



Milestones™

News and Possibilities for Seniors

September 2016 • Free

Inside

This Issue:

Senior Centers

In Season:

Tasty eggplant ... 12



Drama Club:

The play's the thing... 8



Health Briefs 2

Calendar 14-15

Don's Column 27

The Milestones

Crossword 27

.....

Next Month:

Health Care

Enhancing fitness at senior centers



Photo by Alicia M. Colombo

Seniors at North Broad Street Senior Center gather regularly for fun and exercise.

By Alicia M. Colombo

Regular physical activity has countless benefits. Whether you prefer to work up a sweat using stationary fitness equipment, such as treadmills, or by taking a group fitness class, like tai chi or aerobics, you'll find several options at your local senior center. And there's good reason to get started.

"A lot of people from age 55 will start noticing a difference in balance. They lose strength in their legs. Exercise helps seniors who have problems with arthritis and prevents them from falling," said Eric Ramos, certified group fitness instructor and personal trainer.

Ramos is also the Master Trainer for the EnhanceFitness program in Philadelphia. These are exercise classes designed specifically for older people and offered at 16 senior centers in every area of the city. The program offers levels that are both challenging for active older adults, and safe for those who are less fit or frail.

There's strong evidence that older adults who are physically active reap many health benefits. According to the World Health Organization (WHO), active seniors have lower rates of heart disease, high blood pressure, stroke, type 2 diabetes, and colon and breast cancer. They also have healthier levels of cardiorespiratory and muscular fitness, body fat, and functional health.

To achieve measurable health benefits, older adults should perform at least 150 total minutes of moderate-intensity aerobic physical activity each week. It is also recommended that muscle-strengthening activities be included in workouts at least twice weekly.

While it can be intimidating to start an exercise regimen, the easiest – and most fun – way to "feel the burn" is to take a class that's led by a certified instructor. Everything is provided for you – the equipment, music and routine. All you have to do is show up in comfortable clothes. You can do as much, or as little, as you are able.

• continued on page 16

Senior Centers

The cat came to stay

By Marcia Z. Siegal

One day last year, a love affair began when a black-and-golden-brown-calico cat with white paws and light green eyes wandered into the back yard of Peter Bressi Northeast Senior Center – and stayed. Someone named her "Peter" before realizing she was a female, and the name stuck.

"We started giving her milk and feeding her food, and she stayed," says Center Director James Crawford. She was friendly and affectionate and went right to the litter box as needed. "Peter is one lucky cat," says Crawford. "We spoil her rotten."

• continued on page 18

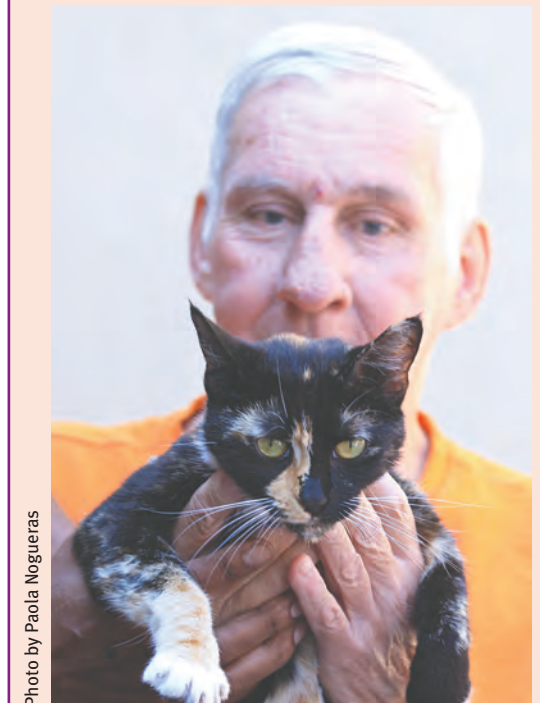


Photo by Paola Noguerras

Center member Charles Howcroft enjoys some quality time with Peter.

Holly Lange, President and CEO

Board Officers and Directors

Glenn D. Bryan, Chair

Katherine E. Galluzzi, D.O., F.A.C.O.E.P.,
Vice Chair

Sheri C. Gifford, Treasurer

Barbara Waynant Murphy, Secretary

Judee M. Bavaria

Jack Dembow

Angela Foreshaw-Rouse

Dick Goldberg

Frederick Lewis

Frances Miller

Victor M. Negron, Jr.

Satya B. Verma, O.D., F.A.A.O.

Lenore Wasserman Scola

John Whitman

Emeritus: Arthur E. Helfand, D.P.M.

Editor: Linda L. Riley

215 765-9000, ext. 5080

Advertising:

Joan Zaremba, 215-765-9000, ext. 5051

Distribution & Subscriptions:

Home delivery: \$12/year

LaTasha Johnson,

215-765-9000, ext. 5050

We welcome your letters, comments and suggestions. All submissions of letters for publication must be signed and dated and include writer's home address and phone number. Submission constitutes permission to edit for clarity, length or space and to publish in any form or medium. PCA reserves the right to not publish any submission; receipt may not be acknowledged and submissions will not be returned.

Mail to: PCA Milestones Editor

642 N. Broad St.

Philadelphia, PA 19130-3409

Email: milestonesnews@pcaphl.org

Milestones is published monthly and distributed at more than 800 locations throughout Philadelphia including stores, libraries, community and senior centers, and organizations and agencies serving older adults.

Milestones will not knowingly accept or publish advertising that is fraudulent or misleading. Milestones reserves the right to edit, revise or reject advertising. Milestones assumes no responsibility for errors in advertisements, misprints, omissions and misinformation, for failure to publish an ad, or for any damages of any kind. In this publication neither the publisher nor any other party is rendering expert advice. No part of this newspaper may be reproduced without the express written permission of Philadelphia Corporation for Aging.

©2016 Philadelphia Corporation for Aging. All rights reserved.

ARE YOU DEPRESSED? AGE 50 AND ABOVE? ARE YOU INTERESTED IN A TREATMENT STUDY?

IF SO, you may be eligible to participate in a **research study** at the University of Pennsylvania! We are looking for people who fit the following criteria:

- Depressed females and males
- 50-85 years old
- Normal cognition and no history of neurological disease
- Not currently on antidepressants or want to change current medication



TO LEARN MORE, please contact Emma Satchell or Ben Rosenberg at the Center for Neuromodulation in Depression and Stress at **215-573-0083** or by email at satchell@mail.med.upenn.edu or brosenb@mail.med.upenn.edu.

Health Brief

Older adults are more vulnerable to food-borne illness: Food safety is key

Aging is more than skin deep; even healthy organs begin to function differently as we get older. The liver and kidneys may have more trouble clearing toxins from the body, and the digestive process may get slower, so food remains longer in both the stomach and intestines. Those with chronic conditions may be further compromised, both in their organ functions and immune systems. All of this means that we have to be more careful about how we prepare our foods and what we eat as we grow older. The United States Department of Agriculture (USDA) offers the following guidelines for food safety.

Cleanliness is crucial

Keeping things clean is your first line of defense. Washing hands, food preparation surfaces and containers well will help protect you from a host of illnesses that come from contamination. Wash cutting boards, knives and other implements each time you use them for a different food, even while preparing the same meal. Use hot, soapy water for your utensils and cutting surfaces. Wash all produce well, and clean the lids of your canned items before you open them so that whatever is on top of them doesn't get into the food.

At the store, put meat, poultry or seafood in a separate plastic bag and don't buy anything that is leaking or has an unclean package, or cans that are dented or bulging.

Freshness matters

There are different sorts of expiration and "sell by" dates depending on the food and packaging.

"Sell by" Never buy food after this date. Whole cuts of pork, veal, beef and lamb can keep for 3-5 days if refrigerated; poultry, sausage and ground meats should be cooked within 1-2 days, according to the USDA. If you cannot cook it within this time period, freeze it. Do not defrost foods on the counter.

"Use by" and "Best if Used by/Before" Federal regulations require a "use by" date on baby formula, and it should not be used after this date. Apart from this, however, according to the USDA, "use by" and "best before" are designations made by the manufacturer and are not government-mandated expiration dates. These terms are used to indicate how long the flavor and quality will be at its best.

According to the USDA, canned foods are safe indefinitely as long as the cans are in good condition and they are not exposed to extreme temperatures, either below freezing or above 90°F. If the cans are dented, rusted or swollen, they should be thrown away.

Beware of foods that may have been sitting out for a long time, whether warming in a steam table or served at a party or picnic. Once food has been served, put it away in the refrigerator within two hours, or within one hour if the air temperature is above 90°F.

Cook it thoroughly

Many of the bacteria that can harm you can be killed by cooking food thoroughly. Some of the most dangerous undercooked foods are eggs, poultry, meat and seafood. When preparing food, the safest way to be sure it is cooked sufficiently is to use a food thermometer to test the inside temperature. Cook eggs until the yolks and whites are firm. Cook shrimp, lobster and crab until it turns dark pink or red. Do not eat any shellfish whose shells did not open when they were cooked. When cooking with a microwave, stir food, make sure it has cooked evenly and use a food thermometer.

If you know you have a compromised immune system, you may also need to avoid uncooked fruits and vegetables, although generally thorough washing and peeling is sufficient.

For more information, go to www.usda.gov or call USDA Hotline at 1-888-674-6854 or FDA Food Information Line at 1-888-723-3366.

Sarah Care[®]



Adult Day Care & Home Care

215-663-8090

**Choose Your
Own Caregiver**

www.sarahpa.com

Senior Centers

Special bonds forged at senior centers

By Marcia Z. Siegal

When Joe Brown first came to Southwest Senior Center, lured by the opportunity to shoot pool there, he had a lot of preconceptions. He didn't really want to set foot in a senior center which he likened to an "old folks home." Even when the billiards and card games proved appealing, Brown was too embarrassed to admit where he was going, preferring to tell friends and family that he went out for a walk. That's changed. He's been coming to Southwest Senior Center for six and a half years now. "I don't miss a day," he says. "I tell people that you can have some of the best times in your life here." The people he's met are the best part of it, he says. "I know everybody's face and 90% of their names."

One of those he grew closest with was Father James Tursi, a retired priest. The relationship got off to a rocky start, however. Prior to coming to the center, Father Tursi had not spent much time around black people. Shortly after the two met, Brown felt insulted by something Father Tursi said to him about African-Americans. The two men argued, and Brown swore he was never returning to the center after that.

"We knew Joe was upset. We reached out to him and brought the two back together," says Center Director Paulette Cunningham. "We told them 'you need to listen to each other.' Soon they were back to friendship."

Two years ago, Southwest Senior Center instituted an annual pre-Thanksgiving event to honor a member whose health is failing or who has had a difficult year. The center family comes together to show how thankful they are for that person and to celebrate the person's unique contributions and spirit.

Father Tursi was last year's honoree. It took him completely by surprise. There were flowers, gift baskets, and accolades and a recounting of his life's accomplishments. "We mentioned his past achievements and all he did to help our center. Other members, including Joe Brown, got up and complimented him as well," Cunningham says.

When Father Tursi died several months later, Brown was the first person to arrive at the church, and when the coffin was carried in, he was the pallbearer who led the procession, attesting to his importance in Father Tursi's life. "Look at how it started and how it ended," Cunningham says of the two men's initial dislike and ultimate deep and caring bond. "If these two hadn't come to the center, they never would have met."

Sharing fosters caring

Although members may not have known each other before joining the center, they form strong bonds in the course of shared activities, like crafts, gardening, working out at the gym or discussion groups. In the course of spending time together, they have the opportunity to talk and discover the things they have in common and share confidences.

"We're a family," says Cunningham. "It may not be a biological family, but we're people from different economic backgrounds, cultures, and nationalities who come to fellowship and care deeply about one another." For many who have seen loved ones move elsewhere, grieved the loss of their spouse and friends, and especially for those elders who live alone, the center's social connections are a lifeline.

In one case, family blossomed literally when Gertrude O'Conner and Ed Mills met at the center 20 years ago, fell in love and married. Now 99 and 90 respectively, the couple still makes it a point to come to the center. On Fridays they are there to play bingo and dominoes, volunteer to help serve lunch, and enjoy the camaraderie.

When Alma Adams died, Ruth Redmond took it hard. The two were close friends at Southwest Senior Center, where they met years ago, and pursued many of the same activities together. The day after Alma died, Redmond came into the center looking lost. Sensing her grief, Dee Moses went up to her, gave her a hug and whispered something that made her smile. She stayed by Redmond's side as they walked off together.



Photos by Paola Noguera

Joe Brown (left) and Sam Wallace enjoy both pool and camaraderie at Southwest Senior Center.



Members of Southwest Senior Center, like Dee Moses (above), are known for the support and caring they provide one another.

Moses had met Adams in craft class. "Alma would use what she learned here to teach a jewelry-making class for young people at her church," she says. When Adams became sick, Moses called her almost every day and often drove her to and from the center. One day Adams called her from home. "She told me she didn't feel well. I told her she better go the hospital and that I would call 9-1-1. I asked her if she could get dressed, and she told me she was too weak. So I called another friend, Anna Jean, who lived two doors down from her and told her

that Alma needed help to get dressed before the ambulance came. She came right away. Alma made it to the hospital, but she passed away there." Moses was brokenhearted when Adams died. "Paulette came up and put her arms around me. She's a people person. She's concerned about people in the community."

Southwest Senior Center is one of two centers operated by Philadelphia Corporation for Aging. For more information about the center, see page 19.

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Smart passwords for savvy seniors

By Maralyn Lois Polak

Most of my days begin with sitting down at my laptop, logging online and checking my email. Fortunately, having worked as an editor for several online sites, I am somewhat internet-savvy. But wait, what's this? An email claiming to be from my bank, saying they had suspended online access to my account because of "suspicious activity" earlier this morning. Just click this link and verify your security, and everything will be fine, the note urged. That's odd. How could I be sure this was a legitimate bank notice? True, it had the bank's familiar orange-and-blue logo, but still...

Instead of clicking what could be a link leading to a phishing scheme – identity theft, fraud, etc. – I called my bank's 800 number directly and spoke to someone named Michelle in the Pittsburgh headquarters. She suggested since the email salutation was "Dear Client" rather than my actual name, that could be a tip-off of fakery. She urged me to forward the original email to their 'abuse' email address. Then, to conduct the rest of our confidential business, Michelle put me through my bank's official verification drill – Social Security number, last check paid – amount and to whom, and ... TA-DA! Account password.

If you're anything like me, by now you must have way too many passwords. I keep mine written down in my addressbook, but I always feel like I am skirting possible disaster should that little directory get misplaced. There are literally dozens and dozens! And it's no use yearning for only one password for all your accounts – a universal zipper, as it were.

We need passwords for work; for online shopping; for Facebook and Twitter and Tumblr and Instagram; passwords for the Free Library; pet adoption; and all of our other myriad online activities. And each has its own peculiar rules; specific numbers of characters; some require symbols, others forbid them; at least one number; upper and lowercase letters; and so on.

At one job I had for nearly a decade,

we were obliged to change our passwords very often – every three months – or else we wouldn't be able to access our computers to do our jobs.

Plunder your past

What that meant was we had three separate passwords before we could even access our computer itself. Then we had another password for our email, and another for the information management system we used to contact respondents via telephone. Those three months would sneak up on me before I knew it, and I'd have to plunder and pillage my past for memorable words I could reuse as appropriate passwords. After nearly a decade at the same job, I was running out of passwords. And no, I wasn't working for Homeland Security, I promise.

In our detail-laden lives, passwords can be problematic, particularly the search for functional new ones. Where can you find a fresh supply of possible passwords? Try flipping through your mental Rolodex of your personal history – past pet names, childhood addresses, old street names, what you called your favorite dolls, first or last names of ex-boyfriends or girlfriends, school names from kindergarten through college. You catch my drift.

The PNC Bank Customer Service Representative recommended making a 'muscular' password with variations to strengthen the deal – at least one uppercase letter and a numeral or two. As you pick a new password out, instantaneously, some interfaces will rate the 'strength' of your password. Nothing stings like the unkindness of having a password dismissed by a snotty app or a bot as 'WEAK'. Just dust yourself off, and try again. Who was the love of your life and what was their house number? What a perfect password. Your little secret. It's never too late for a geezer to become an internet-savvy geek. Go for it!

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

LOOKING FOR A LOW COST, LEGAL ALTERNATIVE TO BANKRUPTCY?

Are you a Senior, Veteran or Disabled Person
Living on Social Security, Disability, Pensions
or Veteran's Benefits?

Federal law protects your income from creditor garnishment. Debt Counsel for Seniors, Veterans and the Disabled (DCSD) can protect you from creditor harassment. If you can't pay your credit card or medical bills or your student loans or payday loans, you can stop paying them without filing for bankruptcy.

*We are celebrating **15 years** of helping seniors with their debt without filing for bankruptcy and protecting them from letters and calls from collection agents. You too can **live worry-free** as thousands of our clients do.*



Call Debt Counsel for
Seniors and the Disabled
For a **FREE**
Consultation at
1-800-992-3275
ext. 1304

Founded in 1998
Jerome S. Lamet
Founder & Supervising Attorney
Former Bankruptcy Trustee
www.debtcounsel.net
info@lawyers-united.com

DO YOU OR A LOVED ONE NEED A HEALTH CAREGIVER?

WE OFFER QUALITY ONE TO ONE CARE

- SENIOR CITIZENS PERSONAL CARE
- ALZHEIMER'S AND DEMENTIA CARE
- ATTENDANT CARE/COMPANION/RESPITE (WAIVERS)
- MEAL PREPARATION
- LAUNDRY AND LIGHT HOUSEKEEPING
- NURSING VISITS
- PRIVATE DUTY (1 TO 1) CONTINUOUS CARE

"RELIABLE AND MOST RECOMMENDED"

**CALL GOLDEN HEALTH SERVICES
TO DISCUSS YOUR NEEDS!
215-289-9005**

Senior Centers

Friendships flourish at William Way LGBT Center's "Mornings Out" gatherings

By Linda L. Riley

When John Murphy moved from Houston to Philadelphia in 2011, his husband was still working, but he was not. "I'm retired and needed something to do," said Murphy, 60. They'd been drawn to the city for its rich cultural offerings and walkability, but didn't know anyone here.

Five years later, Murphy is a regular at "Mornings Out," a weekly gathering for gay, bisexual and transgender men age 50 and older at the William Way LGBT Community Center. Through the group, he's both made friends and explored the city. "We've seen everything from the Navy Yard to Girard College," Murphy said. "As a new resident, to go to every museum – it's been great," he said. From the first gathering he attended, he said, "I was very impressed with the group – they have good discussions."

Volunteers run the show

"We meet weekly, people make suggestions, and the group really runs itself," said Mark Kleinwicks, 69, one of the volunteer organizers who got involved in 2007.

"We try to do one tour a month," said Mark Sandberg, 73, who is also a volunteer organizer. Like Murphy, he knew no one when he moved to Philadelphia in 2011 and was glad to discover the group. "The tours are phenomenal – we've been to the American Swedish Museum, the Academy of Fine Arts – and we have fascinating speakers."

Tom McCarron is a Philadelphia native who worked for a time in Boston. When he returned to the city, Mornings Out helped him reconnect. "I like the structured programs – I like the socializing and participation," said McCarron, who is currently the facilitator for the group's programs.

The four men were among 40 attendees on a recent Tuesday morning when authors James McClelland and Lynn Miller, spoke about their recently-published book "City in a Park: A History of Philadelphia's Fairmount Park System."



Photos courtesy of William Way Center

Above: A "Mornings Out" group took a backstage tour of the Academy of Music. Below: Mark Kleinwicks, Mark Sandburg, John Murphy and Ed Miller, members of the "Mornings Out" advisory group, met to discuss programming for the fall and winter months.



From Devil's Pool to the Mann Music Center, the Water Works to Laurel Hill Cemetery, their book details the park's features and growth from 1815 to the present day. Discussion was lively, as audience members enthusiastically contributed their own knowledge of the nation's largest landscaped urban park.

Building community

Mornings Out is one of several programs at the William Way Center which serve older people, according to

Ed Miller. "Our objective is to keep people in the community as they age," said Miller, who coordinates the center's senior programs. "In the last five to ten years, we've begun to try to engage seniors as they're retiring so they continue to be part of the community."

Other programs include 50+ Rap, which is a casual self-led peer support forum for discussion of personal concerns; and SAGEWorks, a free Employment Assistance Program for LGBT

40+ workers, which provides computer classes, career coaching and workshops. Now in its third year, the women's Stardust Dance Party: A Girls Night Out (coming up on Sept. 16, see calendar for details) takes place quarterly in the Ballroom at William Way. Recently volunteers added the Lesbian Café, a once-monthly gathering born out of the senior programs but open to all ages.

About the center

Founded in 1976 as the Gay Community Center of Philadelphia, the William Way Community Center purchased its current building at 1315 Spruce St. in 1996. There are programs serving all ages, including cultural, educational, recreational and social programs; and counseling and community services. Additionally the center is home to 14 community-based organizations and another 85 hold events there. For information, visit the website at www.waygay40.org; email info@waygay.org; or call 215-732-2220.

Contact Linda L. Riley at lriley@pcaphl.org



Be a V.I.P. **If you have both Medicare & Medicaid, join the plan that treats you like a V.I.P.**

1-855-241-3648

7 days a week, 8 a.m. to 8 p.m. (Oct. 1-Feb. 14);
Mon.-Fri., 8 a.m. to 8 p.m. (Feb. 15-Sept. 30)



Keystone
VIP CHOICE

Keystone VIP Choice is a HMO-SNP plan with a Medicare contract and a contract with the Pennsylvania Medicaid program. Enrollment in Keystone VIP Choice depends on Medicare contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare.

Y0093_PRA_963_Accepted_10232014

COVERAGE BY VISTA HEALTH PLAN, INC. Independent Licensee of the Blue Cross and Blue Shield Association.

All images are used under license for illustrative purposes only. Any individual depicted is a model.

KVIPCPA-1622-06

Senior Centers

This theater group turns tradition on its head, as women play the men's roles

By Sally Friedman

The mood in the room was the unusual mix of intensity – and fun. Serious concentration – and bursts of laughter.

Upstairs in the library of the Star Harbor Senior Center on a steamy summer day, a group of women sat around a large table and did what actors and actresses through the ages have done: they dove into the first read-through of a play called “The Swat Team,” standing up when the time came to read their parts.

“A little more emotion,” urged the indefatigable Ernestine Patterson, the center coordinator who doubles as director of its active and ambitious Drama Club. “Show me some movement,” she later urged one of the actresses.

This cast has members well into their 60s, 70s and 80s, and one member, Dorothy Felder, who is about to celebrate her 90th birthday. But energy was not lacking as they read through this comedic play about a preacher who seems to be misusing his title, but who actually is seeking to save some souls, even if it means hanging out in dance halls.

Transformed by performing

“Pastor Roosevelt Wright creates plays with a message, and also with humor and style,” Patterson said about the author of “The Swat Team.” She has directed and produced about 10 of his plays since 2002, when the group formed.

There are now about 15 regulars, mostly all women (only occasionally does an intrepid male join the club), who have embraced the transformative power of theater.

Georgia Neal, a former hospital chef who has been working with the Drama Club for about eight years, has seen her confidence grow. “I love doing plays and our other special programs,” she said.

Dorothy DeLoach, who will be playing one of the presumably wayward

men in the current production, feels transformed when she performs. “I love becoming someone else!”

For club member Joyce Septau, show business is second nature – her parents were performers who traveled a circuit; as a child, she often went with them.

As they read through the script, it was clear that the women were caught up in the spirit of theater, and how it has enhanced their lives. They cheered one another on as they ran through their script-in-hand rehearsal, knowing that the task of memorizing their lines was ahead. “We want to be comfortable with that as soon as we can be,” Patterson said.

The Drama Club started a way of developing the participants’ creativity and self-expression. Many of the performers described overcoming innate shyness, feeling proud to be developing a new skill, and delighting in surprising their own families with their theatrical talent.

One of the great delights for all is creating their own costumes. At the rehearsal, Patterson reminded her cast members that being outrageous is actually a plus in the world of show business.

“Find your craziest clothes, use wigs and earrings and anything wild you can find. It will warm up your audience, make them laugh, and make all of you feel good!” the director told her cast.

There also is the commitment to practice at home for the production of “The Swat Team.” “I worry about learning my lines,” said one cast member, “but I worry most about not doing it because I don’t want to disappoint my friends.”

There is a clear bond between these devoted theater performers who also are at the Star Harbor Senior Center doing other activities almost every weekday. The place is woven into their lives, and the affection and connection among them is clear.



Photos by Paola Noguerras

Joyce Septau (above) was getting into character enthusiastically during a read-through of “The Swat Team” with Star Harbor Drama Club members Dorothy Felder and Lillie DeLoach. Georgia Neal (right) read her lines dramatically, while Ruth Bey followed along in the script.



Curtain rises Oct. 8

Coming up in October is the group’s fall show, which is usually the largest production. But the club also performs for Mother’s Day; Father’s Day; Black History Month; Dr. Martin Luther King, Jr. Day; and the holidays.

This year, the big performance will take place October 8 in the auditorium of the nearby St. Francis DeSales Church. Along with the show, the Star Harbor Center includes a full-course lunch and lively door prize raffle for all audience members. It’s become a popular event and one that seems to unite the larger community.

Former nurse and charter Drama Club member Barbara Montano,

sums up what it all means:

“This is a way of proving to yourself that you can do something you really didn’t think you could,” she said. “We’re not trained, not professionals, but we sure do love to perform. And the best part of all is making other people happy.”

For tickets (\$20 including a full-course lunch) for the October 8, 1 p.m. show, visit www.starharborseniorcenter.org or call 215-724-4414.

Star Harbor Senior Center is part of Catholic Health Care Services and partially funded by Philadelphia Corporation for Aging (PCA).

Sally Friedman can be reached at pinegander@aol.com



SENIOR STRUT, A Health Event in the Park

Presented by Fairmount Park Conservancy, Philadelphia Corporation for Aging and Philadelphia Parks & Recreation

One mile kick-off walk led by Mummers

Health information, free screenings and flu shots • Free t-shirts

Fitness activities • Demonstration stage

Nutritious snacks • DJ Patty Pat

Meet Harold Carmichael, former Eagles great all-pro wide receiver

Friday, October 14th • 9:30 a.m. to 12 p.m.

Lloyd Hall, 1 Boathouse Row, Kelly Drive

TICKETS ARE \$5 AND MUST BE PURCHASED IN ADVANCE.

For tickets call: 215-765-9000, ext. 5055 or go to www.pcaCares.org/Strut

Participants must be age 60 or older. Free parking. Accessible by SEPTA bus routes 32 and 38.



Health Partners Plans

Always
BEST CARE
SENIOR SERVICES

SarahCare
Home Health Agency

**BATH
FITTER®**
We're The Perfect Fit!



BAYADA
Home Health Care

Gateway Health
A better way™

Independence

LibertyReverence
Home Choices
The Power of Choice. Your Home Care. Your Way.

My Independence at HOME



Quaker Home Care With Compassion...

opensystems
HEALTHCARE
HOME CARE STAFFING

**PENNSYLVANIA
LOTTERY**
Benefits Older Pennsylvanians.
Every Day.

Senior Centers

Southwest Senior Center shows its pride, support for LGBT community

By Marcia Z. Siegal

After Gloria Thomas experienced Southwest Senior Center's first Gay Pride Day on June 3 this year, she went home and talked to her daughter about her gay grandson. "I said, 'something's got to change. We have to accept him for who he is.'"

Her daughter had been estranged from this son ever since he made his sexual orientation known. Thomas had kept in touch with her grandson, but there was awkwardness about it. While they talked on the phone, they did not see each other frequently, she says. After Pride Day, "I told my daughter 'I love him, and I can learn to live with this.'"

Southwest Senior Center's support for the Lesbian, Gay, Bisexual and Transgender (LGBT) community has been building for more than a year and momentum continues to grow. Months before Gay Pride Day, Center Director Paulette Cunningham attended a training session led by a professional from Services and Advocacy for GLBT Elders (SAGE), about making senior centers more inclusive for LGBT older adults. Soon after, she asked Linda Marucci, Southwest Senior Center's counselor, to organize LGBT sensitivity training for staff there.

"Ed Miller from the William Way Community Center in Philadelphia came to talk about stereotypes, gay history and the gay rights movement. People were very engaged. I myself opened up during those sessions and came out to the other staff then," Marucci says.

Welcoming to all

Southwest Senior Center has long embraced diversity; both the staff and membership reflect a number of nationalities and ethnic groups. Expanding its welcome to LGBT individuals was a natural step forward in this regard. "Staff here jumped in and was committed to making this work," says Cunningham.

Seniors at the center addressed the issues, too. Some had signed up for a workshop series, "Sexuality, Intimacy and Ag-



Among the Southwest Senior Center members and staff proudly displaying their LGBT support are (from left) Karl Hanson, Linda Marucci, Gloria Thomas, Cynthia Murray, Helen James, Joyce Coleman and Anthony Correa.

ing: It's Time to Talk!" presented by Terri Clark, prevention services coordinator at Action Wellness (then known as ActionAIDS). One session focused on LGBT issues. "Caitlyn Jenner was big news, and the seniors asked a whole bunch of questions," Marucci says.

Another event featured a mother from a local chapter of the support group PFLAG (formerly known as Parents, Families and Friends of Lesbian and Gays), who spoke of her struggle to accept her transgender daughter.

Southwest Senior Center celebrates its diversity through various special events throughout the year, such as St. Patrick's Day, Columbus Day, Cinco de Mayo and Black History Month. "I thought 'why not have Pride Day in June which is Pride Month?'" Marucci says.

Showing their pride

She lined up a series of speakers for the event, among them, "Pastor Pamm" William, an ordained Baptist minister who is outspoken about her lesbian identity; Terri Clark; and David Griffith from the LGBT Elder Initiative. In addition, two mothers from PFLAG shared personal stories, and librarian Stacy Wyatt from the Paschalville Branch of the Free Library of Philadelphia, located nearby the

center, spoke about books and internet sites that can be helpful to learn more about LGBT topics and resources. The center ordered purple T-shirts emblazoned with "LGBT Supporters" for members to wear that day if they chose. Rainbow-frosted cupcakes and a rainbow flag festooning the front door added to the celebration.

Organizers had no idea what to expect, and were gratified by the turnout. "We expected 25 to 30 people at most, but 85 people came. There were not enough T-shirts for everyone who wanted one," Cunningham says. "A lot of participants related to the PFLAG mothers' honesty and concern about the happiness of their children. Many participants realized they have gay members of their family and that instead of being disconnected from them, they wanted to heal the relationships."

"I enjoyed Pride Day immensely," center member Joyce Coleman says. "A lot of my generation is close-minded about gender differences, and it was good to be able to talk about it. I have a niece who is gay. All this time my sister never mentioned it. It troubles me. My niece is close to 50 now. My beloved nephew is also gay. I feel that

now I can be more open in talking with them."

Center member Helen James participated in Freedom Marches during the Civil Rights era. The marches drew a diverse group. "There were a lot of gay people who marched with us. I got to know them," James says. "As I see it, they marched for me, so why can't I do something for them? I learned as a child not to judge anybody. I was judged by my color, so why would I want to judge anybody by his lifestyle? We are all God's children."

For more information on LGBT resources mentioned in this article:

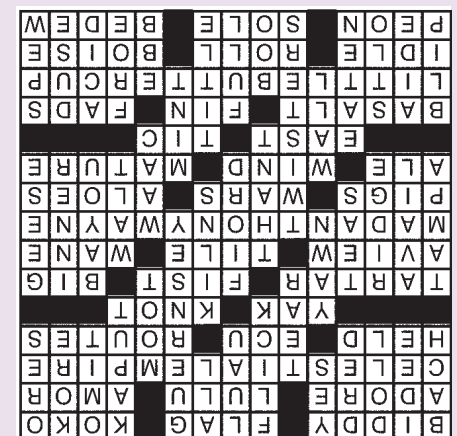
Action Wellness (formerly ActionAIDS): 1216 Arch St. – 12th Floor; 215-981-0088; www.actionwellness.org
LGBT Elder Initiative: 1315 Spruce St.; 215-720-9415; info@lgbtei.org; www.lgbtei.org
William Way LGBT Community Center: 1315 Spruce St.; 215-732-2220; info@waygay.org; www.waygay40.org

Southwest Senior Center is one of two centers operated by Philadelphia Corporation for Aging (PCA). For more information about upcoming activities at the center to promote LGBT awareness and acceptance, contact the center (see page 19).

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Solutions to the Milestones Crosswords puzzle

(see page 27)



Senior center counselors help access benefits, discounts and resources

By Alicia M. Colombo

If you need help, and aren't sure where to turn; or if you just have a question, your local senior community center may have the answers. Senior center counselors and social workers can help individuals apply for employment; access programs to assist with the purchase of food; learn ways to save on Medicare, other health insurance premiums or prescription drug costs; and find out about resources for assistance in the home, such as home-delivered meals, PCA's Care at Home programs, and private-pay home care agencies.

Benefits counseling services are offered, free of charge, to all seniors – whether they are members of a senior center or not. “Many people don't know all that they are eligible for, until they sit down and talk to me,” says Jenna Flanagan, social service coordinator at St. Charles Senior Community Center in South Philadelphia. “On many occasions, I have worked with seniors who are having trouble making ends meet. By having a conversation with them about their income and circumstances, I've been able to determine that they are eligible for multiple benefits. This has resulted in the seniors saving hundreds of dollars each month,” she says.

Flanagan says she helps seniors with applications for the property tax/rent rebate, Low-Income Home Energy Assistance Program, utility and property tax freeze programs, and other benefits programs. She also assists with utility shut-offs and other emergency needs. “I have the ability to assist seniors with accessing the Emergency Fund for Older Adults, which is an invaluable resource for community members facing difficult situations.

“Many seniors are facing financial difficulties these days due to little or no cost-of-living increases, and rising prices on everything else,” Flanagan says. “Any little bit of savings helps. Here at St. Charles, we place an emphasis on relieving food insecurity for

seniors. We give out Commodity Supplemental Food Program Boxes to income-eligible seniors once per month. We currently serve 194 seniors through this program.” Center counselors also help seniors apply for the Supplemental Nutrition Assistance Program (or SNAP, formerly food stamps).

Mark Weber, center counselor at Journey's Way in Roxborough, says seniors most often ask him for advice on choosing a Medicare plan and saving money on health care costs; accessing in-home care, especially on a short-term basis for an emergent need; and obtaining legal assistance or transportation. Some benefits are based on age, while others may also have income guidelines.

“As the participants already come for various classes, activities and programs, senior centers are natural venues for sharing resources,” Weber says. “Our members trust us to provide reliable information. In many cases, if older adults didn't obtain this information from our center, or didn't receive our help in linking with these resources, they would not otherwise learn of them, or receive the assistance they need.”

Sometimes seniors are reluctant to accept help, even when they desperately need it. Having a friendly face to comfort them often eases this trepidation. “One older gentleman was unemployed and had no income,” Weber says. “Since he had no health insurance, he hadn't seen a doctor for many years. He was having difficulty affording food. Despite his dire situation, he was reluctant to pursue assistance. But I encouraged him to allow me to help him apply for assistance, and he's now enrolled in programs that provide access to health care and money to purchase food.”

Help for tenants, homeowners

Three senior centers have housing counselors on staff: Center in the Park (CIP), Journey's Way and Philadelphia Senior Center – Avenue of the Arts (PSC – Arts). Carolyn Walker, housing counselor at PSC – Arts, says tenant issues and mortgage default/delinquency counseling are the most frequent concerns that arise. She helps renters complete applications for housing in rent-subsidized programs where seniors pay 30% of their monthly income. She also provides information about the rights and responsibilities of



\$0

Zip, zero, zilch

No matter how you say it, Humana has Medicare Advantage plans with \$0 premiums.

Get the benefits you may need with a Medicare Advantage plan:

- > Doctor's office visits and hospital coverage
- > Prescription drug coverage*
- > Maximum annual out-of-pocket protection
- > Preventive coverage

Plus the extras you may want:

- > Convenient mail-order pharmacy service options
- > Wellness programs
- > Emergency coverage at home and when you travel
- > And so much more!

If you're becoming eligible for Medicare and have questions, call today. I'm a licensed, independent sales agent for Humana, and I'll listen to what you want and help you choose a plan that fits your needs.

Mike Simon, Humana
Licensed Sales Agent

1-866-355-5861

Monday-Friday, 8 a.m. to 5 p.m.

www.humana.com

Humana.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. *Not all benefits listed may be available for all plans, in all areas or in a single plan benefit package. This information is not a complete description of benefits. Contact the plan for more information. To get this information for free in other languages, call 1-866-355-5861 (TTY: 711). Para obtener esta información gratuitamente en otros idiomas, llame al 1-866-355-5861 (TTY: 711). 要獲得本資訊的免費其他語言版本，請致電 1-866-355-5861 聽障專線：711。

Y0040_GHHJ6MMEN_AD Accepted 01252015

Always[®] BEST CARE^{ABC} SENIOR SERVICES

The leader in
NON-MEDICAL IN-HOME
CARE & FREE ASSISTED LIVING
REFERRAL
for more than a decade.



- Alzheimer's & Dementia Patients
- Cancer Patients
- Bathing
- Comfort Care
- Companionship
- Dressing
- Escort/Transportation
- Errands
- Grocery Shopping
- Grooming
- Hourly or Live-in Care
- Incontinence Care
- Light Housekeeping
- Laundry
- Meal Preparation
- Medication Reminders
- Weekends & Holidays

*DHS Approved Aging Waiver Provider in
Philadelphia, Bucks and Delaware Counties*

Philly • 267-909-9248

Lower Bucks • 267-812-5744

www.abcphillybristol.com

In Season

Eggplant: Tasty baked, fried, steamed

Eggplants are a good source of fiber; vitamins; and minerals, like copper, manganese, and potassium. Eggplants contain phytonutrients, chemicals that are helpful in preventing heart attack or stroke. Eggplants can be prepared in a wide variety of ways, including steaming, grilling, frying, baking and sautéing. Below we present three simple recipes.



Easy Baked Eggplant Parmesan

(Serves 4)

Ingredients:

- 1 large eggplant, sliced lengthwise into ½-inch-thick pieces (about eight)
- 2 eggs, beaten with a fork
- 1 ½ cup panko or regular bread crumbs
- 2 tbsp. extra-virgin olive oil
- 1 25-oz. jar marinara sauce
- 1 cup shredded mozzarella cheese
- ½ cup shredded Parmigiano Reggiano cheese

Instructions:

Place a large rimmed baking sheet in the oven; preheat the oven to 375°F. Coat eggplant slices with egg, then coat each slice on both sides with bread crumbs.

Brush oil on the hot baking sheet and arrange eggplant slices on it in a single layer. Bake 15 minutes, flip and bake another 10 minutes, or until golden brown.

Increase the oven temperature to 475°F. In an 8x10-inch ovenproof dish, layer half of the sauce, then eggplant, and top with cheeses. Repeat with remaining ingredients, finishing with cheese. Bake until cheese melts and is golden brown in spots, about 15 minutes.

Note: Panko is a coarser Japanese-style breadcrumb that can be found in Asian sections of most supermarkets. Substitute regular bread crumbs if desired.

(Source: Whole Foods)

Easy Eggplant Stir Fry

(Serves 4)

Ingredients:

- 2 eggplants, peeled and cubed
- 1 zucchini, thinly sliced

- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 tbs. low-fat Italian salad dressing
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked

Instructions:

Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet. Stir lightly to combine and cook over low heat until tender.

Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice. (Source: U.S. Department of Agriculture)

Ratatouille

(Serves 8)

Ingredients:

- 2 tbsp. canola oil
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bell peppers (green, red or yellow)
- 1 eggplant, peeled and cut into 1-inch cubes
- 1 (15-oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- ½ tsp. black pepper
- ½ cup chopped parsley

Instructions:

Heat oil in a large saucepan; add onion, garlic, bell peppers and eggplant; and sauté until tender, about 15 minutes.

Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.

Serve hot. Cover and refrigerate within 2 hours.

(Source: U.S. Department of Agriculture)

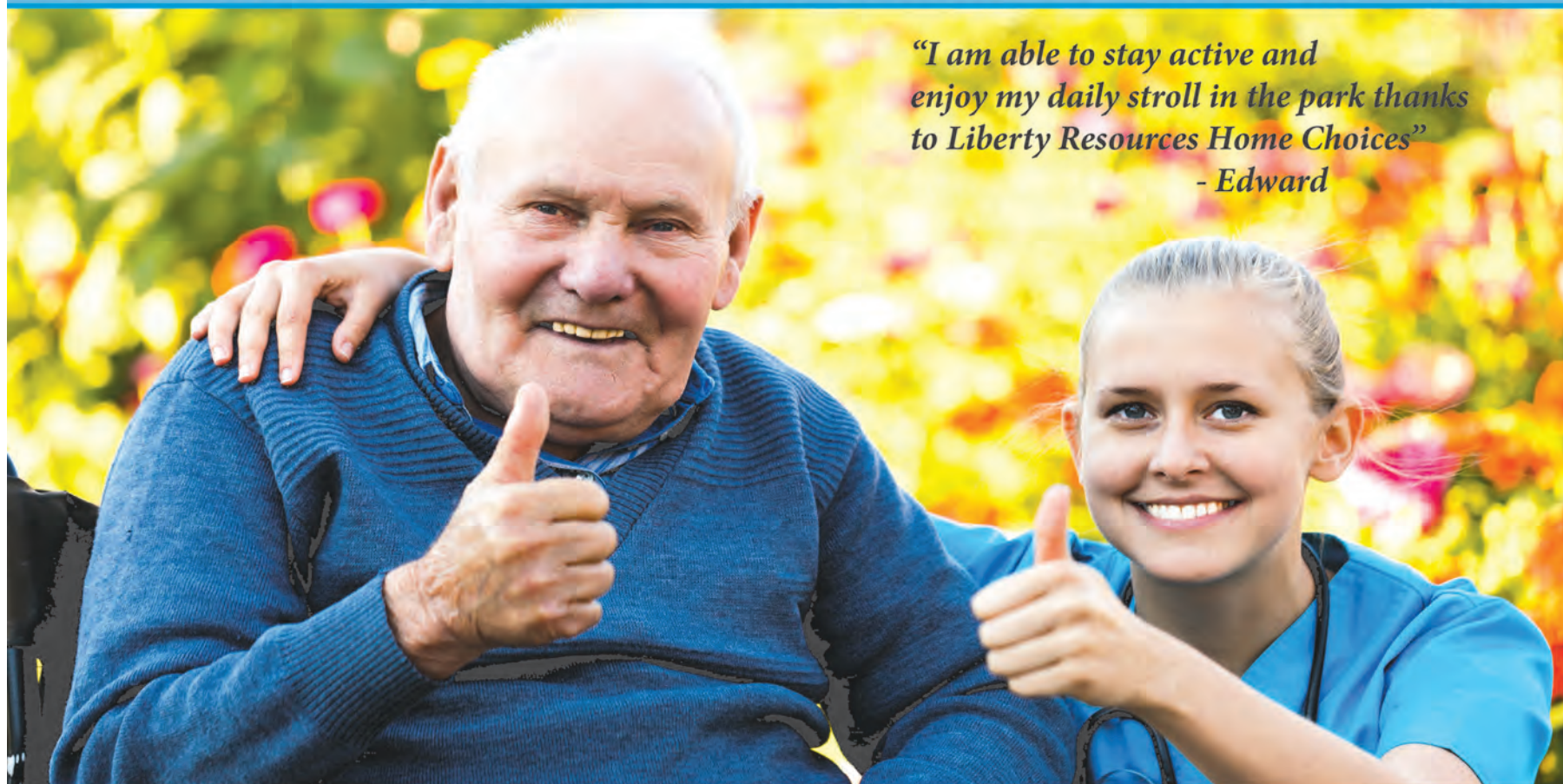
LibertyResources®

Home ChoicesSM

The Power of Choice. Your Home Care, Your Way.

*"I am able to stay active and
enjoy my daily stroll in the park thanks
to Liberty Resources Home Choices"*

- Edward



High Quality Home and Personal Care

Liberty Resources Home Choices brings the Power of Choice to you, enhancing your health and promoting your independence. The Power of Choice to select a friend, family member or one of our attendants to provide you with the care you want.

It's your home care, your way.

Call (215) 634-2000 ext. 617 or visit us on our website at
www.homechoices.org

Proud Partner with



LibertyWheels
Mobility for Everyone

- Durable Medical Equipment
- Home Modifications
- Scooters

Call (267) 765-1530

September 2016

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

Sunday

Game Club. Inclusive group seeking players of all skill levels to socialize, learn new games or enjoy favorites. Bring your own game or use the center's extensive collection. Snacks & non-alcoholic refreshments welcome. 2-4 p.m. William Way LGBT Community Center. 215-732-2220. (Sept. 11 & 18)

Grandparents Day Patriot Day

Notes of a Native Song. Music, video & spoken word explore James Baldwin's legacy as an African-American novelist & playwright. 8 p.m. The Wilma Theater. 215-546-7824. \$

National HIV/AIDS & Aging Awareness Day – www.aids.gov

Mexican Independence Day Festival. Music, food, arts & crafts, face painting, giveaways & activities. 2-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

Brazilian Day Philadelphia. Enjoy traditional foods, merchandise & performances. 1-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

Monday

Labor Day



Living Life to the Fullest with a Chronic Illness. Asthma, rheumatoid arthritis, lupus or pain. 12:30 p.m. Center on the Hill. 215-247-4654
Strengthen Your Voice. Exercise vocal muscles & respiratory system. 10 a.m. Center on the Hill. 215-247-4654. (Sept. 19 & 26, Oct. 10) \$

Breast Cancer Support Group. 1-2:30 p.m. Center in the Park. Register: 215-848-7722.
Fruit & Vegetable of the Month. Learn the health benefits of seasonal produce & taste a delicious recipe. Raffle for produce. 11 a.m. Marconi Older Adult Program. 215-717-1969. \$

How Does Hearing Loss Impact Your Health? Presentation on history & effects of untreated hearing loss & Tinnitus (ringing in ears) on health, cognition & quality of life. 11:30 a.m. Center on the Hill. 215-247-4654.

Tuesday

Afternoon Movie: "Brooklyn" (2015). Oscar-nominated film about young Irish immigrant in 1950s New York City. Includes popcorn. 1:30 p.m. Center on the Hill. 215-247-4654. \$
Fall Into Savings: Housing & Energy Workshop. Money-saving tips & giveaways. 10-11:30 a.m. Center in the Park. Register: 215-848-7722.

Mahjong. 1-3 p.m. Center in the Park. 215-848-7722. (Sept. 27)

AARP TEK Program. Online tips, trends & tools, including apps, touch-screen basics & text messaging. 9 a.m. to 6 p.m. KleinLife: NE Phila. 215-698-7300
Dementia Café. Safe, & supportive environment for people with dementia & caregivers to socialize. 1:30-3 p.m. Center on the Hill. RSVP: 215-247-4654.

African American Journeys. 1 p.m. Center in the Park. 215-848-7722.
Yoga & Wellness to Help Manage Arthritis. Incorporates simple exercises, stretching & breath work. 11 a.m. Center on the Hill. 215-247-4654. (Tuesdays through Oct. 11) \$

Wednesday

iPad Photography. Bring or borrow an iPad from center. 10 a.m. Marconi Older Adult Program. 215-717-1969. (Wednesdays in Sept.)
Retirement Income Solutions for Women. 6 p.m. Gershman Y. Register: 215-564-5500. (Sept. 14, 21 & 28) \$
Rubber Stamping & Card Making Class. 2:30-4:30 p.m. Center in the Park. 215-848-7722. (Sept. 21) \$

Brain Health Workshop. 10-11:30 a.m. Center in the Park. Register: 215-4848-7722. (Wednesdays)
Tai Chi. 10 a.m. St. Anne's Senior Community Center. 215-426-9799. (Wednesdays)

Blood Pressure Screening. 10-11:30 a.m. Center in the Park. 215-848-7722.
Foot Specialist. Dr. Allan Jaffe. 10 a.m. PSC – Ave. of the Arts. 215-546-5879. (Bring insurance card.)

Rock & Roll Film Series. Coordinates with the special exhibition "Bill Graham & the Rock & Roll Revolution." 6 p.m. National Museum of American Jewish History. 215-923-3811. \$

Thursday

Bicycling Street Skills by Indego. Learn to build confidence when bike riding in the city. No bike required. After classroom lesson, test rides on Indego (helmet provided). 6-7:30 p.m. Parkway Central Library. 215-686-5322.

Flu Shots. First-come, first-served. 10 a.m. to 2 p.m. KleinLife: NE Phila. 215-698-7300.
Get to Know Your Thyroid. Learn about this little butterfly-shaped gland – what it does, what can go wrong, what would happen without it. 11 a.m. Center on the Hill. 215-247-4654.

Independence Hall & The Liberty Bell Book Talk. 5:30 p.m. Phila. History Museum. 215-685-4830. \$
September Birthday Party. Cake & dance music. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300.

First Day of Autumn
Label Reading Made Easy. Manage weight, cholesterol, blood pressure & more by understanding nutritional information. 1:30 p.m. Center on the Hill. 215-247-4654.
Navigating Life at 50+ Health Fair & Expo. 10 a.m. to 2 p.m. West Phila.YMCA. 215-492-2980.

Stretch4Life. 10:15 a.m. Center in the Park. 215-484-7722. (Thursdays.) \$

Friday

Men's Gathering. 9:30-11:30 a.m. Center in the Park. 215-848-7722. (Fridays) \$
Art After 5: Valray Sturgis. Legendary Philadelphia vocalist assembles the city's best talent in a tribute to Nat King Cole & Frank Sinatra. 5-8:45 p.m. Phila. Museum of Art. 215-763-8100. \$

Art Café. Painting class includes art supplies, music & refreshments. 1 p.m. Marconi Older Adult Program. 215-717-1969. \$
Clay Creations Class Begins. Hand-build pots & other items. All levels. Includes supplies & tools. 12:30-2 p.m. St. Anne's Senior Community Center. 215-426-9799. (Fridays for 12 weeks; come any time.)

Stardust: A Girls Night Out. DJ, beer, wine & light fare. 7-10 p.m. William Way LGBT Center. 215-732-2220. (Tickets available at the door.) \$

The Art Market. Fine arts & crafts fair featuring 100-plus artists with works in glass, fibers, painting, ceramics, photography & other media. Shop handmade goods, watch demonstrations, make something cool. Noon to 8. Tyler School of Art. 215-519-4167.

Aging Mastery Program Begins. Improve health, financial security & overall well-being. 10-11:30 a.m. Center in the Park. Register by Sept. 12: 215-848-7722. (Fridays through Dec. 9)
Rosh Hashanah Program & Lunch. Rabbi-led service, festive meal & celebration led by Bob Ciski & Cantor Jill Mann. 10 a.m. KleinLife: NE Phila. 215-698-7300. \$

Saturday

Behind the Scenes Tour of Historic Ships. Explore private areas of two historic ships, the cruiser Olympia & submarine Becuna. Must be able to climb steep stairs. Tours depart from the gangway hourly from noon to 3. Independence Seaport Museum. 215-413-8655. \$

Philadelphia Honey Festival. Family-friendly activities include open hive & bee-bearding demos, honey extractions & tastings, children's activities & vendors. 10 a.m. to 4 p.m. Wyck Historic House, Garden, and Farm. www.phillyhoneyfest.com. (Also Sept. 11 at Bartram's Garden)

Fall Flea Market. Food, fun & vendors. 8 a.m. to 2 p.m. Hayes Manor Retirement Residence. 215-473-1552.
Family Caregiver Workshop. Understanding dementia & strategies to care for your loved one. Includes lunch. 11:30 a.m. to 3 p.m. St. John Neumann Adult Day Services. Register: 215-698-5656.

Educator Family Fun Day. Teacher tours of Headed to the White House & information about educational resources. National Constitution Center. 215-409-6600. \$ (Reduced admission for teachers with school ID & their families.)

EnhanceFitness

• continued from page 1

“Sometimes we have a mixed class with people of varying ability levels. Some are seated the whole time, while others are standing. Some use the chair just for support, stand behind it,” said Ramos. “As long as you have a heartbeat, you can do some form of exercise. No one is prohibited from being active. Just keep it moving. Some of the frail seniors who come to the class can be encouraged to take things a little bit at a time. When they first start, I have them do rehearsal movements for two weeks. Then they are encouraged to add weights slowly and to work up. I tell them to keep coming. Be consistent and you will feel a lot stronger. You’ll see it will be better over time. I constantly remind seniors that they can counteract any soreness or stiffness they feel by keeping active. The more you come to the class, the looser your muscles will become,” he said.

EnhanceFitness started in 1997 as a pilot project at four senior centers in Seattle, Washington. Since being introduced to the Philadelphia market in 2008, it has become one of the most popular exercise classes at senior centers.

“The senior center staff plays an important role in participation and retention. We’re only there twice a week for an hour,” said Ramos.

Proven benefits

Participants range in ages from 60 to 90-plus. Several women from the King Older Adult Center, who are now in their late 80s to mid-90s, have been taking EnhanceFitness classes for 10 years. Clarice Elliott, 81, is among the longtime participants at North Broad Street Senior Center. “Through my regular fitness activities, I have been able to put off having a knee replacement indefinitely. My doctor says that due to my flexibility and strength, I don’t need surgery,” says Elliott, who includes twice-weekly EnhanceFitness classes in her exercise routine. “On other days, I do the line dancing here at the center and also take exercise classes at the YMCA next door.”

EnhanceFitness classes are held year-round twice a week at locations in every area of the city. (see sidebar) Each session begins with a five-minute warm-up



Photo by Alicia M. Colombo

There are no limits to exercise. Eva Muldor, 86, works out while seated. Others stand freely or hold onto a chair.

to loosen up the joints, ligaments and tendons; then progresses into 20 minutes each of aerobic exercises and weight training, using ankle and wrist weights; and ends with a five-minute cool down period.

“I always ask new members, what is your goal? What do you want to achieve through exercise?” A lot of them tell me they want to strengthen their knees, or to reduce lower back or shoulder pain, which is often due to poor posture, weak muscles or inactivity,” said Ramos.

The goals of the program, which often complement each participant’s individual goals, are to improve arthritis symptoms, maintain mobility and prevent falls. The low-impact exercises that are incorporated are good for the joints and designed not to re-injure any tender areas.

Participants often report feeling better and an overall improvement in their daily lives. “They can stand up straight and get up from a seated position without help. They are able to do things they weren’t before, like lift a gallon of milk. One person told me about how he stumbled, but was able to catch himself to prevent a fall. Some people have lost weight by continuing to come to the class. Through their

activity efforts alone, they’re seeing reductions in blood pressure and cholesterol levels,” he said.

The Centers for Medicare and Medicaid Services has evaluated the EnhanceFitness program and found that those who participated had decreased total health care costs, fewer unplanned hospitalizations, and lower mortality rates. Regular participation in the program has further been proven to increase strength, balance and flexibility; boost mobility, safety and independence; and elevate mood.

Consistency counts

To keep participants motivated and coming back, so they can experience long-term health benefits, Ramos builds a rapport with the participants through his friendly attitude and witty banter. “You have to establish a relationship and hold them

accountable, then they’ll hold each other accountable to keep coming back. When I teach the other EnhanceFitness trainers, I tell them, ‘you are the motivator. Your goal is to have a connection with each participant.’ Anyone can teach exercises and follow an established program, but it’s up to the instructor to give 120%. I don’t want anyone to lose out on the benefits of exercise. I want everyone to feel comfortable and for the environment to seem inviting,” said Ramos, who was inspired to become a fitness instructor 20 years ago after his grandfather became ill.

“I always had a love for seniors. My grandfather taught me to play dominoes. He had advanced Parkinson’s disease and diabetes, which eventually led to kidney failure. Before he died, he told me to live a long and healthy life. Ever since then I’ve had compassion for seniors. I’ve always enjoyed the wisdom of grandparents. I feel like I’m always reliving the moments with my grandparents, whenever I’m with seniors. Exercise is a tool that I use to empower people to live their best lives. Empowerment is the way to create an atmosphere of equality, so no one feels they are better – or less – than anyone else.”

EnhanceFitness is just one aspect of the overall health promotion initiative at senior centers that includes daily congregate meals, nutrition education and cooking classes, access to food resources and other benefits (see article on page 11), and additional fitness activities. “The centers encourage seniors to participate in all of the health and fitness programs offered, as well as remind them to maintain an active lifestyle,” said Ramos.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Get fit at centers

The following 16 locations offer the EnhanceFitness program twice a week. Centers below are grouped geographically.

North Central

King Older Adult Center
Norris Square Senior Citizen Center
North Broad Street Senior Center
On-Lok House
St. Anne’s Senior Citizen Center

Northeast

Juniata Park Older Adult Center
Northeast Older Adult Center

Northwest

Center in the Park
The Center at Journey’s Way

West

Older Adult Sunshine Center
West Philadelphia Senior Community Center

South

South Philadelphia Older Adult Center
St. Charles Senior Community Center
Marconi Older Adult Program

Southwest

Star Harbor Senior Citizen Center
Southwest Senior Center

For more information about the full range of fitness activities that are available at senior centers, see the directory on page 19, which includes phone numbers and addresses.

Medicare OPEN ENROLLMENT

BEGINS OCTOBER 15

Discover the
Gateway difference!

I'M GOOD WITH GATEWAY

- \$0 to low premiums and copays
- Prescription drug coverage
- Dental, vision and hearing coverage
- Over-the-counter allowance
- SilverSneakers® fitness program
- Transportation

Call TODAY!

1-877-GATEWAY

TTY: 711

8 a.m. to 8 p.m.

7 days a week


Gateway HealthSM

YEAR-ROUND ENROLLMENT AVAILABLE

Gateway HealthSM offers HMO plans with a Medicare contract. Some Gateway Health plans have a contract with Medicaid in the states where they are offered. Enrollment in these plans depends on contract renewal. Gateway Health Special Needs Plans are available to anyone with both Medicare and Medicaid. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copays and restrictions may apply. Benefits, premiums and/or copays may change on January 1 of each year. You must continue to pay your Medicare Part B premium. The State pays the Part B premium for full dual members. Premiums and copays may vary based on the level of Extra Help you receive. Please contact the plan for further details.
Y0097_816 Accepted

Peter the cat

• continued from page 1

Center member Raymond Mooney likes the fact that the cat has made Peter Bressi her home, and Peter seems to hold Mooney in special regard. Whenever he sits in the yard, the cat comes right up and jumps onto his lap to be petted. Mooney, who never had an animal companion of his own, enjoys the experience. "Petting the cat can make you feel better – especially when you're down and in the dumps. I recommend it," he says.

Other members agree with Mooney. "Some people here are crazy about Peter," Francine Cashley says.

"I personally don't go that far," says Richard Sanderlin. "I just give her a pat and say 'hi.'"

Jeanie McMahon-Meyer, the center's activities coordinator, can attest to the feline's positive impact on seniors. "I think a lot of seniors can't have a pet, especially if they live in a senior apartment building and there's a surcharge on having one," she says. "Many had pets as children and

Photo by Paola Noguera



Fans of Peter, the cat at Peter Bressi Northeast Senior Center, include (front row, from left) Charles Howcroft and Elaine Williams; (middle row, from left) Eileen Andrews, James Distler, Ervin Guess, Ella Mae Curry and Hazel Brady; and (back row, from left) Raymond Mooney and Vincent Raksnis.

AFFORDABLE CREMATION SERVICES

IF YOU WANT A FUNERAL with an expensive casket and embalming, go to a funeral home! If you are interested in affordable CREMATION SERVICES, WE ARE THE NAME TO REMEMBER! We specialize in cremation only, statewide, no removal fees.

No Embalming

No Caskets

CREMATION SOCIETY OF PENNSYLVANIA, INC.

SERVING ALL OF PHILADELPHIA SINCE 1981. Largest in the State of PA

For free Brochures and Pricing call

1-800-720-8221 (toll free) or mail us...

Please send me **FREE**
Brochures and Pricing!
www.auergroup.com

NAME _____
ADDRESS _____
PHONE _____



4100 Jonestown Road, Harrisburg, PA 17109
Shawn E. Carper • Supervisor

Code
MIL

love animals, so they like having a cat here. Even if they never had a cat before, I think people can relate to Peter. She rolls on her back, plays in the leaves, wants to be petted and held, and is very entertaining. When people come in, I tell them, 'Go outside and see what Peter is up to,' and that petting the cat can reduce their blood pressure."

Crawford says many people who come to the center live alone. "I feel that the fact we have a little pet that is friendly and likes to be held is something they really like. It's been a very positive experience."

Center member Richard Trickuy came upon cases of gourmet canned cat food left over from a pet benefit event held at a local church. With the church's permission, he took them to the center for Peter to enjoy. Others, like Mooney, regularly bring in food and treats. "Her favorite food of all is the basic Friskies and milk," McMahon-Meyer says.

Although many of the center's members dote on Peter, staff members Ervin Guess, the center custodian, and McMahon-Meyer have taken it upon themselves to make sure her basic needs are taken care of. They treat her with flea prevention medicine; make sure that Peter

has enough food for the weekends and snow days when the center is closed; and plan to take her to a neighborhood veterinarian for shots and a medical check-up. Guess sometimes comes and checks on Peter on the weekends. Peter's bed, litter box, and milk/water and food dishes are set out at one end of the yard which is covered by a protective overhang. Last winter, Guess fixed her a bed with insulation.

Peter is well-fed, so much so that she became quite chubby. At first, people thought she was pregnant. It turned out not to be the case. (If she's not spayed already, she will be at her upcoming visit to the veterinarian, McMahon-Meyer says.)

"Peter is a beautiful cat, a very friendly cat. She just strayed in here and that was it. She liked it, so she stayed. She's kind of like our mascot," Mooney says.

Peter Bressi Northeast Senior Center is a program of Northeast Community Center for Behavioral Health and is partially funded by Philadelphia Corporation for Aging (PCA). For contact information, see page 19.

Contact Marcia Z. Siegal at msiegal@pcaphl.org

Senior Center

BINGO games draw a crowd at centers



Shirley Townes (left) and Pat Nardicchio are friendly competitors at the BINGO games held at South Philadelphia Older Adult Center

Photo by Linda L. Riley

By Linda L. Riley

"This is Round Robin," Richard Ansley announces promptly at 1 p.m. on Friday afternoon. "Round Robin."

Colorful striped and numbered balls bob and click against each other. With the press of a lever, one pops up. Richard Ansley plucks it up and reads it. He commands the full attention of about 100 people as he takes the microphone and reads, clearly and slowly, "G. Fifty-two," then punches the ball down through a hole in the table in front of him. "That's G. Fifty-two." Above him, the number 52 lights up on a five-row flashboard mounted on the wall. People all scan their BINGO cards to see if they have G52.

The room is quiet, with very little conversation passing between the players, who are concentrating on the BINGO cards arrayed in front of them. At one table near the front of the room, Shirley Townes has 14 cards in front of her.

"She keeps track of all that," says fellow player Pat Nardicchio, who is working on six cards herself. To win at Round Robin, she explains, a player has to have a chip on each of the numbers around the outside of the card. Each card costs \$1.50, and, she says, the more people and cards are in the game, the greater the prizes.

"I've been playing BINGO for 50 years," Townes says proudly. On this day, she is playing at the South Philadelphia Older Adult Center on Passyunk Avenue. After about 11 minutes, when more than 30 numbers have been called, three people call out "BINGO!" Ansley stops the machine, and the three cards

are checked to verify that they've won. He starts the blower again, and the balls pop and bounce in the cage.

As the process repeats itself, people settle in and begin chatting quietly with others at their tables. Asked how long they've lived in the neighborhood, Nardicchio says, "From the day I was born – in the same house."

"All my life," Townes says.

Nardicchio says the BINGO competition is fierce. "These are cutthroat old ladies," she says. But, says Townes, "The center's nice; it's a lot of nice people here. We help each other." She said she takes exercise classes and volunteers at lunch, serving those who are unable to get their own trays.

Besides BINGO, Nardicchio says she takes advantage of the art classes and the trips. "We go to all the museums," she says.

If you so desired, you could play BINGO five days a week at a senior center somewhere in Philadelphia; it is offered at 17 of the centers which are supported by Philadelphia Corporation for Aging. For times, dates and locations, go to pcaCares.org/events-search and type BINGO where it says "Enter Keyword." As with all events, call the organization in advance to confirm the information is correct.

South Philadelphia Older Adult Center, one of six centers operated by the Philadelphia Parks and Recreation Department, is funded in part by Philadelphia Corporation for Aging (PCA).

Contact Linda L. Riley at lriley@pcaphl.org

Discover the best lunch spot in your neighborhood!



Senior Community Centers:

Great food • Friendly people • Convenient locations

Enjoy Lunch On Us!

For first time visitor or guest



Clip this COUPON and redeem for lunch at any site listed below.

Advance reservations are required. Please call the site to register. Expires September 30, 2017. Proof of age required.



NORTH CENTRAL PHILADELPHIA

CHCS – Norris Square
Senior Citizen Center
2121 N. Howard St. 19122
215-423-7241

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

King Older Adult Center
2101 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

North Broad Street Senior Center
1438 N. Broad St. 19121
215-978-1300

*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
215-684-4891

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

Philadelphia Senior Center –
*Coffee Cup Satellite and
Asian Pacific Senior Resource Center
247 S. 10th St. 19107
215-627-8048

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

Older Adult Sunshine Center
137 S. 58th St. 19139
215-472-6188

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

SOUTHWEST PHILADELPHIA

CHCS – Star Harbor Senior Citizen
Center
4700 Springfield Ave. 19143
215-726-7468

Southwest Senior Center
6916 Elmwood Ave. 19142
215-937-1880

*Satellite meal center hours and
programming may be limited.
Call for details.



Supported by Philadelphia Corporation for Aging
PCA Helpline 215-765-9040 • www.pcaCares.org

PCA
PHILADELPHIA CORPORATION FOR AGING™

The fascination of Annie Schroeder

By Dorothy Stanaitis

Annie Schroeder had seven brothers, a cigar box full of bead necklaces and a moonflower vine. I wasn't sure which one of those treasures fascinated me the most.

I had seen the box of beads only once when Annie brought it downstairs to amuse me while she and my mother visited over a cup of tea. I had carefully held each strand of beads up to the light to see it sparkle. They were all so beautiful that I couldn't decide which necklace I liked best.

I couldn't decide which of Annie's seven brothers I liked best either. I wasn't really able to tell them all apart, although I was pretty sure who the youngest and oldest were. Still, when Annie talked about Our Joseph or Our James, I was never really sure which one she meant, and it somehow seemed indelicate to ask.

The seven brothers left their house each morning before I woke up, and returned around supper time. They walked up Ogden Street in groups of twos and threes, dressed in denim overalls and work boots, each carrying an empty lunch pail.

The indistinguishable brothers never spoke to me, but once in a while, one of the younger ones would smile or nod as I leaned over our shared front porch railing staring at them as they came home from work. My only response to their greetings would be to quickly bend down and pick up one of my toys pretending I hadn't seen them.

They were quiet men, those brothers. I never heard any noise through the wall of our rowhome that was shared with the Schroeders, although I heard many cries, conversations and loud stair climbing through the opposite wall that connected our house to the Devlins, our neighbors on the other side.

All seven of the brothers accompa-



Mysterious moonflowers were part of her charm.

nied Annie to Mass each Sunday morning at Our Mother of Sorrows Church. They wore almost identical navy blue suits and white shirts. Their only expressions of individuality came in the selection of their necktie. Most were striped in gray, navy and white, but some featured splashes of bright red and yellow, and the bolder ones wore paisley prints.

I thought of them as Snow White and the Seven Dwarves,

even though they were all tall and sturdy men, and Annie was short and plump in her navy blue crepe dress with a lace collar and one of the bead necklaces from her cigar box. She wore a different necklace each week and on holidays she wore her dead mother's cameo pinned to the lace collar.

Although Annie was 10 years younger than my mother, she looked much older. It may have been the responsibility of housekeeping for those brothers all by herself. Just filling their seven lunch pails each day was a big chore.

On Monday, Annie made sandwiches from the leftover Sunday roast, and packed slices of the Sunday dessert cake. On Tuesday through Thursday, everyone had Tastycakes with bologna and cheese sandwiches, except for Our Eddie who didn't like cheese. He had an extra bit of bologna instead. On Friday, Annie made fried eggs with green peppers on rolls, then wrapped them in wax paper and newspaper to try to keep them warm. No one on Ogden Street ate any kind of meat on Friday. Even our family, the only non-Catholics on the block, ate fish then.

Annie usually made fried fish cakes with macaroni, tomato and cheese casserole on Friday. The brothers wouldn't eat anything green. This appalled my mother,

• continued on page 24

WE SHOULD ALL BE CONNECTED

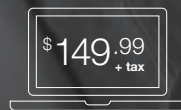
The Internet belongs in the home and can help you connect with loved ones near and far. Internet EssentialsSM from Comcast brings affordable Internet home, along with free training classes designed just for you. You may qualify if you are at least 62 years old and receive state and/or federal assistance.

\$9.95
/month
+ tax

HIGH-SPEED HOME INTERNET

- No credit check
- No term contract
- No installation fee
- In-home WiFi included

A LOW-COST COMPUTER AVAILABLE



- Includes Microsoft Office
- 90-day warranty
- Includes NortonTM Security Suite

FREE INTERNET TRAINING

Available online, in person, and in print

**INTERNET
ESSENTIALS**
from Comcast

Restrictions apply. Only available in certain states. Not available in all areas. Limited to new Internet Essentials residential customers. Must be age 62 or older and receive qualifying federal and/or state public assistance. Requires supporting documentation from the current or previous year. Limited to service to a single outlet. Subject to Internet Essentials program terms and conditions. Call 1-855-850-4550 or visit InternetEssentials.com/Seniors for a list of states covered by the program and complete details. © 2016 Comcast. All rights reserved.



The care
you **need.**
The independence
you **want.**

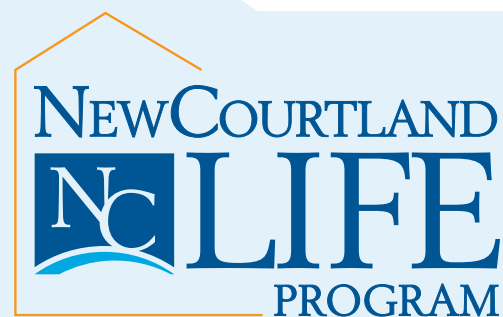
Keeping you well. And in your home.

Long-term care from a dedicated team of professionals.
Prescription drug coverage.

Support services like meals and transportation.

And so much more.

This is the LIFE.



1-888-547-3476
NewCourtlandLIFE.org

The “new” senior man in retirement: Helping others and combating isolation

By Alicia M. Colombo

Retirement can be a difficult time, especially for men whose lives have been focused on providing for their families. When Tom Lo stopped working two years ago at age 59, he was thrust into a period of uncertainty in his life. “As we get older in our careers, it gets frustrating. We end up realizing this isn’t what we want to do anymore,” says Lo, who was acting director of MBA admissions at Baruch College in New York City. He had worked 10 years as a registered architect, then decided to make a major career move that would offer more financial stability and growth potential. After 14 years at the college, two as the acting admissions director, he was passed over for the permanent position.

“I decided to act on some plans that my wife, Flora, and I had been considering. After 30-plus years of living in New York City, our goal was to leave the city’s intense urban setting. We always loved Philadelphia, so my next phase became exploring places to move in combination with a new job search. I applied for jobs in New York, Philadelphia and Pittsburgh, but unfortunately they were not to be, and I suspect strongly that my age was playing against my chances. We located a very nice house in the Chestnut Hill neighborhood and moved to Philadelphia anyway. I was already calming down internally about the importance of finding a job,” says Lo.

Lo says he is now content with taking life as it comes and has been enjoying finding ways to serve the community. He volunteers to teach an all-ages English class to low-income Asian- and Spanish-speaking people in South Philadelphia. When he learned about a training program to become a senior discussion group facilitator through Journey’s Way in Roxborough, he took it as a sign that he should explore new life activities. In Fall 2015, Lo was placed at Marconi Older Adult Program in South Philadelphia and began serving as a peer leader for “The Next Chapter – Talking About Our Lives.” Funded by The Pew Charitable Trusts, the program is offered at 10 centers throughout the city.



Photo by Alicia M. Colombo

Retirees Max Buchheister (left) and Tom Lo serve the community in many pursuits, including leading peer discussion groups at senior centers and teaching English as a Second Language classes.

His previous work was a good foundation for the new venture. “It was many years of counseling, being a good listener, giving people options and becoming sensitive to others’ concerns,” he says.

Finding direction

Participating in the senior discussion groups has led Lo to think more about life transitions. “My contention is that men take their careers much more seriously; it’s their identity. In talking with people about getting older, a big focus for men is how best to harness our experiences, stay involved and continue having an impact,” he says.

Fellow peer discussion leader Max Buchheister agrees. He had a long and successful career with the international services division of the computer manufacturer Sperry Univac (now Unisys), working in Brazil, Mexico and the United States. “I grew up in Niteroi, Rio De Janeiro, Brazil. I’ve always been an adventurer. I grew up speaking German, Portuguese and English. At one point in my career, I realized I was stuck. I had to either move or leave the company,” he recalls.

A business trip to Blue Bell, Pennsylvania in 1978 precipitated his move to the United States. “I wanted to advance in my career and also to learn the English language the way it is supposed to be spoken, beyond

what I had learned in school. We moved lock, stock and barrel,” he says. Part of the business was sold to Burroughs in 2010, and he went with the new company, implementing its Brazilian subsidiary.

“In 2012, there wasn’t too much business, and I started to see the handwriting on the wall. Being the Operations Director and knowing that I was one of the highest paid employees, I told my boss that if they needed to cut costs, I was ready to retire. I made a plan to pay off all my debts and retired a year later,” Buchheister says.

Retirement was an enormous change of pace for him. Now 68 and fully retired, he’s adjusting to a slower pace in life. “At first, I watched a lot of TV and just took my time. I used to work from 8 in the morning to late at night. I’m now very active in my church, and my pastor suggested that I get involved with Journey’s Way, because he thought it would be a good thing for me. I took his word for granted,” says Buchheister, who now leads “Next Chapter” senior discussion groups at KleinLife: Northeast Philadelphia.

“In my career, I managed large departments, one had 42 people. Relating to people of different cultures has always been a part of my life. I like it. Now, I get to know people in depth, it’s very fulfilling for me.”

Peer discussions allow seniors to feel comfortable sharing their thoughts and feelings in a supportive environment, with others who are going through the same thing. “We tend to just lump all seniors together. But we are dealing with people in the mid-50s through 90s. That includes several generations,” says Lo. As a younger senior, he’s been fascinated by meeting men and women who lived through the depression and World War II.

“In our discussions, we’re really delving into the deeper issues and the impact it has on us. We discuss things that give our lives cohesiveness: family, friendship, staying connected, and about the differences in attitudes between men and women,” he says.

The conversations often move towards looking at life in terms of the past, present and future. “We discuss a lot of coping measures, often about pain and changes,” says Lo. “Running has always been part of my life. Recently, I had to go through coping myself after I had two knee operations.” But he also feels that when considering this part of our life cycle and the changes taking place, too much emphasis can be placed on nostalgia and coping.

“Reversing the quiet isolation of seniors from many parts of our daily life could be the next big change in attitude for aging Americans. Seniors are still a vigorous population. It’s not about settling in to the end of your life. We are viable citizens, and what we have to say has an impact. A big example: Where are the wise and calm voices of older Americans during these turbulent times?”

Buchheister believes that your outlook drives the trajectory of your life, at any age. “We had a conversation about ‘The Invisible Senior.’ It was quite a discussion. It has a lot to do with attitude. In some cases, seniors sit around and wait to die. Others say, ‘I have 30 more

• continued on page 25

Benefits

• continued from page 11

landlords and tenants; Fair Housing Laws; rental delinquency; eviction prevention; rent/property tax rebates; and home repairs. Homeowners receive assistance with budgeting; review of foreclosure options; loss mitigation; and financial education, including credit repair and city programs to help homeowners set up payment plans for delinquent real estate taxes.

"PSC – Arts has developed relationships with private landlords," Walker says. "Through the Neighbors Helping Neighbors Find Housing program, 45 landlords offer rooms or apartments for rent in their personal homes or buildings. This is a valuable resource because of the long waiting lists for affordable senior housing, which can be up to two years," she says.

The lack of safe housing can be life-threatening, as was the case for "Mr. Joe," an 85-year-old man. "In December 2014, we discovered that Mr. Joe had been living at a hotel for more than 25 years and feared for his life," Walker says. "He came to me with tears in his eyes, as he talked about how the hotel had become a dangerous place to live. I knew of someone who had housing in Port Richmond, and set up a conference call. When they heard Mr. Joe crying, they told me to bring him immediately," recalls Walker. When they arrived at the home, it was beautifully decorated for the holiday. Mr. Joe met two other seniors living there, who immediately made him feel at home. As he was resting in a recliner, he told Walker he wanted to live there.

When they drove him back to the hotel to get his possessions, they experienced the danger of his living situation. "The hallway to the apartment was dimly lit and smelled of heavy smoke. Several men were blocking the entrance to his room and kept glaring at us. When we finally got inside, there was no lighting and we needed a flashlight to collect his possessions, which were mostly dirty clothes and a broken television. The new landlord was so appalled by the state of his posses-

sions that he told him to leave everything and took him on a shopping spree," says Walker. Mr. Joe moved into his new home two years ago, and he continues to do well. "He still sits in the same recliner, watching his favorite soap opera, 'The Young and the Restless.' I am forever grateful to landlords like this," says Walker.

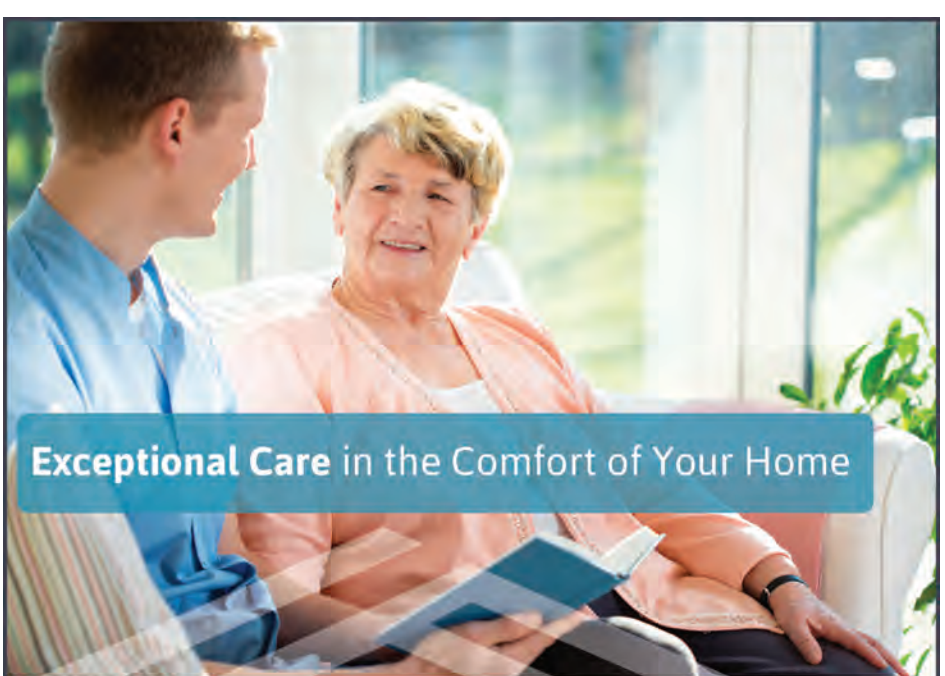
In addition to providing technical housing counseling and placement assistance, Housing Counselors also screen older adults for other benefits and provide them with intangible support that can reduce stress and anxiety.

"When the Housing Counselor visited us, she spent a lot of time thoroughly evaluating our situation and going over all of the paperwork," one appreciative senior wrote, in a thank-you letter to CIP. She went on to say, "She was not only extremely efficient, skillful and knowledgeable, but very caring and sympathetic. She has followed up with telephone calls informing us of what she's done and what we need to do. I don't believe that you should give people false hope, but I don't think you should take away hope either. She was very realistic, but also very encouraging and positive."

In addition to all of the benefits described above, CIP is also a Neighborhood Energy Center, which provides comprehensive support for weatherization, energy conservation and utility payment assistance. "Center in the Park is able to make home visits to provide housing counseling and energy assistance for clients who are unable to come into the center," says Megan McCoy, director of grant research and development at CIP. "With the exception of a handful of agencies throughout Philadelphia, three of which are senior centers, most city-funded housing counseling agencies do not make home visits. Older adults are often at risk for financial exploitation and scams, so it's important that they can trust senior centers to provide credible resources and information."

For information about benefits and resources, consult the list of senior community centers on page 19 or go to www.pcaCares.org. While most counselors have regular office hours, an appointment may be required. Call the center directly for more information.

Contact Alicia M. Colombo at acolombo@pcaphl.org



Exceptional Care in the Comfort of Your Home

Why JEVS at Home:

- No cost services for individuals who qualify for Aging Waiver, Attendant Care Waiver, Act 150 Waiver, Independence Waiver, COMM CARE Waiver, and OBRA Waiver
- Easy enrollment process in the client's home
- Multi-lingual staff and caregivers
- Qualified Caregivers:
 - Fully screened and trained caregivers
 - Client may refer a family member or friend
- 24/7 on-call Customer Service Line
- Wellness and home safety visits by our staff nurse

Our services include:

Grocery shopping
Light housekeeping
Meal preparation
Laundry
Respite Care
Companion Services
Bathing, dressing, grooming, and toileting
Assistance to medical appointments
Making the bed and changing linens
Community Integration
Additional Services *

* Additional services listed on service plan or by request for private pay

For more information about our services:

Call (267) 298-1325

Considering becoming a caregiver?

Email your resume or questions to: hr@jevsathome.org

9350 Ashton Road, Suite 102
Philadelphia, PA 19114



JEVS at Home does not discriminate on the basis of a person's age, race, color, religion, creed, sexual orientation, marital status, national origin, ancestry, citizenship, military status, veteran status, HIV status, handicap, disability, gender, gender Identity or expression, or membership in any other protected group.

Are you or someone you know suffering from bladder or bowel problems?



Don't let incontinence slow you down!
With our expertise in incontinence care, MSI will help you find just the right products to fit your needs.

- We carry a full line of briefs, protective underwear and pads/liners.
- We now carry a full line of catheters and urology products.
- Most supplies are covered by managed care programs (MCO) and Medicaid.
- Knowledgeable, friendly customer service reps will help you.
- We accept credit cards and check payments.
- You can switch to us at any time.
- We carry these top brands:

TENA Attends



www.rpromise.com
Medical Supply, Inc.
Call 800-777-6647 for questions,
service or free samples

Call (800)777-6647

or mail this form to: P.O. Box 88, Essington, PA 19029

Free Sample Request Form

Name _____

Phone (required) _____

Zip _____ Medicaid Y N

Height _____ Weight _____

*We will contact you for address and product selection

Brief/Diaper	
Pull-ons	
Pads/Liners	
Skin care	
Light	
Moderate	
Heavy	

Annie Schroeder

• continued from page 20

who had firm rules about healthy living. She never let a day go by without serving us a green vegetable and a salad. She also started our days with bowls of oatmeal and big spoonfuls of cod liver oil with fresh orange slices to wash it down.

Mother took it as a personal affront whenever one of her children became ill, especially since the fruit, vegetable and cod liver oil-shunning Schroeder brothers never had a sick day in a year.

"Neither did my poor father, God rest his soul," Annie often told my mother during their daily conversations, held as they hung wash in their adjoining backyards. Mother's lines were full of snowy cloth diapers, while Annie arranged work shirts and overalls on the outside lines, so that no one need be offended by the sight of her brothers' underwear, which hung on the inside lines.

Bewitching flowers

But as interesting as all that underwear might be, there was something else in Annie's backyard that intrigued me far more. Each spring, Annie planted moonflower vines that covered the fence between our adjoining backyards. Annie's vines were thick and full of large leaves with tight buds here and there. Those buds never opened during the day. My mother told me that the reason they were called moonflower was that they bloomed only at night. I couldn't imagine flowers that appeared only when it was dark, and how I longed to see those mysterious moonflowers. But I didn't stand a chance because my mother's healthy living rules included early-to-bed, which was just as strict as the green vegetable one. No matter how lovely the summer evening, I was whisked upstairs long before the Gallaugh girls began telling ghost stories to the neighborhood children, or Annie's white moonflowers opened in the darkness.

I longed for the next year when I would be old enough to stay up after dark. I wasn't too sure about the ghost stories, but the mysterious moonflowers

would be a welcome birthday present.

However, my moonflower dreams were soon to be shattered. One day, near the end of summer, Annie told my mother that the Schroeder clan would be moving.

"Our Vincent found a larger house nearer to the plant," was her smiling explanation. How could she stand there smiling, knowing that her moonflower vines would die during the winter, and she wouldn't be there to plant more for me to see next year? I turned and ran into the house.

I don't think Annie or my mother even noticed that my heart was broken, but after a sad afternoon of moping around, mother asked me what was wrong. Flower lover that she was, my mother understood completely, and delighted me beyond all reason by promising that I would see the moonflowers that very night. I was flooded with excitement.

Excitement can be a wearying emotion though, and I fell asleep early that evening. My mother had to gently wake me later that quiet summer night and help me down the stairs and out into our dark back yard. She held my hand as we walked silently across the cool grass and finally, there, hanging over the fence in a magical cascade of glory, were the beautiful white moonflowers glowing in the pale light that spilled across the lawn from our kitchen window. I stared at the flowers and gently felt a few. They were cool and smooth and floppy and fragile. I knew they couldn't be picked and placed in a vase to be enjoyed the next day. I also knew that there would not be another night like this one. My happiness turned bittersweet.

Just then, my mother interrupted my thoughts. "Look, Dorothy," she whispered, and pointed to the fence post. I turned and saw a penciled note that read "To Dorothy" tied to something hanging over the fence. It was one of the bead necklaces from Annie Schroeder's cigar box.

Dorothy Stanaitis is a retired librarian and a freelance writer.

New senior man

• continued from page 22

years. I have another third of my life ahead of me. I'm going to re-do myself. The question is: How will you find your groove? You don't know how much time you have left," he says.

As a financial professional, Buchheister has always planned for the future. He says that both in business and in personal matters short-term thinking often leads to a negative outlook. "There is one way you can get better, but people don't pay attention to it. Take being overweight. People say they can't exercise because they have a bad heart, but they have a bad heart because they don't exercise. Do you want to change your car's oil regularly or wait until it breaks down?" he says.

Buchheister's plans for the future include checking off the many items on his "Bucket List." "I want to learn three other languages: Italian, French and bring back my German. I've lost practice because no one I know

speaks it anymore. Traveling has always been part of my life. I only got to know the countries and places that I did because of my work. I've been to South Africa during apartheid and France several times. One of my bucket list projects was to work on my family crest, and I finally got to it. My next thought is to go to Hamburg and do genealogical research," he says. Not sure when he'll get to that, since he also takes an active role caring for his six grandchildren, who range in ages from 2 to 6; bowls once a week; is his church treasurer and a trustee; and, like Lo, volunteers to teach English as a Second Language classes.

For information about The Next Chapter – Talking About Our Lives peer discussion groups, contact Jan Zacharjasz, program coordinator, at 215-487-1750, ext. 1214 or jzacharjasz@intercommunityaction.org.

Contact Alicia M. Colombo at acolombo@pcaphl.org

BEST SERVICE AT THE MOST REASONABLE PRICE



McCafferty
Funeral & Cremation Inc.

Direct Cremation **\$995**
Traditional Funeral & Burial
\$4,200

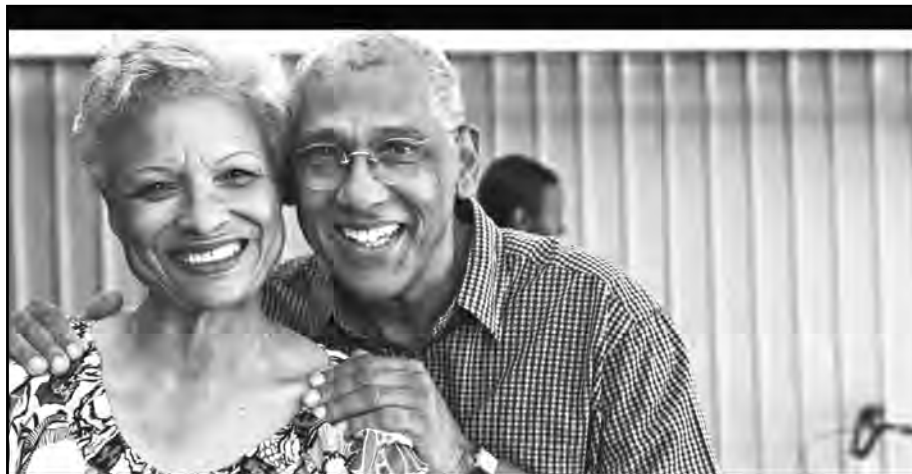
Mark McCafferty F.D Supv.

www.phillycremation.com
215-624-4200

6709-11 Frankford Ave., Philadelphia, PA 19135

Please send me a brochure and pricing

Name _____
Address _____
Phone _____ e-mail _____



Mercy LIFE: Keeping Seniors Healthy and Independent

Have you realized that your elderly loved one is having a hard time living on their own?

Are you unable to provide the level of care they need to remain independent and active?

Do they need extensive medical care?

The Mercy LIFE program can offer you the support you need.

Medical and Support Services offered:

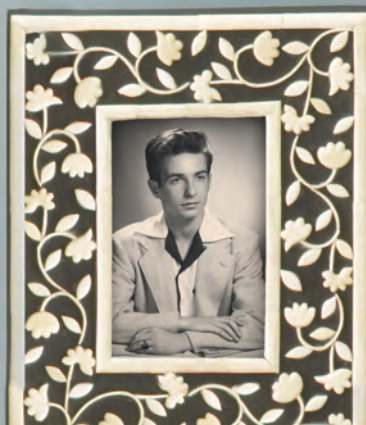
- Primary Care and Physician Services
- Prescribed Medications
- Nursing Care
- Social Day Center
- Rehabilitation Services
- Transportation
- Dental, Hearing, and Foot Care
- Light Housekeeping, bathing or cooking
- Medical Equipment
- And much more...

To learn more about what the Mercy LIFE program has to offer, **contact us at 215.339.4747 or visit www.mercylife.org**



Mercy LIFE
Living Independently For Elders
A member of Mercy Health System

NewCourtland understands
*you're more vital
than vital statistics.*



Aging isn't all about numbers. We get it. That's why NewCourtland is setting the new standard by helping seniors live as independently as possible for as long as possible.

Our all-inclusive model of senior care, for example, coordinates all your healthcare and supporting services in one clear and simple program.



NEWCOURTLAND
SENIOR SERVICES

Seniors. Services. Solutions.

(888) 614-3150 | NewCourtlandUnderstands.org

Healthcare & Community-Based Services | Affordable Senior Housing | Innovative Programs

Don's Column

Raise your cane if you recall Thrivo, the Food Fair and Maurice Chevalier



By Don Harrison

No, I didn't give in easily. For as long as I could, I resisted suggestions that I use a cane. It would be a concession to my vulnerability; as long as I could pretend I was hale and hearty, that's what I'd be.

Well, now I use a cane – not an ornate walking stick like those the Paris boulevardiers used to wield, but a metal utilitarian rod to keep me upright and, if that doesn't work, to prop me up as I try to rise.

My family urged it. So did the physical therapists with the thankless challenge of improving what's left of my gait and balance. I'm still not comfortable with the cane (maybe, I never will be), but it's an added support, in more ways than one.

At PT, they're training me to use it effectively. These young people are pros, who know what they are doing with us unbalanced guys.

Even in that world, the generation gap occasionally surfaces.

Waving the cane, I joked to one, "Just like Maurice Chevalier."

"Who?" she asked.

* * *

Jingles that won't go away



Radio advertising jingles from decades ago have been invading my ancient brain, and won't go away. Maybe, if I write them down, they will.

Like this one, sung by the Moylan Sisters:

We feed our doggie Thrivo,
He's very much alive. O,
Full of pep and vimmmm.

If you want a peppy pup,
You'd better hurry up –
Buy Thrivo for himmmmm.

If those two little girls are still around, I guess they're grandmothers, and – Thrivo notwithstanding – have probably outlived quite a few "peppy pups."

Another jingle rattling around in my head is from one of the original supermarket chains, long since (I assume) swallowed up in mergers:

Buy it at the Food Fair,
Save time and money, too.
You'll like their wide variety
Of things that are fresh, the best quality.

You'll find a dozen stores in one,
So clean and so neat that shopping is fun,
So just be wise and econ-o-mize –
Shop at the Food Fair and save...

I wonder whether the Moylan Sisters bought their Thrivo at a Food Fair.

* * *

Another anniversary

To be married as long as we have is quite an achievement – or so I'm told.

At the risk of giving unsolicited advice, these are some of the ingredients:

- **Longevity:** This goes without saying. It can't last any longer than you do.
- **Common interests:** This doesn't mean you have to like the same TV shows, although I guess it helps (I wouldn't know).
- **Understanding:** As time goes on, be more accepting of the other's peculiarities (that's what your spouse has, but you don't).
- **Genuine regard:** Call it "true love," if you'd rather. It's something everyone expresses differently, but it's a must.

So, to my child bride (which she was once): Happy anniversary.

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

The Milestones Crossword

Musical

ACROSS

- 1 Chick's mother
- 6 The colors
- 10 Gilbert and Sullivan role
- 14 Hold dear
- 15 Standout
- 16 Cupid
- 17 Old name for China
- 20 Maintained
- 21 Old French coin
- 22 Itineraries
- 23 Tibetan ox
- 24 Granny or sheepshank
- 25 Kind of sauce
- 29 Archie Moore's weapon
- 30 Hulking
- 33 Selling point for real estate
- 34 Mah-jongg piece
- 35 Diminish
- 36 Revolutionary general
- 39 Greedy ones
- 40 Hostilities
- 41 Agalloch
- 42 Malt beverage
- 43 Zephyr
- 44 Fully grown
- 45 Direction
- 46 Nervous twitch
- 47 Igneous rock
- 50 Skindiver's accessory

- 51 Fleeting fashions
- 55 See 10 Across
- 58 Slothful
- 59 Roster
- 60 Gem State capital
- 61 Mexican worker
- 62 Flatfish
- 63 Moisten

DOWN

- 1 Noted composer
- 2 ___ fixe
- 3 Puppet
- 4 ___ Scott decision
- 5 It is so
- 6 Light blow
- 7 Hawaiian feast
- 8 Everything
- 9 Channel island
- 10 Done for: Ger.
- 11 Leave out
- 12 Persephone
- 13 Cinnabar and pyrite
- 18 Shred
- 19 Debatable
- 23 Oscitate
- 24 Ovens
- 25 Rough Riders' port of embarkation
- 26 Be beneficial

- 27 Mountain chain
- 28 Social events
- 29 Long narrow bay
- 30 Mississippi's nickname
- 31 ___ tube
- 32 Greylags
- 34 U ___
- 35 Poet Whitman
- 37 Violent windstorms
- 38 Colonel Hobby headed it
- 43 Berlin eyesore
- 44 Piece of candy
- 45 Devoured
- 46 Recognized right
- 47 Image on a radar screen
- 48 Staff officer
- 49 Normandy town
- 50 Replete
- 51 Cleaving tool
- 52 Biting
- 53 Contemporary of Bernhardt
- 54 Disgorge
- 56 Cry of contempt
- 57 Tidal reflux

Solution

The solution for the crossword puzzle can be found on page 10.

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18				19				
20						21				22				
					23				24					
25	26	27	28				29					30	31	32
33						34					35			
36						37					38			
39						40					41			
42						43					44			
					45					46				
47	48	49					50				51	52	53	54
55							56				57			
58							59				60			
61							62				63			



Your family. Our focus.

Health Partners Plans has been serving residents of Southeastern Pennsylvania for more than 30 years. We are exceeding expectations with health plans that help you get well and stay well.

What makes Health Partners Plans different?

- 24/7 Member Relations Support
- Teladoc™, the health advice line staffed by doctors who can answer your questions, provide advice, direct you to a specialist and even give you a prescription
- Personalized care, designed for your unique needs, to keep you strong and provide you with benefits that go above and beyond traditional health plans

We are the plan you can trust

To learn more about Health Partners Plans, call 1-888-HPP-9800 (TTY 711) or visit **www.HealthPartnersPlans.com**

Health Partners Plans



1-888-HPP-9800 (TTY 711)

HPPlans.com