

15th
ANNIVERSARY
ISSUE

2016
National Mature
Media Awards™
Winner

Milestones™

A publication of Philadelphia Corporation for Aging

News and Possibilities for Seniors

December 2016 • Free

Inside

This Issue:
Holiday Spice

St. George Cathedral
Celebrates Greek Heritage ... 5



Poet: Writing as therapy ... 8



Health Brief 2

Calendar 12-13

Don's Column 23

The Milestones

Crossword 23

.....

Next Month:

Choosing change

'The King's Men' line up and dance

By Marcia Z. Siegal

"Kick, kick, tap, tap. Ten, two, three, four. Five, six, seven, eight ... Do the rest – in line, in rhythm," Paulette Chambers instructs the 10 male line dancers arrayed before her. The weekly class takes place at the Martin Luther King Older Adult Center in North Philadelphia. Her students call themselves "The King's Men."

Chambers has taught the all-male line dancing class at the center for several years. Under her tutelage, the men have learned a wide range of dances with evocative names, such as "Behave Yourself," "City Stepping," "Jump," "Flashin'," "Soul City Walk," "Bus Stop," "Wifey" and more.

"I went to a party and everybody was line dancing, so when the opportunity arose, I felt I had to learn. It's a way to exercise, and I love it," Bill Martin said.

• continued on page 20



Photo by Paola Nogueiras

Enjoying a men's line dancing class at the Martin Luther King Older Adult Center are Howard Key (front), Floyd Whalen (back, left) and James Mashore.

PCA celebrates 15 years of Milestones

In 2001, when Philadelphia Corporation for Aging began publishing this monthly newspaper, it was our goal to serve as a vital resource for older Philadelphians, providing coverage that would address their needs and interests.

For the first 11 years, we were fortunate to have as our editor Don Harrison, former deputy editor of the *Daily News* opinion pages and assistant managing editor and city editor of the *Philadelphia Bulletin*. He established high standards for professionalism and meaningful content, which we have continued.

Over the past 15 years, we have covered subjects practical, inspirational and entertaining. We thank you, our readers, for your interest and pledge to continue providing the essential news and entertaining features you have come to rely on and expect from *Milestones*.

Sincerely,

Holly Lange
President and CEO, Philadelphia Corporation for Aging



Photo by Evangelina Iavarone

Holiday Spice

Seductive scents invite customers to explore

By Linda L. Riley

Visitors inhale deeply as they enter Grassia's Italian Market Spice Co., 949 S. 9th St., proclaiming it "intoxicating." The scents of spices rise and blend together, flooding the senses and promising delicious things to come. The store carries more than 40 different spices and herbs and about 30 blends, which they create onsite.

"We're known for our spice blends," said Tina Grassia, who bought the store with her mother-in-law, Toni Grassia, in 1999. They're carrying on a tradition begun in 1932, when a man and his two daughters first opened a spice shop at the site. And they're making the shop their own.

"We made some changes – we brought in hot sauces, gluten-free products, jams and honey," Grassia said. But it's clear from the moment you walk in the door and take the first breath that spices are at the heart of this store.

The seductive aroma of spices once made them among the world's most prized luxuries.

• continued on page 19



Photo by Linda L. Riley

Tina Grassia holds a cookbook that includes recipes using her custom spice blends.

Holly Lange, President and CEO

Board Officers and Directors

Glenn D. Bryan, Chair
Katherine E. Galluzzi, D.O., F.A.C.O.F.P.,
Vice Chair
Barbara Waynant Murphy, Treasurer
Sheri C. Gifford, 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
To find a distribution site or subscribe:
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

Staying fit despite winter weather

By Constance Garcia-Barrio

Chill winds and early darkness may tempt us to stay inside nestled in an armchair, but our bodies must move – indoors or outdoors – to remain healthy, said Joanne Fagerstrom, 62, a licensed physical therapist since 1978. “Exercise strengthens your muscles and bones and promotes a sense of well-being,” said Fagerstrom, who says she healed herself from osteoporosis through an exercise regimen she

your shoes can also make walking on ice and snow safer. Trekking poles – available at REI and other sporting goods stores, and online – may help you continue your walking routine.”

When foul weather makes indoor activities the safest choice, you can still stay fit. Many exercises don't require special equipment. “Standing on one leg can improve balance, but make sure you're near a sturdy object that you can hold on to for safety, as needed,” Fagerstrom said. “Gradually increase the time as you stand on each leg.”

A storm may howl outside, but you can work on flexibility, a key component of balance, while you're toasty at home. “Sit in a chair and circle your ankles first in one direction and then in the other,” Fagerstrom said. “That movement helps to keep your ankles flexible and strong.”

Stair climbing is a good way to build up your legs, Fagerstrom points out. “Leg strength has been closely correlated with healthy aging. You can set a goal to climb the steps a number of times each day, and then slowly add more times to challenge yourself.”

If you don't have stairs at home, you can still work toward stronger legs. “Rise from a chair without using your hands,” Fagerstrom said. “This movement requires your legs to do all the work. Another approach is to stand with your fingers lightly touching the kitchen counter for balance, and then do mini-squats. Once again, you're making your legs stronger.”

The winter blahs may creep in after days indoors and threaten to derail your exercise routine, but Fagerstrom suggests ways to meet that challenge. “Let a friend be your exercise buddy and report to him or her each day. You're more likely to stick to your program if you're held accountable. Consider wearing a pedometer to see how many steps you take each day. Adding music may also brighten up your routine.”

With these steps you'll not only stay fit in winter, but you'll be in better shape for spring's outdoor fun.



Milestones file photo

Balance improves with practice and exercises that help build leg muscles.

designed and simple changes to her diet. “There are low-cost and no-cost ways to maintain muscle tone despite frosty weather, and minimize the loss of muscle mass that comes with aging.”

Prep for winter well in advance, Fagerstrom advises. “Try to join an exercise class that has a balance component to help you avoid falls on slippery sidewalks,” she said. “Balance is like a muscle. It improves with consistent practice. Grippers that fit over

Constance Garcia-Barrio is a freelance writer and author of a novel based on African-American history in Philadelphia.

Sarah Care[®]



Adult Day Care & Home Care

215-663-8090

**Choose Your
Own Caregiver**

www.sarahpa.com

Holiday Spice

Spices that warm you: Cumin, coriander, turmeric are plants' seeds and roots

By Marcia Z. Siegal

Cumin, coriander, turmeric. Their very names evoke hot, exotic lands. Singly or in combination, these spices can be found in the curries and masalas of India, Moroccan stews, Mexican chilies, and the tangy hummus of the Middle East. Adding to their allure, all three are known as warming spices, because they contain compounds that tend to raise body temperature. With the spread of diverse culinary cuisines in the United States, cumin, coriander and turmeric are increasingly familiar in kitchens and eateries here.

Complex cumin

Notable for its pungent aroma, cumin can be used in seed or powdered form. Food historian and author Cynthia Clampitt described its flavor as “distinctively earthy, nutty, warm, a tiny bit peppery, complex and potent.” Known for its versatility, cumin is remarkably common, “adding flavor to everything from German sausage to chili con carne to Indian curry,” Clampitt said. Author of “Midwest Maize: How Corn Shaped the U.S. Heartland,” she blogs about food and travel at <https://theworldsfare.org/>.

Cumin is a signature ingredient of korma, a mild, creamy Indian curry sauce, and is also used in Indian chutneys. It's also “great in anything with meat or beans – it adds a heartiness, makes things seem meatier,” Clampitt said. “It is the spice of choice in Moroccan food.” In Europe, cumin is used to spice certain cheeses, especially Dutch Leyden and German Munster, and cumin is burned with woods to smoke cheeses and meat. It is a pickling ingredient for cabbage and sauerkraut.

Cumin seeds and powder should be kept in a tightly sealed glass container in a cool, dark and dry place. Ground cumin will keep for about six months, while the whole seeds will stay fresh for about one year.

Some historical notes: Cumin is mentioned in the Bible as a seasoning for breads and soups, and was so valued that it was even used to help pay tithes to priests. The ancient Egyptians used cumin



Milestones file photo

Herbs come from the leaves of plants, while spices come from the other parts of the plant. Turmeric, pictured above, is the root of a plant in the ginger family. Cumin and coriander are the seeds of two plants in the parsley family.

as a preservative in mummification. “In the Middle Ages, cumin was a symbol of faithfulness. In Germany, for example, it was common for brides and grooms to carry a little cumin on their wedding day,” Clampitt said.

Sweet coriander

Coriander is the seed of the coriander plant. (In North America, the leaves of the plant are called cilantro, but throughout the rest of the world, they are called coriander leaves or green coriander.) Like cumin, coriander is available both whole and in powdered form. Some have described coriander's flavor as light and sweet. Clampitt describes it as warm, a bit citrusy, and a little nutty.

Coriander is commonly used in pickling, curries and in spice blends. “All those little round ‘balls’ you see floating in pickling juice and in corned beef — that's coriander,” Clampitt said. Coriander makes a welcome addition to foods ranging from salad dressing to barbecue rub to cookies and other desserts. “It brightens some dishes and is absolutely

essential for many cuisines,” Clampitt said. Coriander is used extensively in foods around the globe, from Mexico to the Middle East, to flavor soups, stews, sauces and broths. Among the dishes that feature coriander are Indian curries; Moroccan couscous; and, from Mexico, chorizo (spicy pork sausage); and posole (chicken soup). The spice also provides a flavorful accent for simple bean dishes. In these cuisines, the leaves of the coriander plant – sometimes described as tasting like parsley with a citrus zest – are often used for garnishing salads and soups and as a seasoning. Roasted coriander seeds, called dhana dal, are eaten as a snack in India, and are served after meals as a breath freshener.

Coriander seeds and coriander powder should be kept in an opaque, tightly sealed glass container in a cool, dark and dry place. Ground coriander will keep for about four to six months; the whole seeds will stay fresh for about one year.

Some historical notes: The name coriander comes from the Greek word “koris,” which means “bug,” due to the perceived buggy odor of the coriander plant. Coriander was brought to the British colonies in

North America in the late 1600s and was one of the first spices cultivated by early settlers.

Bright turmeric

Sometimes referred to as the “queen of spices” and the “golden spice of life” because of its many reputed health benefits, turmeric has a distinct bright yellow-orange color. “Most Americans know it best as the stuff that makes yellow mustard yellow,” Clampitt said. She describes the spice as “earthy, warm, a little bitter if overused.”

Jacob (Jake) Lahne, assistant professor of food science at Drexel University, calls turmeric a “backbone spice” rather than a dominating flavor. It is a basic component of curry powder, giving the powder its bright yellow color, he says. Turmeric can be purchased in ground form or as turmeric root. It is fundamental to many Indian, Indonesian, Thai, Caribbean and other curries; calming teas; Moroccan stews; and Middle Eastern marinades and hummus. It is often added to rice or sweet Indian dishes for color to entice the eye and the palate. Clampitt recommends adding a bit of turmeric to egg salad or to the filling for deviled eggs, to make eggs taste (and look) just a bit more “eggy.”

Turmeric powder can be stored for up to six months in an airtight tin in a cool, dark place. Turmeric root can be stored in the refrigerator for up to several weeks.

Some historical notes: The Greek physician Dioscorides used turmeric in the first century A.D. during his time as army doctor for the Roman Empire. Turmeric is considered auspicious and holy in India and has been used in various Hindu ceremonies, including weddings. It is commonly used as a dye in Indian and Bangladeshi clothing, such as saris and Buddhist monks' robes.

Medicinal uses

Like many spices, cumin, coriander and turmeric have long been believed to offer health benefits. However, none of these

Cathedral celebrates Greek heritage

By Constance Garcia-Barrio

If the wind blows just right on Christmas Eve near St. George Greek Orthodox Cathedral, you may catch a whiff of freshly baked Christopsomo, which means "Christ's bread" in Greek, or you may hear Kalandra, Greek Christmas carols handed down from Byzantine times. The Sunday before Christmas you may see the Christmas Pageant and sample cookies like fluffy koulourakia, which have a twisted shape, and kourabiedes, butter cookies dusted with confectioner's sugar and coated with toasted ground walnuts. The cathedral, 256 S. 8th Street in Olde City, has become not only a religious center but a treasury of Philadelphia's Hellenic heritage.

"Greek was the first language of the ancient Christian church," said Father Ambrose Bitziadis-Bowers, 51, the presiding priest and dean of St. George Cathedral and a historian of the ancient church. "The New Testament was written in ancient Greek." The eastern (Greek) church and the western (Latin) church split in 1054, an event known as the Great Schism, due to theological and political disputes. Like other Greek Orthodox churches, St. George is governed by the Ecumenical Patriarchate in Istanbul, Turkey. "The first Greek Orthodox church in the U.S. was established in Florida in 1768," Bitziadis-Bowers said.

According to Bitziadis-Bowers, about 40,000 people of Greek heritage live in the Greater Delaware Valley. "We like to maintain the traditions of our ancestors," he said. To preserve that heritage, church services and the church bulletin are in both Greek and English. In addition, St. George has afterschool classes for children that include Greek songs, folktales, handicrafts and dances. Children may also take language classes. In addition, a residence for seniors contributes to cultural integrity and preservation.

St. George offers Philadelphians a taste of its traditions at the annual Spring Greek Festival, usually held at the end of May. "We serve gyros; chicken roasted with lemon; salad with feta cheese and olives; moussaka, made by layering eggplant and spiced meat; and other Greek dishes, all healthy Mediterranean fare," Bitziadis-Bowers said. "People also seem to like the



Photo courtesy of St. George Cathedral

Father Ambrose Bitziadis-Bowers (center) prepares for communion.

baklava and the Greek donuts, which are fried balls of dough dipped in a mixture of honey and brown sugar and coated with crushed walnuts." The festival also features Greek music, dancing and folklore. Vendors offer items like replicas of Greek jewelry and paintings.

A mini-festival in October, "Go Greek once a week," invites the public in for authentic Greek food on Fridays.

The festivals help raise funds to maintain the cathedral. Originally designed as an Episcopal church in 1821 by English architect John Haviland, who also designed the Walnut Street Theatre and the Eastern State Penitentiary, St. George was designated an historic site in 1964. Philadelphia's Greek Orthodox community acquired the building in 1922. "The cathedral requires considerable maintenance and restoration," Bitziadis-Bowers said. "For instance, the electric bill is almost \$4,500 a month.

"St. George is open for tours about the architecture by appointment, but we welcome visitors to our services at any time," Bitziadis-Bowers said.

Visitors may attend the services and December holiday festivities. The date and time for the Christmas Pageant has not been set. There is a service Christmas Day at 8:30 a.m. All services take place at 256 S. 8th St. For more information, call the church at 215-627-4389.

Constance Garcia-Barrio is a freelance writer and author of a novel based on African-American history 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

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 _____

Caregiver support program helps with both concrete and emotional needs

By Alicia M. Colombo

George Green (not his real name), 64, has amyotrophic lateral sclerosis (ALS), often referred to as "Lou Gehrig's disease." It affects nerve cells in the brain and spinal cord. As the disease progresses, voluntary muscle action is affected, and patients eventually become partially or totally paralyzed. His wife, Greta Green (not her real name), provides round-the-clock care for her husband. George is entirely dependent on his wife to feed, clothe and bathe him. "She is so devoted. The way she cares for her husband is a true love story," said Tanya Brill, service coordinator with PCA's Caregiver Support Program (CSP), which provides the Greens with much-needed assistance. "With the help of respite care, she can spend time just being with him," Brill said.

Brill has worked with the family for several years to provide emotional support and connection to resources, including monthly reimbursements for respite care

and caregiving supplies. The expertise and support of a service coordinator who is trained in caregiving issues and concerns is often just as important to a caregiver as financial support.

When the Greens immigrated to America 20 years ago, they spoke limited English. A few years after coming here, George was diagnosed with ALS. Both language and cultural barriers presented a real challenge in caring for him. Greta had great difficulty in navigating the complex health care and social service systems. Brill has helped the family to overcome those barriers, and access services through PCA and the community. When the family first connected with PCA, the disease had already severely limited George's mobility. He was bedbound, with a ventilator and feeding tube. At that time, he could communicate verbally, make limited hand gestures and be transferred out of bed. Now he is completely bedbound and has lost the ability to com-

municate or to move his limbs.

Due to his condition, a respite worker is required before Greta can leave the home to shop and go to personal medical appointments. Respite care provides both time and peace of mind to caregivers. Greta can confidently leave her home, knowing that a care worker is there to dress her husband and attend to his other needs. She is also able to rely on respite so she is not always providing direct care, and can just relax and spend time with her husband.

Through CSP, Brill has helped provide services and support to dozens of caregivers during the past seven years. "I moved to the Caregiver Support Program from

Long Term Care Options because I admire when people take care of others and wanted to support them in their efforts," she said. "I can provide emotional support and help them access educational and financial resources. All of that really helps reduce the stress and burden on the caregiver."

For information about PCA's Caregiver Support Program, call the PCA Helpline at 215-765-9040.

Identifying information such as names, dates and other characteristics have been changed to protect the privacy of these individuals.

Contact Alicia M. Colombo at acolombo@pcaphl.org.

National caregiver strategy proposed

A recent study by the National Academies of Sciences, Engineering, and Medicine, "Families Caring for an Aging America," found that an estimated 17.7 million individuals in the United States are providing care and support to an older friend or loved one. It may be a parent, spouse, friend, or neighbor who needs help because of a limitation in their physical, mental or cognitive functioning.

The report provides an overview of family caregiving of older adults and its impact on caregivers' health, economic security and overall well-being. It also examines the available evidence on the effectiveness of programs and interventions designed to support family caregivers.

Among other findings, it was determined that the circumstances of individual caregivers, and level of care they provide, are extremely varied.

- They may live with, nearby or far away from the person receiving care.
- The care they provide may be episodic, daily, occasional, or of short or long duration.
- The caregiver may help with household tasks or self-care activities, such as getting in and out of bed, bathing, dressing, eating, or toileting; or may provide complex medical care tasks, such as managing medications and giving injections. Or, the caregiver



Milestones file photo

There are more than 17 million caregivers in the United States; each situation is unique.

may be responsible for all of these activities.

- The older adult may have dementia and require a caregiver's constant supervision.

Recommendations include implementation of job protections and expanded family leave for caregivers; funding for evidence-based caregiver services; development of federal policies that provide economic support to working caregivers; and ensuring that family caregivers are included in the planning and delivery of services by health care and long-term care providers. To learn more, visit: <http://nationalacademies.org/hmd/Reports/2016/families-caring-for-an-aging-america.asp>.

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



When you have
a health care
concierge, you have
an advantage.

UPMC *for Life* is the Medicare Advantage plan that gives you award-winning customer service* and more:

- \$5 copay for primary care doctors visits (on most plans)
- HMO plans starting at \$0 for your monthly plan premium**
- Brand-name and generic prescription drug coverage

UPMC HEALTH PLAN

Toll-free: 1-866-416-8870
seven days a week from 8 a.m. to 8 p.m.
TTY: 1-800-361-2629
www.upmchealthplan.com/medicare

*The UPMC Health Plan Call Center earned the 2015 Award for Best Large Contact Center from ICMI. For more information, visit www.icmi.com. This award was not given by Medicare. For more information about UPMC *for Life's* Star Rating go to www.Medicare.gov.

**You must continue to pay your Medicare Part B Premium.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits and premiums may change on January 1 of each year.

UPMC *for Life* complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

UPMC *for Life* cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

UPMC *for Life* 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-381-3765 (TTY: 1-800-361-2629).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-381-3765 (TTY 1-800-361-2629)

UPMC *for Life* has a contract with Medicare to provide HMO and PPO plans. Enrollment in UPMC *for Life* depends on contract renewal. UPMC *for Life* is a product of and operated by UPMC Health Plan Inc., UPMC Health Network Inc., and UPMC Health Benefits Inc.

Y0069_17_1184 Accepted

Poet draws from personal experience, writing to develop therapy technique

By Alicia M. Colombo

Ronald (Ron) Gilbert Parnell, 67, has taken a winding path through life, from writing rhythm and blues (R&B) songs to teaching to being a therapist. Through it all, his love of words has been the driving force. He began to express his feelings through poetry as a child. Over a lifetime of writing, his musings evolved into a way to use poetry as a therapeutic tool with others.

Parnell's writing style has a uniquely lyrical quality. "I write poetry that rhymes because it's more memorable. Everybody remembers their favorite song," Parnell said. As a teen in the '60s, he was inspired by the legends of soul music, some of whom he came to know personally.

"I grew up next door to Stevie Wonder's cousin, Damian Smith, in West Philadelphia on a tree-lined boulevard," Parnell said. "I have known Mr. Wonder all of my adult life. He is very spiritually anchored; a musical genius; and a person very set



Photo by Alicia M. Colombo

Ron Parnell uses a lyrical writing style as a counseling tool.

in his ways, which obviously works wonderfully. He is a shining example of the heights one can attain in spite of perceived handicaps and the judgments of others. He has influenced my writing and taught me to be lyrically accu-

rate and concise in my storytelling. I have watched and observed his personal interactions and treatment of all persons in an equal manner and learned to embrace that."

Wonder's inspiration led Parnell to produce his own original music. "R&B in the

'70s was all about love songs. I wanted to write something that had meaning on a deeper level," he said.

In the late '70s, Parnell helped to start Rainbow Valley, an R&B band that opened for Frankie Beverly and other notable soul musicians. As songwriter, lyricist, manager and promoter, Parnell did not perform. Rainbow Valley experienced regional popularity for about a decade, and after they broke up, lead singer Ronnie Tyson went on to join the Temptations.

While Parnell never performed the music he wrote, he is a spoken word artist who enjoys presenting his poetry. "There was always some discussion afterwards," Parnell said. "People asked me, 'What were you trying to say? What did you mean?' That got me to thinking."

These dialogues sparked his inquisitive nature and led him to study the human mind and behavior, earning a bachelor's degree in psychology from Cheyney University of Pennsylvania. "I wanted to know why people do things. A degree in psychology gives you a sense of deciphering why people do what they do, why it is they say what they say – or don't say," he said.

• continued on page 22

FUNERALS COST MORE THAN YOU MIGHT THINK ...

Today, the average cost of a funeral is over \$8,500*

Help protect your loved ones with Colonial Penn's **AFFORDABLE** Life Insurance!

ACCEPTANCE is Guaranteed – If you're age 50 to 85** you don't have to answer a single health question or take a medical exam – you can't be turned down because of your health. This is made possible by a two year limited benefit period.

RATE Can NEVER Increase – Coverage comes with a LOCKED IN rate – **100% guaranteed** not to go up for ANY reason.

BENEFIT will NEVER decrease because of your age or health.

PROTECTION lasts a lifetime as long as you pay your premiums when due.

For Faster Service Call Toll Free Today 1.800.852.2600

Visit our website at: www.colonialpenn.com

* NFDA 2015, General Price List Survey.

** Age limits vary. Plan may vary by state and age. Contact us for details on rates, benefits, limitations and exclusions. Colonial Penn Life Insurance Company is not licensed in and does not solicit business in the state of New York. Residents of New York will receive information from Bankers Conseco Life Insurance Company, Jericho, NY. An insurance agent may contact you. Group Policy Form No 12-82-043, Individual Policy Form Series 23-82-045 or 15-82-020. Individual Policy Form Series 12-82-045 or 15-82-020.



Show your loved ones how much you care, even after you are gone. Contact Colonial Penn Life Insurance Company today!

Alex Trebek – *Compensated Endorser*



- Please send me FREE INFORMATION about Colonial Penn's **Guaranteed Acceptance Whole Life Insurance** and a FREE GIFT. I understand a Colonial Penn sales representative or agent may call me at the number below.

Or return this form to:

Colonial Penn Life Insurance Company
399 Market Street, Philadelphia, PA 19181


NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

MALE FEMALE DATE OF BIRTH ____/____/____ MD-17580-1014



IT'S **NOT TOO LATE** TO **SWITCH** YOUR **Medicare** **Coverage**

B
E
N
E
F
I
T
S

Don't miss your chance to get **MORE COMPLETE**
MEDICARE COVERAGE, including extra benefits not covered
by Original Medicare, with Gateway Health Medicare AssuredSM.

CALL TODAY TO LEARN MORE ABOUT
YEAR-ROUND ENROLLMENT OPPORTUNITIES.



Gateway Health
Medicare AssuredSM

1-877-GATEWAY/TTY: 711, 8 a.m. to 8 p.m., 7 days a week | www.medicareassured.com

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 Medicare and Medicaid. Gateway Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Gateway Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

小贴士：如果您说普通话，欢迎使用免费语言协助服务。请拨 PA: 1-800-685-5209, OH: 1-888-447-4505, NC: 1-855-847-6430, KY: 1-855-847-6380 (TTY: 711).

Y0097_908 Accepted

Holiday Spice

Ginger adds pungent and soothing spice to entrees, drinks, baked goods

By Alicia M. Colombo

Confucius is credited with the first written mention of ginger, in the fifth century B.C.E. It has been used medicinally for more than 2,000 years, and has been one of the quintessential flavors in both Asian and Indian cuisines for almost as long.

"Ginger packs tons of warm, pungent, peppery flavor that works well with meats and vegetables. The flavor of fresh ginger is more pronounced than dried, sporting heavy citrus, even acidic, notes," says the Food Network Blog, which describes it as a "gnarly brown root that lives among the grocer's Asian produce (and) has a flavor that is much better than dried, once you get to know it."

In Asia, where the spice originated, fresh ginger is used in savory dishes, such as stir-fries, soups, sauces and curry dishes. But here in America, many people may only reach for the dried variety from the spice rack when making gingerbread cookies for the holidays. (The recipe on page 18 may inspire you to try different forms of ginger when baking.)

If unfamiliarity with the spice has kept you from experimenting, here are some basics.

What is ginger?

Ginger is a flowering plant that is native to China, but now is also grown throughout Asia and in parts of South America, Africa and the Middle East. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form or as juice. Ginger is a spice that is closely related to turmeric, cardamom and galangal.

Ginger adds flavor to foods and drinks without adding unnecessary sodium. Since it is often consumed in small amounts, ginger does not add significant quantities of calories, carbohydrates, protein or fiber.

Where do I get it?

You can find fresh ginger in the grocery store, Asian market or produce stand. Ground ginger will be located in the herbs and spices section of most grocery stores. When selecting fresh ginger, Bon Appétit



Fresh ginger (pictured above) has a more pronounced flavor than the dried varieties.

Milestones file photo

magazine recommends looking for a firm piece with smooth skin that isn't wrinkled, which can indicate dryness and age. It should have a fresh, spicy aroma. Fresh ginger needs to be peeled, then grated or sliced thinly before use. You can leave ginger at room temperature for up to five days. Wrapped tightly, it can be stored in the refrigerator for up to three weeks or frozen for up to three months.

What do I do with it?

Ginger pairs well with many different types of seafood, oranges, melon, pork, pumpkin and apples. Dried and fresh ginger can be used interchangeably for most recipes. One-eighth teaspoon of ground ginger can be substituted for one tablespoon of fresh grated ginger. Here are some suggestions.

Beverages

- Chewing raw ginger or drinking ginger tea can help relieve nausea, clear up a cold and warm you up. To make ginger tea at home, slice one tablespoon of fresh ginger and steep in a cup of hot water. Adding a slice of lemon or a drop of honey adds flavor and additional benefits, including vitamin C and antibacterial properties.

- Make your own ginger ale by combining freshly grated ginger, simple or agave syrup, and seltzer water. A shot of lemon juice is nice, too.

- Combine grated ginger with carrots, apples and lemon juice in a juicer or blender.

- In Yemen, ginger is added to coffee.

Give it a try, but be sure to have sugar, cream and maybe a spoonful of cinnamon handy.

Fish and meats

- Ginger will help spice up any fish recipe. You could also pickle fresh ginger slices to serve with sushi.

- Combine grated ginger with orange juice and honey for basting a roast chicken or turkey.

- Combine ginger, soy sauce, rice

vinegar, garlic and sesame oil for a beef marinade. Grill beef strips, then serve with steamed broccoli and brown rice.

Vegetables

- Sprinkle over vegetables before roasting.
- Simmer cubed butternut squash, chopped carrots and garlic in chicken broth. Add fresh ginger, salt and pepper, then purée for a delicious soup.

Baked goods

- Sprinkle some on your desserts for a nice contrast to the sweet flavor.

- Add a teaspoon of ground ginger to your pancake batter.

- Ginger pairs wonderfully with bananas (the foods are distant relatives), so add grated fresh ginger to banana bread or muffins.

- Ginger is also great with apples, so add it to homemade applesauce and apple pie. Combine ginger with apples and sugar, then simmer to make a compote for topping pancakes or desserts.

See recipes below and on page 11 and 18 for some of the many ways to use ginger.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Spiced beverages, hot and cold

Tea with turmeric, ginger and cardamom

(Serves 1)

This milky, maple-syrup-flavored tea will warm you on cold winter nights.

Ingredients:

1 cup water
 ¼ tsp. ground turmeric
 ¼ tsp. ground ginger
 ⅛ tsp. ground cardamom
 2 tbsp. milk
 Maple syrup to taste

Instructions:

Bring water to boil with turmeric, ginger and cardamom stirred in; turn down heat and simmer for 5 minutes. Stir in milk and maple syrup to taste and serve.

Source: Melissa Breyer at www.treehugger.com

Turmeric and cardamom tonic

(Serves 4)

Served over ice, this is a bright and refreshing drink.

Ingredients:

1 2-in. knob fresh turmeric, grated on a microplane or 2 tsp. dried turmeric
 3 cardamom pods, crushed
 ¼ cup lemon juice
 2 tbsp. honey

Instructions:

In a small saucepan, combine turmeric and cardamom with two cups water and bring to a boil. Simmer for 10 minutes, then remove from heat. Strain the liquid through a fine sieve, and add 2 more cups water.

In a small bowl, whisk lemon juice and honey to combine, then add to turmeric mixture. Chill. Serve over ice.

Source: Elizabeth Shula at www.bonappetit.com

Holiday Spice

Moroccan chicken, onions & prunes

(Serves 4)

This recipe marries seemingly opposite flavors for a surprising result that is in a class of its own.

If you've never experienced cinnamon's savory side, you're in for a treat. Here it's combined with cumin, ginger, garlic and cilantro.

This is a fairly quick and easy dish to make. It's cooked entirely on the stovetop, and you can have a sweet and savory dinner on the table in half an hour. The combination of onions and prunes with the spices, lemon juice and honey makes a delicious sauce. Serve over rice to make the most of the sauce.

Ingredients:

- 4 skinless boneless chicken breast halves
- 2 tbsp. olive oil
- 1 ¾ cups chopped onions
- 2 large garlic cloves, chopped
- 1 tbsp. all-purpose flour
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 2 cups low-salt chicken broth

- 1 cup pitted prunes
- 3 tbsp. fresh lemon juice
- 2 tbsp. honey
- Chopped fresh cilantro

Instructions:

Sprinkle chicken lightly with salt and pepper. (Omit the salt if you are on a restricted-sodium diet.) Heat oil in heavy large skillet over medium-high heat. Add chicken; sauté until brown and just cooked through, about 4 minutes per side. Using tongs, transfer chicken to plate. Add onions and garlic to same skillet. Sauté until onions begin to soften, about 3 minutes. Mix in flour, ginger, cinnamon and cumin; stir 1 minute. Gradually whisk in broth. Add prunes, lemon juice and honey. Boil until sauce thickens enough to coat spoon, whisking occasionally, about 8 minutes. Return chicken to skillet. Simmer until heated through, about 2 minutes. Season with salt and pepper.

Transfer chicken and sauce to platter. Sprinkle with cilantro and serve.

Source: www.epicurious.com



Cinnamon serves to unify the contrasting flavors of honey, being added above, and lemon, prunes and onions, to produce a delicious result.

Photo by Linda L. Riley

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

\$149.99
+ tax

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

FREE INTERNET TRAINING

Available online, in person, and in print

Call **1-855-804-8010** or visit
InternetEssentials.com/Seniors

**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.

December 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

4

Philadelphia Chamber Music Society Concert. Quartet performs works by Dvorak & Brahms. 3 p.m. American Philosophical Society. 215-569-8080. \$

11

Philadelphia Chamber Music Society Concert Presents: Curtis Chamber Orchestra. Repertoire of all-Mozart concertos. 3 & 7 p.m. Kimmel Center. 215-569-8080. \$

18

The Philadelphia Orchestra Presents: Handel's "Messiah." 2 p.m. Kimmel Center. 215-893-1999. \$

Christmas

25

Being ___ at Christmas. Jewish. Happy. Caring. Buddhist. Family. Sparkly. Fill in your own blank at this annual day of family fun. Live music & kid-friendly activities. 10 a.m. to 5:30 p.m. National Museum of American Jewish History. 215-923-3811. \$

Monday

5

Trim the Tree. Sing holiday carols, deck the halls & enjoy festive activities. 1 p.m. Center in the Park. 215-848-7722.

What to Look for in a Senior Living Facility. Discussion by Kelly Wright, administrator for Phoebe Wyncote. 12:30 p.m. Center on the Hill. 215-247-4654. \$

12

PECO Neighborhood Workshop. Learn about changes to Customer Assistance Program for moderate- & low-income customers. 6-7:30 p.m. Free Library of Phila. - Greater Olney Branch. Register: 215-871-0400.

19

Breast Cancer Support Group. 1-2:30 p.m. Center in the Park. Register: 215-848-7722.
PECO Neighborhood Workshop. Changes to Customer Assistance Program for moderate- & low-income customers. 6-7:30 p.m. Free Library of Phila. - Walnut St. Branch. Register: 215-871-0400.

Kwanzaa Begins

26

Winter Break. Explore fun holiday traditions & American history. Activities include colonial dress-up & photo opps, 18th century games & interactive "Growing up, American Style" program. 9:30 a.m. to 5 p.m. National Constitution Center. 215-409-6600. (Through Dec. 31) \$.

Tuesday

6

Energy Fair. Find out how PECO makes energy service more affordable for low-income customers. Other utilities & community agencies will also be present. 9 a.m. to 2 p.m. Yesha Grand Ballroom. Register: 215-871-0400.

Food as Medicine. Weavers Way Co-Op discusses nutrients that can help common health conditions. 1-2:30 p.m. Center on the Hill. 215-247-4654.

13

Afternoon Movie: "The King's Speech" (2010). Prince Albert's ascent to English throne as King George VI despite his speech impediment. Includes popcorn. 1:30 p.m. Center on the Hill. 215-247-4654. \$
Philadelphia Chamber Music Society Concert. Quartet performs works by Dvorak, Brahms & more. 8 p.m. American Philosophical Society. 215-569-8080. \$

20

Holiday Luncheon. Festivities, entertainment, ugly sweater contest with prizes. 11 a.m. Center in the Park. Register: 215-848-7722.

27

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

Wednesday

7

Pearl Harbor Remembrance Day

Rubber Stamping Club & Card Making Class. Includes supplies. 2:30-4:30 p.m. Center in the Park. 215-848-7722. (Dec. 21) \$

14

Holiday Concert. Songsters Unlimited Choir presents its seasonal extravaganza. 11 a.m. Center in the Park. 215-848-7722.
PECO Neighborhood Workshop. Changes to Customer Assistance Program for moderate- & low-income customers. 6-7:30 p.m. Two locations: Free Library of Phila. - David Cohen Gintz Branch and St. Mark's Church. Register: 215-871-0400.

21

First Day of Winter

Blood Pressure Screening. 10-11:30 a.m. Center in the Park. 215-848-7722.

28

The Play's the Thing. Screening & discussion of classic play "The Visit" by Friedrich Dürrenmatt. 2 p.m. Northeast Regional Library. Register: 215-685-0513.

Thursday

1

Natural Health Demystified: Understanding Supplements. Safe & appropriate usage of nutritional supplements, potential medication interactions. 12:30 p.m. Center on the Hill. 215-247-4654. \$

8

Dining Around Town: Applebee's. Lunch on your own. 11:30 a.m. to 1:30 p.m. PSC - Ave. of the Arts. Register: 215-546-5879.
Holiday Party. Performance by The Jersey Sound Chorus, an all-female barbershop chorus. Dessert buffet. 1:30-3:30 p.m. Center on the Hill. 215-247-4654. \$

15

Holiday Bazaar. Handmade items, homemade baked goods & more. 10 a.m. to 2 p.m. Center in the Park. 215-848-7722.
Philadelphia Chamber Music Society Concert Presents: Musicians from Marlboro I. Works by Schubert, Haydn, Reger & Schumann. 8 p.m. American Philosophical Society. 215-569-8080. \$

22

AARP Driver Safety Course. 10 a.m. to 3 p.m. PSC - Avenue of the Arts. Register: 215-546-5879.
Pennsylvania Ballet Presents: Sensory-friendly Performance of "The Nutcracker." Adapted for children & families with a range of sensory, learning & communication differences. 11 a.m. Academy of Music. Tickets: 215-893-1999. (Show runs: Dec. 9-31) \$

29

American Citizenship Test Prep. Question and answer American Citizenship Test review taught in small groups by volunteers. 12-2 p.m. Independence Library. 215-685-1633.

Friday

2

Clay Creations. Learn the art of hand-building to create pottery. All levels. Supplies & tools provided. 12:30-2 p.m. St. Anne's Senior Center. 215-426-9799. (Dec. 9, 16, 23, 30) \$
A December to Remember: Ornament Decorating. 1 p.m. Center in the Park. 215-848-7722.

9

Philadelphia Chamber Music Society Concert Presents: Emerson Quartet. 8 p.m. Kimmel Center. 215-569-8080. \$
Trip: Christmas Craft Fair at Camp Ladore. Includes meals, entertainment, shopping. Departs 11 a.m. Presented by Golden Gems of Salvation Army Kroc Center. Register: 215-558-1534. (Through Dec. 10) \$

16

Philadelphia Chamber Music Society Presents: The Crossing. Holiday program featuring Kevin Puts' "To Touch the Sky" for unaccompanied choir. 8 p.m. Church of the Holy Trinity. 215-569-8080. \$
Women's Wellness Workshop. Health care, job & resume help, legal services & more for African & Caribbean immigrants. 5:30-7 p.m. African Cultural Alliance of North America. 215-728-8225.

23

Friday Night Lights. Holiday Garden Railway all lit up & decorated for the season during special evening hours. 4:30-7:30 p.m. Morris Arboretum of the Univ. of Pa. 215-247-5777. (Dec. 30) \$

30

New Year's "Touch of Gold" Party. Wear black, white & gold to coordinate with theme colors. Party favors, special treats, DJ & raffle. 11 a.m. to 4 p.m. St. Charles Senior Community Center. 215-790-9530.

Saturday

3

Music for the Spirit Gospel Concert. Donations benefit center programs. 2-4 p.m. Center in the Park. 215-848-7722.
Philadelphia Doctors Chamber Orchestra Presents: 2016 Winter Concert. Works by Schubert, Beethoven & holiday tunes. 7:30 p.m. Salvation Army Building. 215-482-1255.

10

Holiday Pop-Up Shop. Philadelphia-themed holiday gifts, books, cards & more. 10:30 a.m. to 4:30 p.m. Phila. History Museum. 215-685-4830.

17

Chess for Adults. All levels. Drop in from 11 a.m. to 1 p.m. No registration required. Parkway Central Library, Lobby. 215-686-5322.

24

Hanukkah Begins at Sundown

Last Day of Christmas Village in Philadelphia for 2016. Pictures with Santa, Kids' Corner & live entertainment. 11 a.m. to 5 p.m. City Hall. www.philachristmas.com

31

New Year's Eve

Philadelphia Orchestra's New Year's Eve Concert. Grammy-winning guest conductor Bramwell Tovey. 7:30 p.m. Kimmel Center. Tickets: 215-893-1999. \$

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

Holiday Spice

Something sweet for the holidays



Milestones file photo

Bread pudding with raisins (Serves 8)

This is a sweet, warm comfort food that is easy to make and uses ingredients you probably already have in the house. It's also a good way to use bread that is starting to go stale. But if your bread is fresh, you can toast it slightly to get the right texture so that it is better able to absorb the custard.

Ingredients:

- 2 cups milk
- ¼ cup butter
- 2 eggs, slightly beaten
- ½ cup sugar
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- ½ cup raisins
- 6 cups bread, cubed or torn into small pieces (about 6 slices of challah, French bread or other dense white bread)

Whipped cream or vanilla ice cream, if desired.

Instructions:

Pre-heat oven to 350°F.

In a 2-quart saucepan, heat milk and butter over medium heat until butter is melted and milk is hot.

Mix together eggs, sugar, cinnamon and salt in a large bowl. Stir in bread cubes and raisins. Stir in milk mixture. Pour into an ungreased, deep round pan. Let it sit for up to an hour, so the bread can fully absorb the liquid.

Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge comes out clean. Serve warm with whipping cream or ice cream if desired.

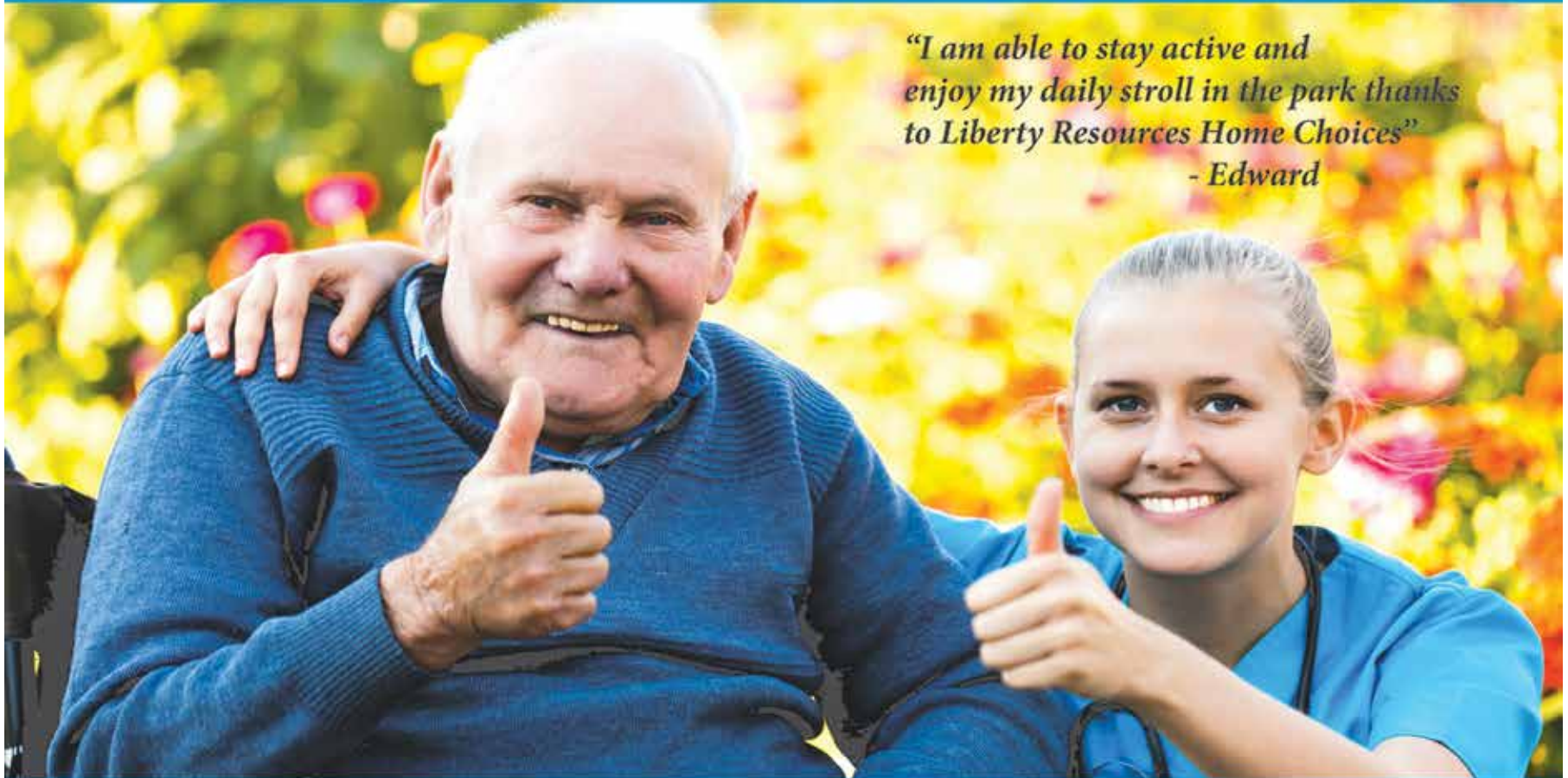
Source: www.bettycrocker.com

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

Holiday Spice

Carrot soup with tahini and roasted chickpeas

(Serves 4)

Ingredients:

1½ lbs. carrots, chopped on a diagonal into ½-inch slices
 3½ tbsp. extra virgin olive oil, divided
 1 small onion, chopped
 4 cloves garlic, minced
 ½ tsp. ground coriander
 ¼ tsp. red pepper flakes
 1 qt. vegetable broth
 1½ cups cooked chickpeas
 ½ tsp. ground cumin
 ½ tsp. smoked paprika
 Salt and pepper, to taste
 ½ lemon, cut into wedges
 ¾ cup plain Greek yogurt
 4 tbsp. sesame tahini
 Handful of parsley, chopped

Instructions:

Preheat oven to 425°F. Line large baking sheet with aluminum foil, and toss carrots with 1½ tbsp. of the olive oil. Sprinkle with salt. Roast for 25 to 30 minutes. Stir carrots after 15 minutes.

Heat 1 tbsp. of olive oil in a large pot over medium-high heat. Add onions, and sauté for three minutes, or until they begin to soften. Add the minced garlic, coriander, and red pepper flakes, and sauté for two minutes longer, until the onions begin to caramelize.

Add the roasted carrots and veggie broth. Bring to a low boil, then reduce heat to a simmer and cook for 10 minutes.

Meanwhile, scatter the chickpeas on the roasting pan used for the carrots. Toss with remaining olive oil, cumin, smoked paprika, salt and pepper. Toss



Milestones file photo

to coat evenly, then roast for 15 to 20 minutes, stirring halfway, until chickpeas start to get slightly crispy.

Place soup in a blender and puree until smooth. Return to pan, and squeeze in the

juice of the lemon. Adjust salt, if needed.

Spoon the soup into bowls. Top each with a spoonful of yogurt and 1 tablespoon of sesame tahini, as well as

Cumin-crusted salmon

(Serves 4)

Ingredients:

2 lbs. salmon
 1½ tsp. ground cumin
 ¾ tsp. ground coriander
 ½ tsp. paprika
 ¼ tsp. ground black pepper
 ½ tbsp. canola oil
 ¼ cup fresh cilantro, chopped
 1 medium lemon, cut into wedges

Instructions:

Mix the cumin, coriander, paprika and black pepper in a small bowl.

Cut the salmon into 4 pieces and coat the strips with the cumin mixture.

Place a large skillet over medium heat and add the canola oil. Gently place the salmon in the hot skillet and cook for about 5 minutes. Turn the salmon over and cook the other side for an additional 3 to 5 minutes until the fish is cooked through. Garnish with lemon wedges and serve.

Note: Salmon may also be grilled or broiled.

Source: Mayo Clinic

a handful of the roasted chickpeas. Sprinkle with parsley and serve.

Source: www.allrecipes.com

Cumin, coriander, turmeric

• continued from page 4

should be used medicinally without first consulting with your doctor.

Physician Andrew Weil, known for his writing on holistic health, says that cumin has been used throughout history to treat digestive upset. Clampitt says

that cumin has also been used throughout the world to aid sleep and relieve congestion.

Coriander is replete with minerals, like iron, copper, calcium, potassium, manganese, zinc and magnesium; C and B-complex vitamins; and antioxidants. Rich in dietary fiber, it has been used for centuries to help with stomach and digestive ail-

ments, Clampitt said.

Turmeric is garnering a lot of attention from the Western medical community, mainly because of its compound, curcumin, which has powerful anti-inflammatory properties and contains strong antioxidants. More than 3,000 publications dealing with the healthy aspects of turmeric have come out within the past 25 years. In ancient Indian Ayurvedic medicine, still practiced today, one of

the names for turmeric is "jayanti," meaning "one who is victorious over diseases." Traditionally, the spice has been used to treat a variety of disorders. Turmeric is also key to traditional Chinese medicine.

See recipes above and on pages 10, 11 and 18 for ideas on how to use these spices.

Contact Marcia Z. Siegal at msiegal@pcaphl.org.

CHOOSE

the Medicare plan that cares for you.

If you have both Medicare and Medicaid, join the plan that treats you like a V.I.P. For information on Keystone VIP Choice and other options for your health care, call **1-855-241-3648 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.

Keystone VIP Choice is a health plan that contracts with both Medicare and Pennsylvania Medicaid to provide benefits of both programs to enrollees. We are in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties.

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



Keystone
VIP CHOICE

CARE IS THE HEART OF OUR WORK

1-855-241-3648 (TTY 711)

7 days a week, 8 a.m. – 8 p.m.

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

Y0093_PRA_1988_ACCEPTED_09022016

www.keystonevipchoice.com

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:



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	

M

Holiday Spice

Golden turmeric latkes & applesauce

(Makes 4-6)

Ingredients:

Sauce

- 1 tbsp. canola oil
- 2 tsp. grated fresh ginger
- ½ tsp. ground turmeric
- ½ tsp. ground cloves
- 1 cup unsweetened applesauce

Latkes

- 2 cups shredded peeled russet potatoes
- 1 small onion, finely chopped
- 1-2 fresh green serrano chilies, stemmed and finely chopped
- 3 tbsp. finely chopped fresh cilantro leaves and tender stems
- ½ cup chickpea flour or unbleached all-purpose flour
- 1 tsp. ground cumin
- 1 tsp. kosher or sea salt
- ½ tsp. ground turmeric
- 2 large eggs, slightly beaten
- 2 tbsp. canola oil, divided

Instructions:

Preheat oven to 200°F. Place a baking sheet in the oven.

To prepare the sauce, heat 1 tbsp. oil in a small skillet over medium-high heat. Add ginger and cook, stirring, until light brown and aromatic, 30 seconds to 1 minute. Stir in turmeric

and cloves. Cook until the spices are fragrant, 30 seconds to 1 minute more. Scrape the spices into the applesauce in a small bowl and stir well to combine.

To prepare latkes, thoroughly mix potatoes, onion, chilies to taste, cilantro, flour, cumin, salt, turmeric and eggs in a large bowl.

Heat 1 tbsp. oil in a large nonstick skillet or griddle over medium heat. Place a heaping tbsp. of the potato mixture in the skillet and flatten with a spatula into a disk roughly 3 inches in diameter. Form as many latkes as you can in the pan without overcrowding.

Cook until golden brown and crispy on the bottom, 3 to 5 minutes. Flip and continue cooking until the other side is golden brown and crispy, 3 to 5 minutes.

Briefly drain on a paper towel-lined plate, then transfer to the oven to keep warm. Repeat with the remaining oil and potato mixture.

Serve the latkes with the seasoned applesauce.

Note: Chickpea flour, or garbanzo bean flour, is commonly used in Indian and Middle Eastern cooking. It's a gluten-free alternative to wheat flour.

Source: *EatingWell* magazine; recipe by Raghavan Iyer

Three-ginger cookies: Chewy & sweet

(Makes 1 dozen)

Spice up your holiday cookie exchange day with this low-fat treat with a tangy flavor that comes from ginger in three forms.

Ingredients:

- 1 cup sugar
- ¼ cup butter or margarine, melted
- 1 tbsp. grated ginger root
- 2 tbsp. molasses
- ¼ cup fat-free cholesterol-free egg product or 2 egg whites
- 1 ½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. ground ginger
- 2 tbsp. chopped crystallized ginger
- ½ cup chopped dates
- ¼ cup sugar

Instructions:

Heat oven to 350°F.

Mix sugar, butter, grated ginger, molasses, and egg or egg product in a medium bowl. Stir in flour, baking soda and ground ginger. Stir in crystallized ginger and dates. Cover and refrigerate at least 2 hours.

Spray cookie sheet with nonstick cooking spray.

Shape dough into 1½-inch balls. Roll balls in the cup of sugar. Place on cookie sheet. Flatten slightly with the bottom of a glass.

Bake 12 to 15 minutes or until only a small indentation remains when touched. (Cookies will be soft.) Remove from cookie sheet. Cool on wire rack.

Note: Crystallized (or candied) ginger is fresh ginger root cooked in a candy syrup and coated with coarse sugar.

Source: www.bettycrocker.com

Scents

• continued from page 1

Ginger, cloves, coriander, turmeric, pepper and cinnamon are derived from the roots, seeds and bark of plants native to Asia. (See story on cinnamon below and on other spices throughout the issue.) European explorers risked their lives, and the wealthy staked their fortunes, in search of them. Spices were used as offerings to the gods, to anoint priests and to cremate or embalm royalty. But gradually, the globe grew smaller, travel became easier and spices became more widely available. Some are still used as incense or medicine, but most are now prized primarily for their culinary value.

Ask about a specific spice, and Tina Grassia pulls out a well-worn binder stained with the evidence of cooking to tell you about origins and uses. You can also purchase a copy of "Grassia's Italian Market Spice. Co. Cookbook," a compilation of her recipes and some from customers that use her custom blends.

At Grassia's, herbs and spices are sold in quantities ranging from ½ gram to a pound. Deliveries of herbs and spices arrive two to four times a week, and stock turns over every 10 days, which Tina Grassia says is one of the reasons the shop smells so good; everything is fresh.

Contact Linda L. Riley at lriley@pcaphl.org

Temptation can be sweet or savory

By Linda L. Riley

Cinnamon is a signature ingredient used in cuisines from Morocco to Mexico, in foods both sweet and savory, from cinnamon buns and pumpkin pie to soups and stews. Paired with sugar, it adds a sublime depth of both flavor and aroma to pies, cakes and puddings. Combined with tangy ingredients, such as tomatoes, onions, olives and lemons, its pungency enhances the flavor of meat or poultry.

Tree bark

Cinnamon is the inner bark of a type of evergreen trees native to Asia. There are more than 100 varieties of cinnamomum trees, only a handful of which are the source of the spices used in cooking.

Cinnamomum verum, also known as "true" or Ceylon cinnamon, is native to the South Asian island nation of Sri Lanka, formerly known as Ceylon. Other types include Indonesian, Saigon/Vietnamese and Chinese cassia, which are less expensive and are the sort most often sold in supermarkets in the United States.

"There are different kinds of cassia – we carry the Vietnamese, which has peppery undertones and has a stronger smell than the Ceylon, or true cinnamon," said Tina Grassia, co-owner of Grassia's Italian Market Spice Co. (See story on page 1.)

Among the shop's cinnamon-blend offerings are a mixture of mulling spices, apple and pumpkin pie spice, cinnamon sugar, and Grassia's own version of chai. "My chai is a little different," she said. She uses more cinnamon than most blends, plus ginger, cardamom, clove, coriander and white pepper.

She also makes Ras El Hanout, an Indonesian spice with a kick used for a beef rub. In addition to cinnamon, it includes garlic, paprika, ginger, mustard and cayenne pepper. Her Bokhorat, or "Seven Spice," includes cinnamon, cardamom, nutmeg, coriander, cumin, paprika and Spanish black pepper. "It's also used as a meat rub, or in a lamb or beef stew," she said.

It's most important when using cinnamon, she said, to make sure the spice is fresh. Older spices are not harmful, but their effectiveness diminishes over time. Store your spices and herbs in well-sealed containers in a cool, dark area. Freezing cinnamon and other dry spices is not recommended. To determine if a spice is fresh, rub it between your fingers and smell it – if the aroma is weak, it has lost potency.

Try the recipes on pages 11 and 14 to explore both the sweet and savory uses of cinnamon.

Contact Linda L. Riley at lriley@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.

King's Men

• continued from page 1

"Line dancing was always something I wanted to do, and I stayed with it. I like the friendship and camaraderie we have here," Elbert Lowry said.

James Cauley joined the group four years ago. "I like the fact that the class is all men. I think it's less inhibiting," he said.

Always something new

At 88, William Tate is The King's Men's oldest member. His interest was sparked by popular line dances, like the "Electric Slide" and "Wobble Baby," which he saw performed at clubs and parties. "It caught my eye. Everybody was doing it," he said. "Line dancing keeps evolving, which is one more reason to keep learning. If you hear a new song, it's a bet a new line dance will come out of it."

As the men warm up for another dance, there is a feeling of expectation. They bend their knees, tap their feet, and snap their fingers. Some clap their hands. They are ready. Many wear matching navy blue T-shirts and caps emblazoned with "The King's Men."

The class continues. "Up, down, down, out; one, two, three, four. One, two, three, four," Chamber calls out. "From here, you tap on your right foot. You might want to cha cha up. Let's all try that: one, two, three and slide back. You step back on your left and slide on your right."

"The guys in The King's Men are a great group," Chambers said. "They all approach line dancing differently. Some learn faster than others, but they are a good support team and help each other to learn. To become good at it, you must have the desire, and practice at home and at dance socials."

The King's Men are much in de-

mand, performing at birthday and retirement parties, senior centers, and health fairs around the city. For more formal occasions, like the annual Spring Fling dinner dance The King's Men sponsor at Swan Waterfall Caterers in South Philadelphia, they are outfitted in matching tan suits. The Spring Fling is a ticketed event open to the public.

As the session comes to an end, Cauley, The King's Men's coordinator, broaches the latest request received – to perform at The Village, a family and children's service center in Southwest Philadelphia. The pay, as usual, will be nominal. "What do we want to do about it?" Cauley asks the group. "Do we want to do this?"

"Yes," the men answer unanimously. "We want to dance!"

The men's line dancing class takes place on Wednesdays, from 1 to 2:30 p.m., at the Martin Luther King Older Adult Center, 2101-35 W. Cecil B. Moore Ave. The fee is \$3 per class, and participants must be members of the center.

For information, call the center at 215-685-2716

Contact Marcia Z. Siegal at msiegal@pcaphl.org.

Solutions to the Milestones Crosswords puzzle

(see page 23)

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

Can't think of a big reason to get vaccinated?

How about a little one?

Vaccines help keep us and our loved ones healthy

Adults 60 and older need the flu, pneumococcal, and shingles vaccines



Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU™



Dec. 31 Deadline for PA tax rebate

The deadline for older adults and people with disabilities to apply for state rebates on rent and property taxes paid in 2015 has been extended to December 31. The rebate program benefits eligible Pennsylvanians age 65-plus, widows and widowers age 50-plus, and people with disabilities age 18-plus. The annual income limit is \$35,000 for homeowners and \$15,000 for renters, and half of Social Security income is excluded. Property Tax/Rent Rebate claim forms (PA-1000) and related information may be obtained from the Pennsylvania Revenue Department by visiting its website at www.revenue.pa.gov or by calling, toll-free, 1-888-222-9190.



Photo by Evangelina Iavarone

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



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
- Nursing Care
- Rehabilitation Services
- Dental, Hearing, and Foot Care
- Medical Equipment
- Prescribed Medications
- Social Day Center
- Transportation
- Light Housekeeping, bathing or cooking
- 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

Poet

• continued from page 8

"You have to understand why something is happening in order to make things better," Parnell said.

"When my son was born in 1985, I had to start being serious. That's when I became a teacher. I never wanted to teach. My mother and three sisters were teachers, so I just gravitated to it," said Parnell, who taught English and computers at Benjamin Franklin High School. The work schedule complemented his new parental responsibilities. "High school ended at 1:30, then I went to pick my son up from elementary school and we'd hang out for the day. When I was teaching, there were about 35 kids in each class, and they didn't have the proper books. It was crazy, but it was also rewarding. I got to work with some really great kids."

After 11 years, Parnell left teaching for a position at Belmont Behavioral Hospital in Philadelphia as an adjunctive therapy group facilitator. That was where his interest in applied psychology really blossomed. He now

runs a weekly therapy group at the inpatient facility, where most participants voluntarily enter the program for up to two weeks. "I was surprised how many people either journal or do poetry," he said. "Through the group sessions and spoken word presentations, I decided I could use my writing to elicit dialogues. I started to present some of my writings as a vehicle to start discussions."

The dialogue is the "medicine"

"Therapy is just dialogue as medicine," Parnell said. "If you think about where you are, then you also have to consider where you want to go and where you've been. The only constant is change. It's up to you, whether you get better or worse. You cannot change where you are or where you've been, only where you will go next. There's no cure for addiction or mental illness, but there is recovery. You can live a regular life."

He said that years of group counseling work and personal life experiences have given him a unique perspective. His own son struggled with addiction following his military service in Iraq and Afghanistan. "After he came back, he had trouble coping. Even though you may

know someone who is an addict or has depression, you do not know what another person is going through. It's the difference between sympathy and empathy. An alcoholic can tell you, 'Don't drink. This is what it's going to do to you.' That will likely have more of an effect than your priest telling you not to drink," he said.

Parnell has developed a therapeutic method, which he calls "Reflective Engagement," using original poetry as a means of promoting dialogue between a patient and therapist. "Reflective Engagement empowers participants through self-examination and discussion of past circumstances," he said. "It addresses relevant situations from the past that continue to affect the present. It's an awakening — a path forward towards a questioning and consideration of possible solutions. It can often be epiphany-like in its nature. The method has been very well-received by clients and professionals who've employed it," he said.

Successful therapy, he believes, takes a holistic approach to reach the right balance between medication and dialogue for each individual. "This is not meant to replace

going to your private therapist for individual counseling. I think it's a suitable vehicle as a therapeutic support method," Parnell said.

He's now working on a book about reflective engagement. "It's basically about trying to give people who are in social services or psychology another tool to help them engage their patients in dialogue," he said.

"The whole thing is to get people engaged in meaningful dialogue. A therapist can't do any heavy lifting; you have to go through it yourself. But the therapist needs to know what's going on to be able to guide you into behavioral modification. Breaking through is the first step, and it's often the most difficult," he said. "If you tell me how you feel and how those feelings make you do what you do, we can address it."

You can read some of Ron Parnell's poetry on his Facebook page at www.facebook.com/RonaldParnellPoetry.

Contact Alicia M. Colombo at acolombo@pcaphl.org

Choose PCA to Care for You

Philadelphia Corporation for Aging has more than 40 years of experience helping seniors get the care they need to stay in their own homes:

Safe, secure and well cared-for.

For service coordination you can rely on, choose PCA

Call the PCA Helpline:

215-765-9040

www.pcaCares.org

PCA

PHILADELPHIA CORPORATION FOR AGING

Don's Column

The changing nature of newspapers



By Don Harrison

Because of increasing frailty, I don't get over to the Franklin Inn Club much anymore, and I miss it, but I did get to the annual summer picnic, at which I agreed to be a Thursday Roundtable speaker – at what was

then a long-way-off date ...

In October.

My topic? How about the changing American newspaper, one of the few subjects I know something about (though many public speakers don't seem to be concerned about speaking beyond their expertise). That's fine, fellow members agreed, so on that July afternoon, I just put it aside and ...

Suddenly, it was October.

The presentation went well, however, because the subject was one I know well. I expressed concern about what seems to be happening. Although some old-timers are horrified by today's newspaper, in many ways, it's better than it used to be – more concerned with fairness, more attractive graphically, more sophisticated – yet it's never been more mistrusted and more marginal in people's lives.

The so-called mainstream press has become a scapegoat for our woes, rather than a symptom. And sad to say, it seems of little interest to younger people. Over the years, I've helped kids decide whether they want to go in to journalism, but if a kid came to me today, I wouldn't know what to advise.

For one thing, things are done differently in journalism today, and I'm afraid I've lost touch. And at the risk of sounding apocalyptic, I've no idea what the future will bring – will the daily newspaper even survive?

* * *

Skinny dipping

Big Brothers of Philadelphia used to be in a building on Van Pelt Street, between 20th and 21st, just north of Chestnut. It's where I learned to swim. Headquartered elsewhere, the organization is now (as it should be) Big Brothers/Big Sisters, but

then, it was for boys only.

In that pool on Van Pelt Street, we skinny-dipped. I don't know why; we assumed it was because many of the boys' families couldn't afford to outfit them.

But that could hardly have been the reason male students at Penn swam in the buff in Hutchinson Gym Pool.

Women swam elsewhere, in swimsuits –

Or so I was told.

* * *

Afterthoughts ...



- Dogs that bark at passersby must feel very successful; most passersby do, indeed, pass by.

- One of mankind's great inventions is the banister.

- When I was in school, kids in the early grades, raising their hand to go to the bathroom, often had to specify "Number One" or "Number Two." Why did it matter?

- Why have I resisted the cane? Why so unenthusiastic about the walker and similar "assistive devices?" Because it's admitting I'm no longer what I was. But what is?

- One of the few good things about getting this old is the senior discount.

- Another new year coming – 2017! Who'd have thunk it?

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

Keep Cool!

ACROSS

- 1 Dry stream bed
- 5 Arizona aborigine
- 9 Nasty bug
- 14 Western state: abbr.
- 15 Stratford river
- 16 Comedian Murphy
- 17 *Das Kapital's* Marx
- 18 Dickens's Miss Trent
- 19 To sponge
- 20 Physical exertion
- 23 Schoolboy
- 24 Sailor's chanty
- 25 City on the Hudson
- 27 Executed
- 29 Indigo dye
- 32 Shoshone Indian
- 33 Old song, *Robin* ____
- 35 Triton
- 37 Price list word
- 41 Get one's dander up
- 44 Examination
- 45 Zoo sound
- 46 Disconnect
- 47 Cooler
- 49 Cut with a sickle
- 51 *Te* ____: Sp. lover's avowal
- 52 Have title to
- 56 Threshold
- 58 Behave

- 59 Where social graces are purveyed
- 64 Part of a fish hook
- 66 NM river
- 67 It sailed from Thessaly to Colchis
- 68 German philosopher
- 69 Colleague
- 70 Evening: It.
- 71 Crested mountain ridge
- 72 Beholds
- 73 So be it!

DOWN

- 1 Stopped sleeping
- 2 USSR sea
- 3 Exciting times at Epsom
- 4 Arctic abode
- 5 Persist tenaciously
- 6 ____ and out
- 7 Native of Poznan
- 8 Dental work
- 9 Newly come
- 10 Seraglio room
- 11 Confound
- 12 Cheroot
- 13 Pays attention
- 21 Embarcadero
- 22 Pierre's *midi*
- 26 NH summer resort
- 27 Tetched
- 28 Bootless
- 30 "____ the wild blue yonder"
- 31 Hungarian composer

- 34 Scintillas
- 36 Used to be
- 38 According to the value: L.
- 39 Former pitcher Labine
- 40 Protagonist
- 42 Impudent
- 43 Molded salad
- 48 Frame for a paper-maker's mold
- 50 Analyzes
- 52 Mustapha Kemal title
- 53 Yellow to orange pigment
- 54 The theater
- 55 Old Icelandic narratives
- 57 Site of Jokang temple
- 60 Vex
- 61 *Jeune fille*: abbr.
- 62 Hobgoblin
- 63 Banking transaction
- 65 Lepidopterist's need
- 53 State firmly
- 54 Challenge
- 55 Russian river
- 56 Greek god of war
- 57 Girdle
- 60 By way of
- 61 Garden tool

Solution

The solution for the crossword puzzle can be found on page 20.

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
64			65			66					67			
68						69					70			
71						72					73			



Your family Our focus

Health Partners Medicare

Health Partners Medicare puts the focus on you. With a wide choice of plans, you can select the benefits and cost that are right for you.

Choose us for:

- 24/7 customer service
- Specialist visits with no referrals
- Unlimited inpatient hospital stays
- Broad network of doctors and hospitals

Learn more today. Call 1-844-257-8383 (TTY 711) from 8 a.m. – 8 p.m. seven days a week or visit HPPMedicare.com.

\$0

**or Low Plan Premiums
or Low Cost PCP Visits
Annual Hearing Exam
Annual Vision Exam
Fitness Center Membership**

Health Partners Plans



Health Partners Medicare is an HMO plan with Medicare and Pennsylvania State Medicaid program contracts. Enrollment in Health Partners Medicare depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Health Partners Medicare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-901-8000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-901-8000 (TTY: 711)。