Dear Reader:

We bid farewell to Rick Spector of Philadelphia Corporation for Aging, who retired at the end of 2016, and welcome his successor, Wanda Mitchell, who will be featured in the next issue. Many of you already know Rick, but for those who don’t, he has been the director of PCA’s Community Relations Department since it was established 16 years ago. In that capacity, he served as coordinator of the Emergency Fund Coalition for Older Philadelphians, among other duties. “I have always had a passion for people who are left out, the forgotten older Philadelphians,” Rick said. “That’s why my work on behalf of the Emergency Fund has been so rewarding.

“I appreciate the coalition members who are so action- and results-oriented — raising funds and helping people, and the quick turnaround from PCA processing requests for assistance,” he said.

Rick started his career with PCA in 1981 as the assistant director of the Senior Assistance and Referral Agency (SARA). In 1984, he became director of SARA, which developed into the current PCA Helpline.

Rick also wore another “hat.” From 2003 to 2007, he was “Radio Rick,” hosting PCA’s weekly “Milestones Radio Show,” which aired on a succession of different stations and focused on topics and issues of concern to older Philadelphians. At the show’s peak, it had 16,000 listeners.

We wish Rick all the best in his future endeavors. Donations to the Emergency Fund in Rick’s honor are gratefully accepted. Checks payable to “PCA Emergency Fund,” with “Rick Spector” in the memo line, can be mailed to PCA, Fiscal Department, 642 N. Broad St., Philadelphia, PA 19130. Contributions can also be made online at www.pcaCares.org/donate.

We wish Wanda Mitchell much success in her role as community relations director and look forward to working with her. Welcome, Wanda!

Sincerely,

Mary J. Fallon,  
Emergency Fund Coalition Co-Chair  
Executive Director  
Unitarian Universalist House  
Outreach Program

Mark Weber,  
Emergency Fund Coalition Co-Chair  
Center Counselor  
Center at Journey’s Way

For more news & resources for seniors, go to:  
www.facebook.com/PCACares.org
SUCCESS STORY (continued)

Located at 1608 Walnut St., 10th floor, in Center City, Clarifi is open from 8 a.m. to 5 p.m., Monday through Friday. Evening and Saturday appointments are available by arrangement. To make an appointment at Clarifi’s Philadelphia office or one of its other Delaware Valley offices, call 800-989-2227. For more information, visit www.clarifi.org.

SAVE THE DATES

Wednesday, March 15
1:30 to 4:30 p.m.
Aging System Resource Training

Wednesday, March 22
1:30 to 4:30 p.m.
How to Better Serve African and Caribbean Senior Consumers

Sessions held at PCA

Register online at:
www.regonline.com/
pcatrainingcatalog2016-2017

CASE STUDY

Unitarian Universalist House (UUH) Outreach Program
(Submitted by Roberta Balsam, social services supervisor)
Ms. S. is an 86-year-old woman who lives alone in a subsidized apartment building. When she first became a client of the UUH Outreach Program, it was clear she’d dealt with a lot of challenges in her life that had left her guarded and suspicious. The UUH Outreach Program nurse slowly and patiently gained her trust. After several visits, the nurse learned that Ms. S. had not been able to sleep in her bed for a very long time and instead spent every night on a chair. Ms. S. said she was unable to get herself in and out of bed and decided it was easier to sleep in the chair. Due to this habit, along with other health issues, she had developed very swollen legs.

The UUH Outreach Program applied to the PCA Emergency Fund for financial assistance to purchase a bed handle on Ms. S.’ behalf. She was referred for physical therapy to strengthen her muscles and learn how to properly use the handle to get in and out of bed. Through the UUH Outreach Program nurse, a physical therapist, and the PCA Emergency Fund, emotional, physical and financial support was provided to one of our city’s most vulnerable older adults.

Reaching out to isolated elders at risk

Philadelphia Corporation for Aging (PCA) has joined a national campaign, led by the National Association of Area Agencies on Aging (n4a) in collaboration with the AARP Foundation, to raise awareness of the growing problem of social isolation and loneliness in older Americans.

It is estimated that one in five adults over age 50 are affected by isolation, a problem that has been associated with higher rates of chronic disease, depression, dementia and death. “We hope to raise awareness of the problem of isolation and loneliness in a number of ways, including one-on-one counseling with our clients and leveraging traditional and social media to spread the word,” said Holly Lange, PCA president and CEO.

PCA also encourages other senior-serving organizations to help publicize the risks of loneliness and isolation and promote outreach to isolated elders.

The campaign runs through January 2017. It features a consumer brochure, “Expand Your Circles: Prevent Isolation and Loneliness As You Age,” which offers information and resources to help older adults reduce their risk of becoming isolated or lonely, including a self-assessment checklist. The brochure is available online at www.eldercare.gov; type “expand your circles” in the search window.

Annual PCA Emergency Fund campaign launches

Spread the word! The PCA Emergency Fund campaign is underway to replenish and expand resources to help low-income older Philadelphians in crisis. Last year, the fund served 1,373 households and distributed nearly $127,000 in assistance. Fifty-one percent of the disbursements were for heating costs. The remainder provided financial assistance for food, prescriptions, medical supplies, rent/mortgage and other basic needs. For more information or to donate, go to www.pcaCares.org and click on “Donate” at the top of the page.

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- BAYADA HOME HEALTH CARE
- BETTER HOME CARE, LLC
- CENTER FOR ADVOCACY FOR THE RIGHTS AND INTERESTS OF THE ELDERLY (CARIE)
- CLARIFI
- EINSTEIN MEDICAL CENTER
- FEDERATION HOUSING, INC.
- HEALTHY CAREGIVER FOUNDATION
- HOME INSTEAD SENIOR CARE
- INTERCOMMUNITY ACTION (CENTER AT JOURNEY’S WAY)
- JEWISH FAMILY AND CHILDREN’S SERVICE OF GREATER PHILADELPHIA
- JEWISH RELIEF AGENCY
- KLEINLIFE
- LIBERTY LUTHERAN SERVICES/ LUTHERAN CHILDREN AND FAMILY SERVICE
- MAYOR’S COMMISSION ON AGING
- NEWCOURTLAND
- NORTH CITY CONGRESS
- PHILADELPHIA CORPORATION FOR AGING
- PHILADELPHIA SENIOR CENTER
- PHILIP JASOHN MEMORIAL CENTER
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- SENIOR HELPERS PHILADELPHIA
- UNITARIAN UNIVERSALIST HOUSE OUTREACH PROGRAM
- UTILITY EMERGENCY SERVICES FUND