pieces displayed there," said Griffith. Among them, Robert Indiana's iconic "LOVE" sculpture; the Swann Fountain and the "Shakespeare Memorial," both by Alexander Stirling Calder; and "The Thinker," by Rodin.

On a 30-minute stroll through Rittenhouse Square and surrounding blocks, you can view eight outdoor sculptures that were erected with the support of civic-minded Philadelphia residents. The works include a "Giant Frog," created in 1941, perched atop a rock with a look of concentration on its face; and "Gardener's Cottage Gates" that were commissioned in 2010 as a memorial to longtime board member and resident Patty Hogan (both in the park on Walnut Street, between 18th & 19th).

The longest tour runs along Kelly Drive and highlights 18 locations, some of which feature multiple works of art and architectural details. The full route is 3.3-miles, one-way. The trail is a popular spot for walking, jogging or biking. Bike rentals are available at Lloyd Hall, 1 Boathouse Row. This route features many monuments to famous American and world leaders. Arguably the most eye-catching among them is the golden "Joan of Arc" statue of the French heroine on horseback at 25th Street.

"The Wedges" (1970) features eight pieces of weathered steel, each standing 4'6" high, placed in the grass at Sedgley Drive to form a rounded square. According to the audio tour and website, "The

artist, Robert Morris, has always been interested in problems of perception and is widely known for his 'earthworks,' as well as for his involvement in the conceptualist and minimalist movements."

The Ellen Phillips Samuel Memorial, located south of the Girard Avenue Bridge, features three terraces and 17 sculptural monuments that were commissioned over a period of 30 years. Ellen Phillips Samuel was a member of the Fairmount Park Art Association (the precursor to aPA) and a supporter of many cultural activities in Philadelphia. When she died in 1913, she left the bulk of her estate in a trust to be used to create a series of sculptural monuments "emblematic of the history of America."

This suggested tour route concludes at Laurel Hill Cemetery, located at 3822 Ridge Ave., which was founded in 1836 both as an educational and recreational public destination and as an alternative to Philadelphia's crowded, inner-city church burial yards of the time. It was the first cemetery in the United States to be recognized as a National Historic Landmark. The cemetery's design highlights scenic Schuylkill views with winding pathways and exotic horticulture elements. The work of noted sculptors and architects is displayed throughout the cemetery's grounds, and the remains of many famous locals are buried here, including General George Gordon Meade, Frank Furness, Thomas Sully, David Ritzenhouse and Harry Kalas.

Explore thematic threads

The aPA website also offers interactive maps based around 13 different themes, including women and public art; art depicting the African-American experience; and military generals.

One of the themes points out many sculptures dedicated to one of Philadelphia's most famous residents – founding father Benjamin Franklin. The locations dot the city, from the base of the Benjamin Franklin Bridge all the way up to University City. "Bolt of Lightning ... A Memorial to Benjamin Franklin," located at Monument Plaza, near 6th & Vine Sts., is 58-ton structure that measures 101.5-foot-tall and depicts Franklin's legendary kite experiment. A four-legged painted-steel base supports a 37" realistic key from which emerges a somewhat ab-

stract depiction of a lightning bolt made from multifaceted stainless steel plates and a tubular steel representation of a kite. The massive structure is anchored with four steel guy cables.

For a more realistic depiction of Franklin's work, stop by City Hall (near the Masonic Temple at 1 N. Broad St.) to view "Benjamin Franklin, Craftsman (or Young Ben Franklin)." This 10-foot bronze sculpture is textured to simulate wood and shows Franklin working at a

printing press, his original trade. It was commissioned for the 250th anniversary of the Pennsylvania Freemasons.

The works noted above indicate a very small sampling of all that the city's public art displays have to offer. See the next page for additional information on tours and other resources available from aPA.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Philadelphia ranked as country's 4th most walkable city

In a recent study of the 3,000 largest U.S. cities, Walk Score ranked Philadelphia as the 4th most walkable American city. Walkability scores are compiled based on access to public transit, commute distance, proximity to community features, and other factors that affect residents' health and happiness. Out of a possible 100 points, Philadelphia scored 78.3 and is considered "very walkable." Most errands can be accomplished on foot. It was noted that Philadelphians

can walk to an average of five restaurants, bars and coffee shops in five minutes. Walk Score described Philadelphia as "a vibrant city with rich history and a hub of business, art, education and cheesesteaks." The survey also gave Philadelphia a good transit score for having many nearby public transportation options and an average bikeability score (68) for having some bicycling infrastructure. The top three cities were New York, San Francisco and Boston.

Museum docent

• continued from page 5

Once she had satisfactorily presented all of the tours, she was put into the museum's schedule to serve as a docent at least twice a month or 100 hours per year. For extra credit she goes into the community to talk about recent or upcoming exhibits to groups who might not otherwise get to the museum.

"It's wonderful when I get groups who are eager to learn, but might be older or have mobility issues and can't get down to the show themselves," said Kline, 78, who plans to continue with the tours as long as her knees hold out.

"Being a docent has kept me young physically and keeps my mind going," she said. "While I'm giving, I'm also getting a lot of out this."

For more information about becoming a docent or having a docent come to speak with your group, call 215-763-8100.

Barbara Sherf is a freelance writer and personal historian. She can be reached at 215-990-9317 or CaptureLifeStories@gmail.com.

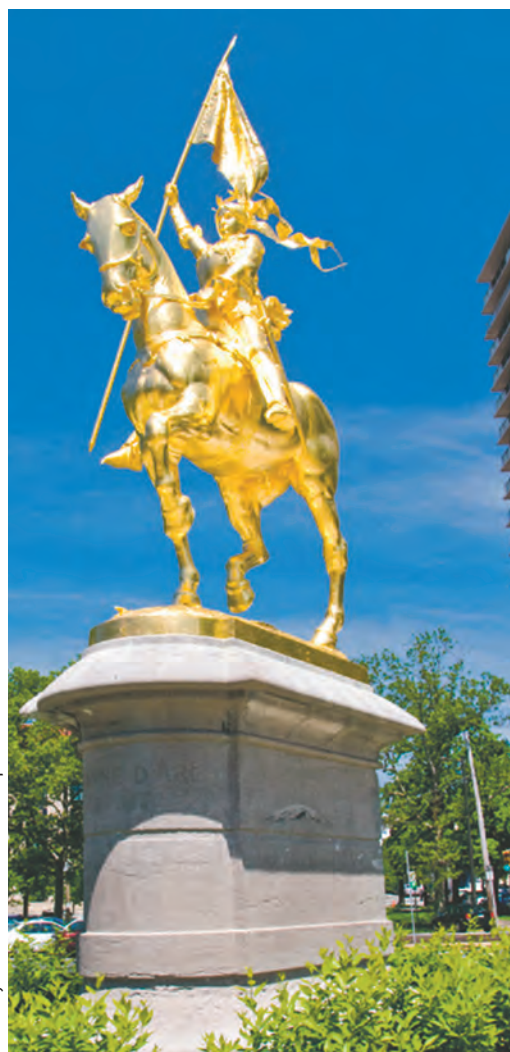


Photo by T. Scheid for Visit Philadelphia

Photo by M. Fischetti for Visit Philadelphia



Photo by R. Kennedy for Visit Philadelphia



Photo by G. Widman for Visit Philadelphia



Photos clockwise from left: The Joan of Arc statue at 25th Street and Kelly Drive; LOVE sculpture in Dilworth Park at the base of Benjamin Franklin Parkway; William Penn atop City Hall; Evelyn Taylor Price Memorial Sundial in Rittenhouse Square.

Free guides to explore city's outdoor art

The Association for Public Art (aPA) has created several tools to help the public learn about the city's public sculpture collection. Hundreds of the sculptures are highlighted on its website, and there are also printed maps, with routes of suggested walking and bicycling art tours.

A free Museum Without Walls: AUDIO program is available to com-

pliment the viewing experience with unique stories, as told by people with a direct connection to the artwork. You can learn about the artist's life and process, the sculpture's meaning and history, and why the piece was created and installed at a specific site in Philadelphia. Dialing instructions for accessing the audio program by cell phone are attached to the signage

at numerous locations in Fairmount Park and Center City. An interactive map of all the audio program locations, along with the audio files, is also available online and through a free smartphone app.

For an interactive map of outdoor sculptures, suggested tours, and pictures and descriptions of art, go to www.associationforpublicart.org and

click on the "Explore" or "Tours" links at the top of the page.

Printed maps are available for the audio and bicycle tours. You can pick one up at locations throughout the city, including the Visitors Centers in LOVE Park, Independence Park, and City Hall; Sisters Cities Park (18th St. & Ben Franklin Parkway); and Café Cret (110 N. 16th St).

June 2016

Sunday

5

Philadelphia Youth Orchestra. Works by Barber, Szentpali, Higdon & Rachmaninoff. 4 p.m. Kimmel Center, Verizon Hall. 215-893-1999. \$

12

Odunde Festival. The largest African-American street festival on the East Coast featuring cultural, historical & family-friendly activities. 10 a.m. to 8 p.m. 23rd & South Sts. 215-732-8510.

Philly Pride Day 2016: Are You Connected? Celebrate LGBT pride with live music & food. Parade starts 11:30 a.m. at 13th & Locust Sts. Festival opens at noon at Penn's Landing, Great Plaza. 215-875-9288. \$

19

Father's Day

Mexico Beyond Mariachi. Lively music & dance performance with colorful costumes & authentic instruments. 2 p.m. Parkway Central Library. 215-686-5322.

26

American Sign Language Social Group. 1 p.m. Northeast Regional Library, Humanities Dept. 215-685-0512. (Every other Sunday)

Monday

6

The Doctor's in the House: COPD & Asthma. Dr. Brent Simmons of Drexel Univ. College of Medicine. 10 a.m. Center in the Park. 215-848-7722.

The 'E' Pill. Physical Therapist discusses how exercise can strengthen bones. 1 p.m. Center on the Hill. 215-247-4654.

Simple Chemistry. Educational consultant Anita Dupree leads interactive workshop. 10 a.m. Center in the Park. 215-848-7722.

13

Back Pain: What's Behind it? Causes of low back pain & treatments. 12:30 p.m. Center on the Hill. 215-247-4654.

Fruit & Vegetable of the Month. Learn health benefits of produce. Includes recipe, tasting & raffle for fresh produce. 10 a.m. Marconi Older Adult Program 215-717-1969. \$

20

First Day of Summer

Women of Faith & Hope: Breast Cancer Support Group. 1-2:30 p.m. Center in the Park. 215-848-7722. (Third Monday of month)

27

Spiritual Journeys Class. Session for the mind, body & spirit. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926.

Tuesday

7

Mahjong. 1-3 p.m. Center in the Park. 215-848-7722. (June 21)

Stained Glass Mosaics. 2-3:30 p.m. Center on the Hill. 215-247-4654. (Tuesdays in June) \$

Yoga & Wellness to Manage Arthritis. Simple exercises, stretching & breathing 11 a.m. Center on the Hill. 215-247-4654. (Tuesdays in June) \$

14

Flag Day

E-Gadget Help Desk. Bring your smartphone, tablet, e-reader or laptop. Gadget Gurus will give tutorials, troubleshooting tips, advice & hands-on help with technology. No registration required. 3-6 p.m. Parkway Central Library, lobby. 215-686-5322. (Tuesdays & Thursdays)

21

Afternoon Movie: "The Martian" (2015). Film screening with popcorn. 1:30 p.m. Center on the Hill. 215-247-4654. \$

Foot Reflexology. Learn healing art of massaging reflex points. 9:30-11 a.m. Center on the Hill. 215-247-4654. \$

28

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

Monthly Birthday Party. Cake, ice cream, lunch & live entertainment. 11:45 a.m. Peter Bressi Northeast Senior Center. 215-831-2926.

Wednesday

1

i-Pad Lessons. Learn to navigate the internet & operate applications ("apps"). 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926. (June 8, 15, 22)

Rubber Stamping Club & Card Making Class. 2:30-4:30 p.m. Center in the Park. 215-848-7722. (June 15) \$

8

Experience Corps Info Session. Volunteers needed to tutor & mentor Philadelphia students in grades K-3. 9:30 a.m. AARP Foundation. 267-592-4459. (June 23)

15

Blood Pressure Screening. 9:30-11 a.m. Center in the Park. 215-848-7722.

PhilaFilm Presents: Seniors Day Icon Series. Tribute to motion picture icons who passed away in 2015. Boxed lunch & giveaways for attendees. 1-3 p.m. African American Museum in Phila. Must register at 215-849-2716.

22

Take Me Out to the Ball Game. Festive meal, special guests & baseball-themed entertainment. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300.

Trip to Tropicana Casino. Light breakfast, lunch & bingo on bus. 9 a.m. to 5:30 p.m. Departs/returns: PSC - Avenue of the Arts. Register: 215-546-5879. \$

29

Life After Loss. Discussion in safe, supportive environment about navigating life changes & creating the life you want for yourself. 1:30-3 p.m. Center on the Hill. 215-247-4654.

Live Right: Healthy Eating & Nutrition. ShopRite Nutritionist gives informative & interactive presentation with samples. 11 a.m. St. Anne's Senior Center. 215-426-9799.

Thursday

2

Smart-size Your Portions & Right-size You. Interactive nutrition program for seniors on a budget. Includes recipe for Tropical Coleslaw. 10:30 to noon. Walnut Street West Library. 215-573-2380.

String Band Music Under The Stars: Greater Kensington. Refreshments for sale starting at 7:30 p.m. Concert begins at 8 p.m. Mummery Museum. 215-336-3050. (Thursdays through Sept.)

9

Helping Seniors with Finance. Representatives from Citizens Bank share tips to improve financial health. 1:30 p.m. Center on the Hill. Register by June 6: 215-247-4654.

String Band Music Under the Stars: Ferko. Refreshments for sale starting at 7:30 p.m. Concert begins at 8 p.m. Mummery Museum. 215-336-3050. (Thursdays through Sept.)

16

Declutter, Downsize & Organize Your Stuff. 1:30 p.m. Center on the Hill. 215-247-4654.

Father's Day & June Birthday Party. Cake & live entertainment. 11:45 a.m. KleinLife: NE Phila. 215-698-7300.

Smart Drinks. Interactive nutrition program with recipe for Mango Melon Madness Green Smoothie. 10:30 to noon. Walnut Street West Library. 215-573-2380.

23

String Band Music Under The Stars: Quaker City. Refreshments for sale starting at 7:30 p.m. Concert begins at 8 p.m. Mummery Museum. 215-336-3050. (Thursdays through Sept.)

30

String Band Music Under The Stars: South Philadelphia. Refreshments for sale starting at 7:30 p.m. Concert begins at 8 p.m. Mummery Museum. 215-336-3050. (Thursdays through Sept.)

Friday

3

Explore & Create. Art history class with a twist: learning mixed with art-making. 10-11:30 a.m. St. Anne's Senior Community Center. 215-426-9799.

Gay Pride Month Presentation. Discussion of LGBT history & how to create a welcoming environment. 11 a.m. Southwest Senior Center. 215-937-1880.

10

Kick Off Summer Party. Live entertainment, food & gift card raffle. 12:30-2:30 p.m. Peter Bressi Northeast Senior Center. 215-831-2926.

17

Art Café. Painting class with light refreshments & music. 1 p.m. Marconi Older Adult Program. 215-717-1969. \$

Cookology Class. Certified Dietician creates delicious, nutritious treats with samples. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926.

i-Pad Lessons. Learn to navigate the internet & operate applications. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926.

24

Women's Wellness Workshop: Aging & Elder Care.

Access to health care, job search & resume help, legal advice, & seminars on covering lifestyle issues affecting African & Caribbean immigrants. 5:30-7 p.m. African Cultural Alliance of N. Phila. 215-729-8225.

Saturday

4

Fairmount Water Works Family Tour. Includes grounds outside historic site, including the Fishway Dam; guided orientation to "Water in Our World;" & short film about the building's important role in Phila. history. 1 p.m. Presented by Let's Go Outdoors. Register: 866-878-3595. (Saturdays in June)

11

Dogs & Generals. Bring your four-legged friend to learn about George Washington & General Howe's dogs. Meet Historical Hounds & rescue organizations. Service dog demos & guided tours. No musket or cannon demos. 10 a.m. to 4 p.m. Fort Mifflin. 215-685-4167. \$

18

Summer Flea Market. 8 a.m. to 2 p.m. Hayes Manor Retirement Residence. 215-473-1552.

25

Manayunk Arts Festival. The tri-state's largest outdoor, juried arts & crafts festival offers an eclectic variety of fine arts & crafts from across the country, along with food & music. 11 a.m. to 7 p.m. Main Street in Manayunk. 215-482-9565. (June 26, 11 a.m. to 6 p.m.)

Milestones

Events that end with a \$ require an entrance fee or advance ticket purchase. Events that are free may request a donation or offer items for sale. Please call the number listed for information on pricing or other questions about an event.

Send your calendar items to:
Attn: Calendar Editor
PCA Communications Dept.
642 North Broad Street
Philadelphia, PA 19130-3409
Phone: 215-765-9000, ext. 5081
Fax: 215-765-9066
E-mail: acolombo@pcaphl.org

Church and community have honored this elder for his outstanding service

By Alicia M. Colombo

Elder Michael Beauford had no idea, 20 years ago, that a spiritual calling would lead him to undertake community service so far-reaching that it would help thousands of people across every age and stage of the lifespan. Connecting low-income families with food banks; establishing an after-school tutoring program; fundraising for college scholarships; and setting up diabetes workshops for seniors are just a few of his endeavors.

His work has made an impact and gained recognition from both within and far beyond the faith community. He has been honored by State Senator Shirley Kitchen and by Philadelphia Councilwoman Cindy Bass for service to the community; and last November, Greater Enon Missionary Baptist Church gave him its inaugural "Senior Citizen of the Year Award."

Finding his calling

Beauford feels his allegiance to God

and to the people deeply. He remembers vividly when he was called to do community service work. "It started 20 years ago, when I belonged to Deliverance Evangelistic Church at 22nd and Lehigh. I was a member of Deliverance for more than 15 years," he said. Pastor Clement M. Lupton III was leaving Deliverance to be the Senior Pastor at Beloved St. John Evangelistic Church, in Philadelphia's Logan section.

"I didn't know Pastor Lupton that well at the time," Beauford said. "I had no intention of leaving, but the Lord told me to go with him. It was a spiritual calling. I came here out of obedience to the Holy Ghost. After about three years, the Lord told me, 'You are going to work in the community.' I'm very obedient to God's word, so I told Pastor Lupton about my directive and the work began."

Embracing the role of elder

In a large, diverse congregation of more than 2,000 churchgoers, there are many needs to be filled. Beloved St. John has more than 60 ministries to attend to



Photo by Alicia M. Colombo

Elder Michael Beauford became a faithful community servant, 20 years ago, when he says he was called upon by the Lord to serve the people in his community.

the members' specific needs, including single mothers, marriage enrichment, bereavement and seniors. Beauford and his fellow elders work to serve these and other groups.

"An elder is one of wisdom, spirituality and integrity. At Beloved St. John, our elders help the pastor with the ruling of the church. We are an extension of the pastor. We take some of the responsibilities off of him," said Beauford.

The elder's essential role can be traced back to the Old Testament. After Moses led the Israelites out of Egypt, when they were wandering in the wilderness, he was overwhelmed by the burden of responsibility he carried. God spoke to him, saying "Bring me seventy of Israel's elders ... and they shall bear the burden of the people with you, so that you will not bear it all alone." (Numbers 11:16)

Today's church elders, like Beauford, serve in much the same way, helping the pastor meet the needs of the congregation.

Community service

Beauford began by learning what services, information and resources were available in the community that could assist congregants and their families. "Networking is only the first step. Building – and maintaining – relationships on

a deeper level takes a concerted effort," he said. Beauford has cultivated many working relationships with human service agencies and legislators within the community. By attending a multitude of meetings and presentations, he's built connections that have helped thousands of people in need. "Navigating the system is an obstacle to accessing services for many people. We help them get over the fear," he said.

As a member of the church's Scholarship Committee, he helped to raise funds for scholarships to high school seniors. "Then, I began to seek agencies that would support education on a larger scale. We established an after-school tutoring program through the Philadelphia Board of Education and developed a partnership with Community College of Philadelphia's financial aid counselors to help prepare high school seniors for college. As a result, many young people now attend college, who may not have otherwise. Our education efforts are also helping adult church members who had dropped out of college years ago, to go back to school," said Beauford.

Across the lifespan

His outreach and service efforts quickly grew to span all generations. "Our seniors'

• continued on page 21

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TIME: Registration 8:30 am, Program 9 am–12:30 pm
Pre-registration is required
Call Judy Cherry at 267.647.7137
to reserve your seat.

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In Season

Make the most of short strawberry season with delicious salads or desserts

Strawberries are in season in Pennsylvania in June, so they will be bountiful and inexpensive at farmers' markets or food stores this month. Recipes like the ones below can help you take advantage of this delicious fruit, which is rich in essential nutrients like potassium, folic acid and fiber. Strawberries also rank among the top 10 fruits and vegetables in antioxidants, which may prevent or delay some types of cell damage. In addition, one cup of fresh strawberries contains 160% of your daily need for Vitamin C, for only 50 calories. Enjoy!

Strawberry Avocado Salad

Ingredients:

3 1/4 cups fresh strawberries (3 cups quartered; 1/4 cup finely diced)
2 tbsp. finely chopped shallot

2 tbsp. white balsamic vinegar
1 tbsp. honey
1/2 tsp. kosher salt
1/2 tsp. black pepper
2 tbsp. extra-virgin olive oil
1 1/2 tbsp. chopped fresh tarragon
5 cups mixed baby lettuce
1 avocado, sliced
3 tbsp. toasted pine nuts

Directions:

Stir together diced strawberries, shallot, vinegar, honey, salt and pepper in a large bowl. Let stand 15 minutes. Slightly mash with a whisk. Whisk in oil and tarragon; reserve 2 tbsp. of the dressing mixture.

Add lettuce and quartered strawberries to dressing mixture; toss to combine. Transfer to a platter or individual plates; top with avocado slices and pine nuts.



Milestones file photo

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- English-speaking



TO LEARN MORE, please contact Eli Mikkelsen at the Center for the Neuromodulation in Depression and Stress at 215-573-0085 or by email at emikkel@mail.med.upenn.edu.

Drizzle with reserved dressing.

Source: Jennifer Causey, *Health Magazine*

Strawberry Shortcake

This healthy version of a classic dessert and will serve 8.

Ingredients:

For the shortcake:

1 3/4 cups whole-wheat pastry flour, sifted
1/4 cup all-purpose (plain) flour, sifted
2 1/2 tsp. low-sodium baking powder
1 tbsp. sugar
1/4 cup trans-fat-free margarine (chilled)
3/4 cup skim milk (chilled)
For the topping:
6 cups sliced fresh strawberries
3/4 cup (6 oz.) plain fat-free yogurt

Directions:

Preheat oven to 425 degrees. In a large mixing bowl, re-sift the flours, baking powder and sugar together. Using a fork, cut the chilled margarine into the dry ingredients until the mixture resembles coarse crumbs. Add the

chilled milk and stir just until a moist dough forms.

Turn the dough onto a generously floured work surface and, with floured hands, knead gently 6 to 8 times until the dough is smooth and manageable. Using a rolling pin, roll the dough into a rectangle 1/4-inch thick. Cut into 8 squares. Place the squares onto a greased cookie sheet, and bake for 10 to 12 minutes or until golden brown.

Transfer the biscuits onto individual plates. Top each with 1 cup strawberries and 1 1/2 tbsp. yogurt. Serve immediately.

Source: Mayo Clinic

Starting next month: Free produce vouchers for seniors

Distribution of the annual Senior Farmers' Market Nutrition Program produce vouchers to low-income Philadelphia seniors (age 60+) will start Monday, July 11. Look for full details in next month's *Milestones* newspaper.



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Bocce

• continued from page 1

in many bocce games, one team uses red balls, its opponent, green ones – a tribute to the Italian national colors.

Bocce is thought to have originated in ancient Egypt. It was brought to Italy during the days of the Roman Empire and has remained especially popular there. Most Guerin Center players reside in South Philadelphia, home to many of Philadelphia's Italian immigrants and their descendants. Anna Cattai recalls bocce games played on sand and grass in her native Italy and on Mercy Street in South Philadelphia where she grew up after settling in the U.S. "When I was a kid, people would clear the cars, and the men would play bocce ball in the street on weeknights and weekends," Cattai says.

Rules of the game

"Bocce" is the plural of the Italian word "boccia," which means to bowl in the sport sense. Players roll a bocce ball down a long lane or propel it with an underhand throw. The object is to have it come to rest near a small target ball, called a pallino (also known as a jack or boccino). Each team gets four bocce balls. The game starts with a coin toss. A player from the team that wins the toss gets to throw the pallino onto the court. After the pallino is thrown, the same player will throw the first bocce ball.

Next, a player from the other team steps up. The game continues until all eight balls are thrown. The winner is determined by which team's ball ends up closest to the pallino. When "closest" is hard to determine, an official uses a measuring device to check on the exact distances. Sometimes more than one ball scores a point.

A large clock at one end of the Guerin bocce court is used to record points. Both hands on the clock start at 12. The red or green hand is advanced to the next number when a point is scored by the team using balls of that color. Teams can play as many sets as needed until one hand reaches the number 12 on the clock. Whichever team gets there first wins.

Bocce can be played between two players, or two teams of two, three, or four. At the Guerin Center, there are four women's teams of eight members, each sponsored by a local business: Mazza Brothers, South-



Photo by Paola Noguerras

Mazza Brothers team member Rose DiLiberto rolls a bocce ball.

ern Auto, City Pizza and Penrose Diner. Four people from each team play during any given set. Members wear T-shirts attesting the names of their sponsors. While most players are from the neighborhood, some come from across the city.

Women's bocce teams have been playing at the Guerin Center for about two decades, and many current members have participated for the majority of that time. Maria Brennan, City Pizza team captain, has been playing at the Guerin Center for 11 years. "Bocce is a way to keep exercising, and it's a social event for us. You're not just sitting at home watching TV, you're part of something. Everybody likes coming," she says.

At Brennan's urging, her sister, Gina Andrew, started playing bocce there two years ago. "It's a fun game," Andrew says. "It's easy to play once you get the hang of it."

"Most of us are bowlers," Chip Spagnoli says of the senior cohort. "When we got too old to bowl anymore, we turned to this."

"It's the camaraderie that keeps me coming – definitely," Veronica Pizzuto concurs of the evenings where members not only play together but enjoy pizza and soda during free moments. "I've gotten to know more of my neighbors coming here and enjoyed a lot of laughs."

Contact Marcia Z. Siegal at
msiegal@pcaphl.org



Pictured from left at the Guerin Recreation Center are bocce players Marie Faccenda, Marie Rivero, Rose Bronca and Loretta Allonardo of the Penrose Diner team and Dolores Fedele and Jo-Ann Parillo of the Mazza Brothers team.

Bocce fever? Here’s where you can play

The Guerin Recreation Center, located at 2201 S. 16th St., offers both men’s and women’s bocce leagues. Members pay \$70 dues per season, part of which goes to an end-of-season banquet, a trophy and a charitable donation for children’s programs at the center. For information, call 215-685-1894 or go to www.phila.gov/parksandrecreation/findafacility and click on “Guerin” under “Select a Facility.”

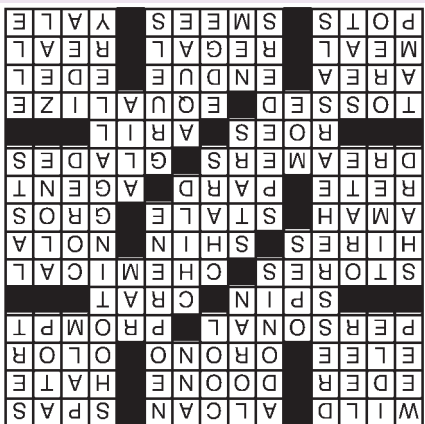
Major League Bocce Philadelphia offers another option for playing the game. This sports league is part of a network of Major League Bocce in 11 cities nationwide. Open to people age 21-plus, the leagues are primarily social. Most members are in their 20s and 30s, but older adults are represented as well. You can start a team, join an existing team you or sign up as a free agent to be placed with a team. Free agents are grouped together and placed on teams at the close of registration. Each team has a nearby sponsor bar where members often socialize over drinks after the game and enjoy food specials, weekly prizes and giveaways, and a free party at the end of the season.

Bocce is played at local parks and bars

during fall, spring and summer, and indoors at local bars during the winter season. Every season, the championship teams from each division win a charitable donation made in their honor. The cost to register for a season is \$50 per player. For information about registration for the summer season, visit <http://philly.majorleaguebocce.com>.

Solutions to the *Milestones* Crosswords puzzle

(see page 23)



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Heavy	

First Wednesdays

• continued from page 7

city locales on the first Wednesday of most months. One such tour took them to the American Institute of Architects building at 1218 Arch St. where a selection from Len Davidson's extensive collection of neon signs is on display. Davidson gave a presentation on the history of neon, after which participants walked to Reading Terminal Market to view the neon signs.

Another tour focused on the Chapel of Divine Love at the Convent of Divine Love at 2212 Green St. Group members had the opportunity to meet some of the "Pink Sisters," so-called because of the rose-colored habits they wear; and to learn about their order, their lives as cloistered nuns and the history of their chapel.

"One of my favorite tours was to the Bethany Mission Gallery (237 South 18th St.), which houses Victor Keen's private collection of outsider art, antique toys, toasters and Bakelite. Victor opened the gallery just for us and discussed the provenance of all the works. He also provided great re-

freshments," Sheridan says.

There is no cost to join the group. "The only fees involved are those charged by whatever sites we visit. It is truly amazing how many places there are to see that are off the beaten track in Philadelphia," she says. On Wednesday, June 1, members will tour Leo Sewell's studio in Powelton Village. Sewell is renowned for making art from found objects, among them the 40-foot sculpture of the Statue of Liberty's arm and torch on display at the Please Touch Museum.

First Wednesday also keeps people in the loop concerning neighborhood events; provides referrals for handymen and service professionals; assists members in finding rides with one another; and lets everyone know when someone is ill or has had a loss. "Developing the group has been a wonderful retirement gift for me," Sheridan says. "I have made new friends and been able to use my lifelong skills in a creative way."

Contact Marcia Z. Siegal at
msiegal@pcaphl.org

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Parks

• continued from page 6

Franklin Square does not charge a general admission fee, but special ticketed events and some attractions, such as the after-dark Lantern Festival, do. For more information: 215-629-4026 or <http://historicphiladelphia.org/franklin-square>.

John Heinz National Wildlife Refuge at Tinicum, 8601 Lindbergh Blvd.

Established in 1972 to preserve, restore and develop the Tinicum Marsh, this park was America's first urban wildlife refuge. It features a nature center for environmental education and many opportunities to study wildlife in their natural habitats. These include a freshwater tidal marsh, open waters, mudflats, and woodlands, where hundreds of species of birds, bugs, mammals, turtles and snakes breed, rear their young, rest during migration, or call the refuge home year-round. The Friends of Heinz Refuge Photo Group regularly offers programs and workshops, and also meets quarterly on the 3rd Sunday of January, April, July and October at 10 a.m. in the Refuge Visitor Center. There are 10 miles of trails

for hiking, walking and biking; a 4.5-mile tidal segment of Darby Creek for canoeing and kayaking; and areas for fishing and hunting. The main entrance to the refuge, which is located in Southwest Philadelphia near the airport, offers access to the Visitor Center, foot trails, fishing and wildlife observation platform. Additional parking at west end of the refuge, just north of I-95 on Route 420, provides hiking and fishing access. SEPTA's Route 37 and 108 buses stop at 84th St. and Lindbergh Blvd. The trails are open every day of the year from sunrise to sunset, free of charge. The Visitor Center is open daily from 8:30 a.m. to 4 p.m. For more information: 215-365-3118 or www.fws.gov/refuge/John_Heinz.

Pennypack Park, 8500 Pine Rd.

Situated in the Far Northeast, this park encompasses about 1,600 acres of woodlands, meadows and wetlands. Famed naturalists John James Audubon and Alexander Wilson spent many hours along the banks of the Pennypack Creek, which runs through the park from Pine Road all the way to the Delaware River. The park has an extensive trail infrastructure, including hiking and bike trails, as well as bridle paths for horseback riding. The Pennypack Environmental Center is



Photo courtesy of Fairmount Park Conservancy

Pennypack Park in the Far Northeast, known for its extensive trails and historic structures, is among the city's 100 neighborhood parks.

located on Verree Rd. and nearby is Fox Chase Farm, a city-owned, 112-acre working livestock farm. Many historic structures are still intact throughout the park, including the Pennypack Bridge, one of the oldest stone bridges still in use in the United States; Pennypack Baptist Church, built in 1688; and The Verree House, the site of a raid by British troops during the Revolutionary War. Stroll through nature and historic sites on monthly walks led by

author Roland Williams, held every third Sunday from 1 to 3 p.m., March through November. The next walk on June 19 will focus on Native American archaeology. It leaves from the Pine Rd. parking lot and includes some rough paths. For more information: 215-934-PARK or www.friendsofpennypackpark.org

Contact Alicia M. Colombo at acolombo@pcaphl.org

Beauford

• continued from page 14

life expectancy is growing. Because they are living longer, we need more advocates for our seniors. They are living past 100, and some of them are still living at home. They have so much wisdom. Today's young people can tap into that and use it for inspiration," he said.

Because of his ties with the community, he was asked to find services and providers to enhance the quality of life for "Seasoned Saints," the church's ministry for older adults. Just a few of the many connections he's made have been with the Alzheimer's Association for caregiver support; Einstein Health Care Net-

work for APPRISE health insurance counseling and health workshops; Temple University School of Dentistry for dental care; Philadelphia Office of the District Attorney for fraud and legal information; Health Partners Plans for free health screenings; and The Philadelphia Urban League for financial management. He's also set up diabetes workshops specifically for seniors and put hungry, low-income families in touch with food banks. "Many of these Seasoned Saints will tell us they need this information for their daughter, son or grandchild. So by providing the information to one person, we're helping the masses," said Beauford.

One of the best partners in helping the church's seniors has been Philadelphia Corporation for Aging (PCA),

he said. "PCA has been a tremendous blessing. We tell everyone about PCA services and to call the PCA Helpline to help seniors," he said. For the past eight years, Beauford has been actively involved in PCA's Clergy-Aging Interfaith Coalition and is a past co-chair. The coalition helps provide members of the clergy and faith lay leaders with valuable information to help their senior congregants.

"Elder Beauford has encouraged and enlightened so many people. If not for him extolling and helping them, they would not have risen to the level that they have achieved as seniors," said elder Bishop Lamar, director of the senior bible class at Beloved St. John Evangelistic Church. "He has opened doors for us to be enlightened to ser-

vices for seniors and examples of work being done by other seniors. So many seniors are helped by the programs he's helped to develop," Lamar said.

Beauford said he is truly honored by all of the recognition. "I was talking to God one morning and said, 'God, I thank you, because I'm 74 and don't feel like it.' My body lets me know that I can't run as fast as I once did, but I don't feel like a senior citizen. I'm blessed to be part of this wonderful church and community, to help the seniors, and to be associated with a pastor who loves the people," he said.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Where to park, eat, rent a bike: Tips for making the most of biking Schuylkill Trail

By Carl E. Rotenberg

An unusually warm Sunday in mid-April seemingly brought out every person who could walk, run or bicycle on the popular multi-purpose Schuylkill River Trail – including me.

One of the things that I like about the trail is that it runs through part of Fairmount Park along the bank of the Schuylkill River, giving bicycle riders wonderful views of the river. In some places there are large expanses of lawn where people picnic or sunbathe and in other areas there are sculpture gardens. Under the Girard Avenue Bridge, on both sides of the river, a mural of scullers has been painted by the Mural Arts Program of Philadelphia.

I normally park my car in East Falls and get onto the trail near the Falls Bridge. That parking spot allows me to bicycle past the hundreds of rowers and their families who come to enjoy sculling regattas on the Schuylkill River. On this



Milestones file photo

USA Today readers named the Schuylkill River Trail the nation's "Best Urban Trail."

April day there was a high school regatta in progress, and I rode down Kelly Drive

to avoid the rowers carrying their eight-person shells across the paved trail. A two-mile section of Kelly Drive becomes a parking lot for the regatta and that makes biking in the roadway an easy proposition.

Down on Boathouse Row, one of my favorite spots to stop is the Cosmic Café. It is housed in Lloyd Hall, Philadelphia's only public boathouse. The café is where I frequently stop on my morning bike ride and enjoy an egg sandwich on a Kaiser roll or a yogurt concoction with nuts and raisins. On weekend afternoons, you can find roller-bladers here, showing off their dance moves with amplified dance music.

The latest extension of the Schuylkill River Trail continues on the Schuylkill Banks, running downriver from the art museum to South Street. The most spectacular part of the trail extension is a 2,000-foot-long boardwalk that leaves the riverbank and is built over the Schuylkill River between Locust Street and South Street. The 15-foot boardwalk has four overlooks equipped with benches.

If you don't have a bike of your own, there are a couple of options here. Wheel Fun Rentals rents bikes and multi-person surreys next to Lloyd Hall; and the Indego bike-sharing system has a docking station on the front steps of the Philadelphia Art Museum, where bikes can be rented by the hour or day. Biking in Philadelphia has become a popular activity, based on the early success of the Indego program, which reports it had 8,300 memberships in the first year and 421,000 individual rides taken.

In July 2015, the Schuylkill River Trail was named the "Best Urban Trail" nationwide in *USA Today* by the popular vote of readers. The 60-mile trail extends from Philadelphia into Montgomery County and is interconnected to other trail systems. Although it currently ends at the South Street Bridge, planners are working on connecting it to other sections of trail in future years.

Carl Rotenberg is a reporter with the Times Herald in Norristown

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Don's Column

Red socks — or the Good Ship Lollipop?



By Don Harrison

As a boyhood moviegoer, I hated Shirley Temple (she was a goody two-shoes, much too cute) — and I once mentioned it here. Recalling that column, a couple of readers alerted me to the upcoming issuance of a Shirley Temple postage stamp.

I don't share their outrage because (1) I don't really care who's on a postage stamp, and (2) years later, as a newspaperman visiting Prague, I met U.S. Ambassador Shirley Temple Black (grown-up, but chipmunk cheeks intact), and was quite impressed by the knowledgeable public servant she had become.

But Bobbie and Henry Shaffner of Bala-Cynwyd (a well-known songwriting duo) have a unique perspective. They're behind a petition urging the Postal Service's Citizens Stamp Advisory Committee to approve a Van Johnson stamp, in time for the late movie star's 100th birthday next month (among the signers are some big-name Hollywood personalities).

Van Johnson was indeed a star (although maybe not of Goody Two-Shoes' stature). I don't know why he's a Shaffner crusade (or why he and Shirley can't both be on stamps), but I wish the Shaffners well.

It wouldn't be Van Johnson's first official recognition. His "fabled red socks" (a Shaffner reference) are registered in the Smithsonian Institution, which — as far as I know — is more than Good Ship Lollipop fans can boast.

Just maybe, but so what?

Why do I care?
Why am I jubilant when my team wins and downcast when they lose?
Why do I pore over the sports pages and fill my ancient brain with statistics that have no relevance to my life?
Why do I lionize kids from all over (most of them with no Philadelphia ties) — kids who earn far more than I ever



Hoping against hope, never giving up: Go Phillies!

did, and tomorrow, might be playing against us for Green Bay or Anaheim?
As a longtime (very longtime) Philadelphia sports fan, I've suffered through slumps and collapses far more often than I've reveled in victory. Yet I hang in, hoping against hope.
Yes, I know, it makes no sense, but something (perhaps it's in our DNA) makes us require champions to owe allegiance to.

I'm prepared for frustration, but open to a happy surprise. Maybe, just maybe ...
Go, Phillies!

A brief reunion

Smart, funny and a good athlete, Ed was popular with all of us at Overbrook High. So, a few years after graduation (in the '50s), when Ed boarded the SEPTA bus that some friends and I were on, we had a joyous reunion, laughing and reminiscing.
Then — silence.
Ed (a future highly-respected educator) was black, and our worlds, not really that close even when we were in school, had grown even farther apart.
The silence was uncomfortable, so much so that one of my companions felt compelled to say something. So he did:
"How 'bout that Jackie Robinson?"

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

The Milestones Crossword

Be prepared

ACROSS

- 1 Ungovernable
- 5 Highway
- 10 Resorts
- 14 German river
- 15 Lorna
- 16 Loathe
- 17 Robert
- 18 Maine town
- 19 Swan genus
- 20 appearance
- 22 Remind
- 24 Let's go for a
- 25 Supporter: suffix
- 26 Provisions
- 29 warfare
- 33 Takes on
- 34 Bone
- 35 Famous theme song
- 36 Asian babysitter
- 37 Vapid
- 38 Large: Fr.
- 39 Network
- 40 Buddy
- 41 Spy
- 42 Wishful thinkers
- 44 Open spaces
- 45 Deer
- 46 Seed covering

- 47 salad
- 50 Level
- 54 code
- 55 Clothe
- 57 Noble: Ger.
- 58 Cook's concern
- 59 Dignified
- 60 True
- 61 Vessels
- 62 Mergansers
- 63 Elihu

DOWN

- 1 Cry
- 2 Pointless
- 3 Sly look
- 4 Certain performances
- 5 Aphrodite's beloved
- 6 Navigational system
- 7 Force down
- 8 Atlantic cape
- 9 Synthetic rubber
- 10 Amusement park attraction
- 11 Conceal in a certain way
- 12 Over
- 13 Spanish painter
- 21 Uncovers: poet.
- 23 Constellation

- 25 Innocent creature
- 26 Fragment
- 27 Track official
- 28 Talk
- 29 Burns
- 30 Like some apples
- 31 Unique
- 32 Wears
- 34 Big names
- 37 Lawbreakers of a sort
- 41 Inter
- 43 Man's nickname
- 44 Cereals
- 46 Waters: L.
- 48 Mountain: comb. form
- 49 Chaise longue, e.g.
- 50 Border
- 51 Get the ?
- 52 Elan
- 53 Femmes pronoun
- 56 Thread: comb. form

Solution

The solution for the crossword puzzle can be found on page 19.

1	2	3	4		5	6	7	8	9		10	11	12	13
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61					62						63			



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