Grandparents who are raising children

By Marcia Z. Siegal

Juanita Cox is on her second round of child-rearing. Her own three children reached adulthood years ago. Now, at 66, she is raising four grandsons ages 3, 5, 11 and 13. Cox says that Grands As Parents Inc. (GAP), a volunteer organization based in North Central Philadelphia, has been invaluable to her as she faces this late-in-life challenge. “I know GAP has my back. I get a lot of support from them,” Cox says.

“Our perfect picture of a family is that of a father, mother, and a child or children. But in today’s world, that picture doesn’t always reflect reality,” says Eileen Brown, GAP executive director. She co-founded the organization with the late Ernestine McCall 21 years ago to support grandparents raising children whose parents cannot provide care. GAP has served more than 1,000 families since its founding.

Growing numbers

An estimated 13,400 grandparents, 32 percent of whom are age 60-plus, are raising grandchildren in Philadelphia, says Allen Glicksman, director of research and evaluation at Philadelphia Corporation for Aging (PCA).

Brown points to some of the causes of the phenomenon. “Many older Americans find themselves caring for and raising their grandchildren due to reasons like death of parents, parental incarceration or substance abuse, family violence, and teen pregnancy,” she says. The number of grandparents in this situation continues to increase, fueled in part by today’s opioid epidemic. Motivated to keep the family together and the children out of foster care, grandparents can face psychological and emotional strains as well as feelings of helplessness and isolation, Brown says.

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Care at Home

PCA can help to find and provide resources

By Linda L. Riley

Whether because of a recent surgery, an accident, or the decline of physical and mental health due to advancing age, a time can come when it’s impossible to do everything yourself. Determining for yourself or for a loved one what kind of care and support is needed can be challenging. Philadelphia Corporation for Aging (PCA) offers services, tools and information that can help senior citizens living in Philadelphia.

One option is to request an assessment, which is a thorough evaluation of the individual’s health, physical capabilities and needs, and financial resources. A determination is then made about the level and types of care needed and whether the person qualifies for services funded by PCA.

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Health Brief

Dealing with dizziness effectively

By Constance García-Barrio

The lyrics from old love songs say it all: “You’re making me dizzy; my head is spinning,” or “You got me going in circles.” Alas, dizziness may signal not wild infatuation, but a possible medical problem.

“The prevalence of dizziness rises with age,” said John Cacciamani, M.D., a geriatrician and CEO of Chestnut Hill Hospital.

“Anyone can have a one-shot episode of dizziness,” Cacciamani said. “Say you’re getting out of bed and you try to stand up, but you have to stop a moment to steady yourself.” That feeling of being off balance may go away and not return. Then again, repeated instances of dizziness are cause for concern, he said.

Doctors may have to become detectives to pin down the cause of a patient’s feeling dizzy. For example, a highly treatable ear infection can upset the body’s balance mechanism, Cacciamani pointed out.

The medical sleuthing doesn’t end there. Low blood pressure; dehydration; arrhythmia, in which the heart beats erratically; and anxiety attacks all can lead to lightheadedness. “The solution may be as simple as having a patient drink more water if dehydration is the root of the problem,” Cacciamani said. In still other cases, the interaction of different medications may lead to a dizzy feeling. “In that case, patients should work with their physician to stop the medications that may be causing the dizziness,” he said.

“The key point is that even a mild illness that makes you feel off-balance could cause a fall and a possible hip fracture or other injury,” Cacciamani emphasized. “What begins as a minor ailment can snowball into crisis.” Such dire outcomes need not happen. Many of the causes of dizziness or vertigo — the feeling that you or your surroundings are moving — can be easily treated, once diagnosed properly.

Benign positional vertigo (BPV), in which one has the sensation that the room is spinning, is the most common kind of vertigo and can be treated with a head maneuver that takes a few seconds in an office visit. It is the result of a disturbance in the fluid in your inner ear. Normally, the interaction between this fluid and the nerves in the inner ear serve to tell the body where it is. With BPV, a disturbance in the fluid interferes with this delicate system and your brain receives messages that make you feel like the room is spinning. Treatment involves the physician directing the patient to do a series of specific head movements aimed at clearing the disturbance in the inner ear.

Since some medical conditions first show up as dizziness, it’s important to learn what sets off the feeling, not only to avoid falls but to uncover and treat any underlying illness. “If you are experiencing prolonged or repeated episodes of lightheadedness or dizziness, call your doctor,” Cacciamani said. “The sooner the illness is identified and treated, the safer you’ll be.”

Constance García-Barrio is a freelance writer and author of a novel based on African-American history in Philadelphia.
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Actress keeps Susan B. Anthony’s ardent crusade for women’s rights alive

By Alicia M. Colombo

Personal passions for history, teaching and acting came together when Marjorie Goldman began portraying suffragist Susan B. Anthony more than 20 years ago. “I got into it through happenstance,” Goldman said. “I did have theatrical ambitions, but my career took a different direction. Acting was something I’d always wanted to do, since I was a little girl.”

Goldman’s training as an actor began early. As a child and early teen, she attended acting classes for kids at the Pittsburgh Playhouse. She began performing in elementary school plays and continued acting informally through college.

She immersed herself in history, earning a Bachelor of Arts in American studies at Grinnell College in Iowa and a Master of Arts, also in American Studies, from Boston University. After graduation, she taught U.S. history, world cultures and social studies at an all-girls Catholic high school on the South Side of Chicago. She later taught at the college level as an adjunct professor at Cabrini College and Philadelphia College of Textiles and Science (now Philadelphia University).

Marjorie Goldman, dressed here in authentic period costume, uses her historical knowledge and acting skills to educate the public about suffragist Susan B. Anthony.

While she was teaching in Philadelphia, she began to explore acting again and took classes at the Walnut Street Theatre.

She embarked on a self-described “journey of humility through craft” that led her to become an intern with Theater Ariel, Philadelphia’s Jewish theatre. She then joined the former Performing Arts League of Philadelphia (now the Greater Philadelphia Theater Alliance), a consortium of small theatres that come together to learn about resources and gather ideas. While at a networking event for the Performing Arts League, she overheard a conversation about historical re-enactments and how some actors may look the part but don’t know their history. This chance encounter led to a career as an historic interpreter. (She prefers that term to “re-enactor.”)

She introduced herself to Pamela Sommerfield, producing director for the American Historical Theater, and said that she had both acting ability and a background in history. “Pam told me to send her a headshot and a resume,” Goldman said. “I didn’t have either at the time, but I put them together for her.” It was Sommerfield who first raised the idea of Goldman playing Susan B. Anthony, though initially she didn’t think Goldman was quite suited. “She told me I wasn’t tall enough to play Susan B. Anthony but offered me a non-speaking role as her in a parade in New Jersey anyway,” Goldman said. “I sat in the back of a red convertible and waved.” Despite the height discrepancy, she said, “Once they outfitted me for the part, I started to be cast in scripted performances.”

One of these early plays was “Barnum’s Wax Museum.” It was based on Barnum’s American Museum, which operated in New York City from 1841 to 1865 and offered both strange and educational attractions. The play featured P.T. Barnum, the “greatest showman on earth” and co-founder of Ringling Bros. and Barnum & Bailey Circus, talking erroneously about women from history. “One by one, we’d come to life and set him straight about his misconceptions,” Goldman said.

Goldman took part mostly in scripted group performances with other interpreters through the American Historical Theater before venturing out on her own. “When I started to get sent out on solo gigs, I thought, ‘What the heck am I going to talk about for a half-hour?’ These were non-scripted,” Goldman said. “All the while I was researching like crazy because we were expected to know the person inside and out. As interpreters, we love to create the illusion.”

Who was Susan B. Anthony?

Over time, Goldman has perfected her craft to the point where she has taken on Susan B. Anthony as a second persona and adopted her cause as social reformer. The two women started out on similar career paths – as teachers – and Goldman shares Anthony’s passion for women’s rights and racial equality. On January 21, she joined the Women’s March on Washington, D.C. “I thought about going in costume, but it would have been too uncomfortable,” she said. Instead, Anthony’s ideals were represented on a handmade sign that Goldman carried, which was emblazoned in red and blue letters: “THERE CAN BE BUT ONE PRINCIPLE and that is EQUAL RIGHTS FOR ALL! –Susan B. Anthony.” Goldman, now 60 and proudly sporting beautiful light grey hair, is just a few years older than Anthony was when she was arrested for voting in 1872. Anthony has been portrayed as a dour Quaker school “marm,” but in reality, Goldman said, the important suffragist had a lively sense of humor and enjoyed having a good time. “What a firecracker she was,” Goldman said. “She was raised in a Quaker household, where gender equality or at least equal respect for the genders was the practice, unlike the society at large.”

Goldman has made it her mission not only to educate the public about the role of women in shaping our country’s history but also to correct myths and urban legends pertaining to Anthony. “Susan was born in West Addams, Massachusetts. Her childhood home is still there, and the group that owns her home says erroneously that she was against abortion,” she said. “But there is nothing in any of her writings about it. It’s inconsistent with everything we know about her. I think if she were here she would say, ‘The important question to ask is, what were the circumstances that drove this poor creature to such a drastic decision?’ which is very different from being staunchly pro-life.”

When giving presentations at schools and in public, Goldman sometimes is asked rather personal questions about Anthony. “Adults will ask me sometimes, ‘Where did you get that dress?,’ I try to answer in character, ‘I don’t think that’s a suitable question for the cause.’ Truthfully, I think she was married to the cause and very dedicated to her work. Elizabeth Stanton, her partner in the women’s rights movement, did marry and had seven children, but her involvement in the suffrage movement put a strain on her marriage.”

Goldman also often gets asked about her costume. “When people ask me, ‘Where did you get that dress?’ I try to stay in character and say that I have a wonderful dressmaker in Roches-  

“As interpreters, we love to create the illusion.”

— Marjorie Goldman

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Care at Home

Direct care workers provide seniors with compassionate support in the home

By Marcia Z. Siegal

Most older adults want to age at home, in the community, for as long as possible, even if they become frail. On the front lines helping them do so is a growing workforce of people who assist elders with basic self-care tasks they are unable to perform independently.

Depending on their training and skill level, direct care workers may provide a range of services, including meal preparation, light housekeeping, shopping, medication reminders, escorting the person to appointments, doing laundry and running small errands. They may also provide personal care, such as bathing, dressing, feeding and grooming. Home health aides have more specialized training and can also perform certain health-related tasks, such as taking the client’s temperature, checking their blood pressure and changing simple dressings.

In the course of providing these essential services, direct care workers often become an integral part of their clients’ lives. Here, three direct care workers share their personal perspectives and experiences related to the job they do and its impact on their lives and on those they care for.

Cheryl Poindexter: A calling

Cheryl Poindexter has been a direct care worker for 19 years, first with Inglis House, a specialized skilled-nursing long-term care community based in Philadelphia and, for the past 12 years, with the home care agency Granny’s Helping Hands-PA Inc. A certified nursing assistant (a home health aide who has passed a state exam), she currently assists six homebound individuals with tasks known as “activities of daily living” (ADLs) ranging from bathing, dressing and feeding to toileting and transferring from bed to wheelchair or toilet – all to “ensure the safety and welfare of my clients,” she says.

From her work at Inglis House, which specializes in services to adults with paralysis, Poindexter is expert at using the Hoyer Lift. This assistive device enables a person to be lifted and transferred with minimal effort. She also helps clients with “instrumental activities of daily living” (IADLs) like shopping and picking up prescriptions, doing laundry, and remembering to take medication.

Poindexter regards her profession as a calling and has served hundreds of clients over the years. “I love helping and caring for people. I enjoy seeing the smile on a client’s face when I first walk in, knowing that I’ll make the person’s day easier and much better,” she says. Poindexter says that “anybody who considers doing this work must be compassionate. He or she must also have a love for people and not view this field as another way just to make a paycheck.”

A past recipient of the Employee of the Month Award from Granny’s Helping Hands, Poindexter says her affinity for the work started when she was a teen and helped care for her grandmother when she became frail. She is determined to treat clients as she would her own parents and grandparents and as she herself would want to be treated. While some clients can be challenging, she says, “I’ve learned that even the most difficult clients have a soft interior under what may seem like a hard exterior.”

Four of Poindexter’s regular clients live alone. One is a man who was an only child and never had children of his own. He has outlived his spouse and other family members and friends. Poindexter is his only regular visitor. She helps him with personal care tasks for two hours a day, seven days a week. “He has no one; just me. We have a very close bond,” she says.

When Poindexter first began caring for the man, he was living in a dilapidated rooming house. On her own time, she found him an affordable apartment that offered a healthier environment. The client remains grateful to her to this day, she says.

Poindexter also works Sundays for another client. Using the Hoyer Lift, she helps the woman get ready for church and transfers her to a wheelchair so she can be wheeled down the street to attend services with her husband.

“My clients express how happy they are that I am there,” says Poindexter, who prides herself on being dependable. “I help get them ready and dressed, and I ensure that they have what they need to have an enjoyable day. They know they can truly count on me to help them live an independent and successful life.”

Jessica Kemp: Bridging the language barrier

Like Poindexter, Jessica Kemp once cared for her elderly grandmother. In her case, she was hired by her grandmother through Pennsylvania’s Personal Assistance Services (PAS). Through PAS, elders self-direct their care by choosing their own care providers instead of a state agency making those decisions for them. Neighbors, friends and even certain family members can be hired as paid caregivers, including the adult children of the elder but not spouses or legal guardians.

For the past several years, Kemp has been a personal care aide employed by Aurora Home Care. She has cared for 15 consumers during that time. The daughter of Puerto Rican immigrants, Kemp speaks Spanish fluently and is often called upon to serve Aurora’s Latino clients.

She currently cares for four clients each week. In addition to her regular duties helping with ADLs and IADLs, she says, “I socialize with patients and go with them for walks.” Asked to choose one word to describe herself, she says, “reliable.” The two key qualities a direct care worker needs, she says, are “patience and compassion.”

“Many of my patients don’t have anyone else to help them,” Kemp says. She finds it inspiring to help others at a difficult time in their lives – such as when she received an urgent call from her agency asking if she could go to the home of a client who was experiencing problems. “I found a babysitter for my daughter and went there immediately,” she recalls. “A nurse was already there. The woman was having chest pains and difficulty breathing. The nurse called the ambulance. I followed the patient...”
Care workers

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to the hospital on my own. I was there to help translate for her in the emergency room and later, after she was admitted to the hospital overnight. She told me, ‘If you weren’t with me, I would have been all alone.’

A day-to-day concern is dealing with care recipients’ pride and frustration at needing help. “I think the most challenging aspect of my job can be watching my patients try to do things for themselves and then getting upset with themselves when they can’t do them,” Kemp says. “I had a patient who wanted to cook his own rice, for instance, but his hand shook as he held the pot and the rice spilled. I cleaned up and helped him do the cooking and made a joke. I didn’t want him to feel hopeless.”

Kemp notes that whatever the challenge, the way clients greet her is one of the things that makes the work gratifying and heartening. “I love seeing clients’ faces light up when I arrive,” she says.

Oliveanne (Anne) Pannone: Fostering independence

Oliveanne (Anne) Pannone remembers the time she went to a client’s home and smelled gas. The client was unaware of the smell. “I immediately opened all the windows and doors and called the gas company. They sent someone right away,” says Pannone, a personal care aide with Bayada Home Health Care. “It turned out to be a massive gas leak. The person from the gas company told me the house could have blown up. He had to shut off the gas until the repair was made; the client had to leave and stay with one of her children until the problem was fixed. After that, the client always called me ‘my angel.’ ‘My angel is here,’ she would say when I came.”

Pannone has been a Bayada personal care aide since moving to Philadelphia seven years ago. While not every day with clients is so dramatic, she says, “this job has been totally rewarding from Day One. I love it.”

“I arrive at my client’s home to assist with showering or bathing, light housekeeping, cooking, transferring, whatever they may need. But perhaps the most important thing is to be an effective listener,” she says. “Clients need people to listen to them. I’ve learned a great deal from my clients – the history of Philadelphia, how to make rice pudding, the best way to fold clothes, their life stories and so much more. It’s a continuing education.”

“I am here to help you, not to render you dependent. You are still an active member of the world.”

Reputable home care and home health agencies provide their workers with formal skills training and information relevant to care responsibilities, both initially and on a continuing basis. Pannone went through intensive training that covered how to perform ADL and IADL tasks, infection control, understanding and following care plans, causes and effects of medical conditions common to clients, CPR, recognizing elder abuse, and more. Agency staff also provide ongoing supervision and support.

Pannone has cared for hundreds of clients over the years and received Bayada’s quarterly National Home Health Hero Award as well as other agency honors. But her greatest reward, she says, comes from experiences like the one when a nonvocal client broke her silence. “I was at the home of a client I had never been to see before,” she recalls. “I could tell by observing her and by talking with her family members that she did not speak. Her family told me she had not spoken in a very long time. I proceeded to talk to her and bathe her and to sing snippets of songs like I usually do with clients. Then, when she was sitting and eating, I started singing ‘Row, Row, Row Your Boat.’ All of the sudden, she said, ‘My mother used to sing that to me.’ She said it clear as a bell.

“I never give up hope and I tell my clients and their families to never give up hope,” Pannone says. A member of the baby-boom generation, Pannone never used to think about growing old. Her senior years seemed very far off. “Growing up, getting older meant going from 10 to 16. When I was 16, I wanted to be 21,” she says. Now she works closely with the elderly and sees first-hand their declining health from arthritis, diabetes, heart disease and other conditions. “It’s the pain that causes my clients the most anguish,” Pannone says. “I think the most frustrating thing for my clients is chronic pain.”

Pannone is also sensitive to clients’ frustration at not being able to care for themselves. “I try to let them participate in their own care as much as possible,” she says. “For instance, if I am helping clients bathe or shower, I will take the wash cloth and give it to them so they can wash themselves if they are able to. I like to say to clients, ‘Every day is the Fourth of July. Every day is Independence Day. I am here to help you, not to render you dependent. You are still an active member of the world.”

Pannone says it can be difficult to gain a client’s trust, especially if the person is not used to help or having a stranger in the house. “It can take a week, a month or even a year until they are comfortable. Trust has to be earned,” she says. In her experience, that trust does come, even if slowly. “I may be giving a client a shower or a sponge bath, as I do routinely, and the client says for the first time, ‘That feels really good.’ Then, at the end of my shift, that client suddenly asks me, ‘When are you coming back?’”

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

For more information on home care or to request an assessment for services, call the PCA Helpline at 215-765-9040 or visit www.pcaCares.org and click on “Request Assistance.”

AARP offers guidance on hiring a direct care worker on its website. Go to www.aarp.org and type “hire a care worker” in the search function.
March is designated National Nutrition Month by the Academy of Nutrition and Dietetics to remind us about the importance of making informed food choices and developing sound eating habits. This year’s theme, "Put Your Best Fork Forward," demonstrates that each of us holds the tool to make healthier food choices.

Here are some recipes, courtesy of the academy, that give you tasty options for incorporating more fresh vegetables into your diet. For more recipes and nutrition resources, go to www.eatright.org.

**Carrot ‘fries’**
(Serves: 4; serving size: ¼ of recipe)

These easy-to-make baked vegetable “fries” are a lighter and more nutritious alternative to French fries. Carrots have more antioxidants than potatoes, plus half the calories and carbohydrates.

**Ingredients:**
1 lb. of carrots
Cooking spray
Salt and pepper to taste

**Directions:**
Preheat oven to 400 degrees. Peel the carrots and cut into strips about ¼ inch thick and a few inches long. Coat a baking sheet with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.

Bake for 15 minutes. Flip the carrots over and coat with a bit more cooking spray, salt and pepper. Bake another 15 minutes until lightly browned.

**Tabbouleh with mint cucumber, tomato and bell peppers**
(Serves: 8; serving size: ¾ cup)

A classic Middle Eastern salad, tabbouleh has become a Western favorite and is a flavorful way to fit grains and vegetables into lunch or dinner. This fresh, tart salad is traditionally made with soaked, uncooked bulgur and fresh vegetables and herbs. You can use any grain ingredient you have on hand, such as cooked and chilled couscous, quinoa or orzo, but whole-grain varieties are the healthiest options.

**Ingredients:**
2 cups cooked whole-wheat pearl couscous, chilled*
1 cup yellow and/or red cherry tomatoes, quartered

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Home-delivered meals provide more than nutrition for homebound seniors

By Marcia Z. Siegal

Philadelphia Corporation for Aging (PCA) driver Clyde White can be counted on to knock on Patricia Hughes’ door every Thursday morning with a supply of nourishing meals. To Hughes, who is homebound, the delivery of seven frozen meals each week “is a godsend.”

“I don’t have to cook or shop. I just put a meal in my microwave each day and eat,” she says. “The meals are really, really good. I would definitely recommend this program to others. I would tell them I have found it to be important to my quality of life – very, very, very important.”

Health and independence

PCA’s home-delivered meals program serves more than 4,800 older Philadelphians each week. Providing more than 1.6 million meals per year, it is the largest home-delivered meals program in the city. For recipients, the program is vital to optimizing health and enabling them to age independently at home. Like Hughes, most recipients, or “consumers,” receive a weekly delivery of seven frozen meals. Those too frail to heat their own meals receive a hot meal delivery each weekday and two cold sandwich meals for the weekend. The meals are provided at no cost to consumers who qualify for the service. Home-delivered meals participants have the opportunity to make an annual contribution to support the program, but it is not required.

To be eligible for the program, individuals must be 60 or older; live in Philadelphia; be unable to cook, food shop or attend meal programs such as those at senior centers; live alone; not have someone available to help prepare meals; and lack the financial resources to meet their nutritional needs. PCA professionals assess applicants for appropriateness for this and other care-at-home services. Case managers for the five organizations administering PCA’s In-Home Support Program (IHSP) also assess eligibility for home-delivered meals.

IHSP provides services to eligible elders who are temporarily homebound due to medical or other reasons. Home-delivered meals can be provided on a short- or long-term basis depending on need.

Each meal provides one-third of the nutritional value recommended by the U.S. dietary guidelines for healthy eating and contains an entrée; at least two fruits or vegetables; a grain source such as bread, pasta or rice; and milk. A recent menu featured an entrée of creamy Tuscan garlic chicken with rotini pasta; side dishes of spinach with chopped tomatoes and “Capri blend” vegetables with carrots, zucchini, yellow squash, and green beans; pumpernickel bread with margarine; a carton of one-percent fat milk; and Mandarin oranges.

A food hub

PCA’s Meal Distribution Center (MDC), located at 2810 North 17th St., is a hub of food storage, packing and delivery. With packers, drivers, facility/inventory management staff, fleet mechanics and administrative staff, this state-of-the-art facility is one of the few centralized senior meal distribution sites in the country. “I work with a team of caring, hard-working staff who understand that what we do every day is important,” says MDC Manager Patrice (Pat) Shanker. Meals are prepared elsewhere by catering companies and delivered to the MDC, where they are stored in freezers until they are packed for distribution.

“The amount of salt, fat and sugar in each meal are within the dietary guidelines for healthy eating, so the meals are appropriate for individuals on ‘no added salt’ diets as well as those trying to limit the sugar and high-fat foods in their diets,” says Elizabeth (Bea) Winn, PCA assistant director for health and nutrition services. A kosher option is available.

Edwin Feliciano is an MDC driver. He makes 50 deliveries each weekday on his South Philadelphia route. “I always had a soft spot for seniors, and I like helping people. I guess that’s why I like doing this job,” he says. “It’s a blessing to bring food to the elderly.”

Feliciano says that through the deliveries, he becomes well acquainted with meal recipients. He has listened to them talk about the work they used to do, the children they raised and the lives they’ve led. Many proudly show off pictures of their families to him. Some have outlived their spouses, close family members and friends, or have seen them move out of the area. Feliciano is the only regular visitor for several of the recipients on his route.

Alert to problems

MDC drivers like Feliciano and White are trained to be alert for any unusual problems or issues they observe with a senior, such as a deterioration in appearance, like looking disheveled or ill; changes in behavior, such as seeming confused; or if the senior is in clear physical distress, such as having trouble breathing. In all cases, the driver calls MDC Dispatch. It is then determined if an emergency call to 9-1-1 is appropriate. All unusual situations are reported to the individual’s PCA care manager or service coordinator, Shanker says.

The MDC staff has braved some of winter’s worst to make sure meals got through, but there is a back-up plan in place in case of extreme conditions when they can’t make deliveries. PCA provides shelf-stable emergency meal packs to all home-delivered meal consumers from once to several times per year, as necessary.

Theo Hudson is another frail, homebound senior who is unable to shop or cook for

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“I am able to stay active and enjoy my daily stroll in the park thanks to Liberty Resources Home Choices”
- Edward

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Susan B. Anthony

• continued from page 4

ter, where Susan lived as an adult,” Goldman said. “The truth is that I wanted to be truly authentic, so I commissioned an historical interpreter and period costumer to make a custom-made gown for me. Susan had a trademark alligator bag that she carried everywhere, but I have a more reasonably priced version. She was also known for wearing black with a red shawl, and that’s always part of my costume.”

Always a teacher

Though Goldman’s days in the classroom are behind her, she considers teaching to be a main component of her current work. “I’m teaching when I’m interpreting Susan B. Anthony,” she said.

Interpreting Anthony for children has been a challenge. “The adults know Susan, but it’s difficult to make her interesting and relevant to children. Those with weapons and military uni-

forms garner immediate attention,” she said. Goldman is looking forward to a busy year in 2020. “The female interpreters do not get called on as much as the men, and the ones who do are usually Abigail Addams and Martha Washington,” she noted. “But 2020 is the 100th anniversary of the 19th amendment that guaranteed women the right to vote, so I’m hoping to be active with a lot of celebrations.”

Goldman has appeared as Susan B. Anthony since 1993 in venues across the country, including the National Archives, U.S. Mint, Library of Congress, Freedoms Foundation of Valley Forge, League of Women Voters, Peddler’s Village and the Rocky Mountain Museum of Tennessee. She even tried to get work at the Susan B. Anthony House in Rochester, New York, while living in the area. “But they already had a Susan,” Goldman said.

For more information, go to Goldman’s website at www.mwgoldman.com.

Contact Alicia M. Colombo at acolombo@pcaphl.org
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...continued on next page

Resources

• continued from page 1

through PCA at no cost or on a sliding scale of payment. Among the services available are home-delivered meals (see page 8 for related story), home modification, caregiver support, and planning and coordination of in-home care.

You can request an assessment by calling the PCA Helpline at 215-765-9040, Monday through Friday, 8:30 a.m. to 5 p.m. Or you can go to the PCA website, www.pcaCares.org, and click on “Get Assistance” in the grey bar at the top. If you then choose “Request Assistance,” you will be led through a few basic questions, and the information you provide will be sent to the Helpline staff to let them know you would like an assessment. You must provide a phone number where you can be reached, and the staff will get back to you by the end of the next business day.

Needs checklist

The PCA website, www.pcaCares.org, also offers a tool to help you do a mini-assessment yourself, if you just want to get a sense of what services are available, or if you or your loved one only needs a little help. The tool is located on the “Get Assistance” page under “Not sure where to start?” Click on “Start here” to fill out the service needs checklist, which is a set of questions designed to help you determine what services and resources are available to help you, or the person you are caring for, remain in the home as independently as possible. As you respond to questions, links will appear to resources that address the concerns you have indicated. At the end of the survey, if you provide your email, you can have the results emailed to you. You can also request an assessment at this point. The information you provide is strictly confidential and will not be shared without your express permission.

Following are a few examples of what you might learn by completing the checklist:

• If you indicate that you need help shopping for or preparing meals, a link to the “Food & Meals” page will appear. If you click on the link, you will find information on home-delivered meals, shopping services, government food assistance, meals at senior centers and emergency food resources. Under each is a link to a list of organizations or information about how to access the service.

• If you check “Cannot remain alone when caregiver or spouse is not at home,” you’ll be presented with a link to a list of adult day care centers. These are non-residential facilities licensed by the Pennsylvania Department of Aging. They provide a protective environment, personal care and recreational activities to people who cannot remain safely at home or who are isolated at home alone.

• If you check “Transportation,” a link will come up that leads to a page describing various options, including public transportation discount programs; SEPTA’s CCT-Connect Shared Ride Program, which offers seniors low-cost, door-to-door transportation; and the ADA Paratransit Program for people with disabilities.

Search on your own

If you know what kind of service you are looking for, another option is to search the PCA website’s directory of service providers. Click on “Find a Service Provider” in the left column of the “Get Assistance” page. Doing so takes you to the Service Directory search page. The directory lists more than 1,200 organizations that provide a wide range of resources and services for senior citizens, caregivers and professionals in the field of aging. (Providers are included in the directory for informational purposes only, and unless specifically stated, they are not a part of PCA. Inclusion in the directory is not a recommendation or endorsement.)

You can search by broad category, such as Housing Options and Assistance, or by specific service, such as Housing Repairs/Modifications, Eviction, Subsidized Housing, or Real Estate Tax and Rent Rebates. Results also display a map, but in many cases, such as with Personal Care, the service is provided in the senior’s home, not where the company is located. There are 15 broad

• continued on next page
Milestones 15 March 2017

Resources

Don’t delay

If you have any concerns about your own or your loved one’s ability to manage the demands of a household, health care, keeping track of prescriptions, or making appointments and getting to them, it’s better to seek help sooner rather than later. A little help can make a big difference, and trying to be self-sufficient for too long can backfire. If you notice you or a loved one forgetting things, neglecting chores or feeling less able to cope, reach out to family and friends or consider getting professional help. Doing so early can make it possible to maintain your independence longer.

If you are a caregiver, having someone come to the house for a few hours a week gives you a break to visit with friends, get your hair cut or run errands. Be generous with yourself; don’t wait until you are at the breaking point to seek help, whether through professional services or through family and friends. If you try to do everything yourself, you risk both your own and your loved one’s well-being.

Most people prefer to remain in their homes, in the community, for as long as possible. The right services and supports can help to make that possible.

Contact Linda L. Riley at lriley@pcaphl.org

Get news you can use via email

Stay abreast of news for seniors and professionals in aging services through PCA’s free electronic newsletters!

- The Milestones e-news, the weekly electronic companion to Milestones newspaper, features highlights from the newspaper, plus links to other articles about aging.

- The News Bulletin, a weekday publication, keeps aging professionals up-to-date on aging policy, advocacy, research and health news.

To sign up for either newsletter, visit PCA’s website at www.pcaCares.org and scroll to the bottom of the page.
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- 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

Meals program

• continued from page 8

himself. He receives a weekly delivery of seven frozen meals. “It saves me from a lot of shopping and cooking, which would be hard for me to do,” Hudson says. With meals providing one-third of his daily dietary requirements, Hudson supplements his diet with tuna, lunch meat, eggs, biscuits and other foods. Family members and friends help him with shopping.

PCA is a member of Meals on Wheels America. Unlike many Meals on Wheels programs, which are volunteer-based, PCA’s program is funded through the Older Americans Act, channeled through the Pennsylvania Department of Aging, and by Medical Assistance, channeled through the Pennsylvania Department of Human Services.

For more information about PCA’s home-delivered meals program, including scheduling an assessment for this service, call the PCA Helpline at 215-765-9040 or visit www.pcaCares.org.

Solutions to the Milestones Crossword puzzle

(See page 19.)
Recipes

1 medium unwaxed cucumber, seeded, cut into ¼-inch pieces
⅔ cup chopped fresh flat-leaf parsley
⅔ cup chopped fresh mint
½ medium red bell pepper, seeded and diced
½ cup crumbled feta cheese
2 medium green onions, chopped
3 tbsp. fresh lemon juice
3 tbsp. extra virgin olive oil
1 tbsp. grated lemon peel
1 clove garlic, minced
⅛ tsp. kosher salt, or to taste
⅛ tsp. freshly ground black pepper, or to taste

Directions:
Put the couscous, tomatoes, cucumber, parsley, mint, bell pepper, feta cheese and green onions in a large bowl.

*To cook pearl couscous, simmer 1 cup couscous in 1¼ cups water, covered, for 10 minutes. Pearl couscous, also called Israeli couscous or “ptitim,” has a chewy, nutty flavor somewhat similar to barley. Compared with traditional couscous, the granules are larger, firmer and less likely to clump. If pearl couscous is not available, use traditional couscous.

Braised red cabbage with sweet apples and onions
(Serves: 6; serving size: ¾ cup)

Popular in cuisines of Central Europe, including the Czech Republic and Germany, braised red cabbage seasoned with caraway seeds is a traditional and popular side dish. Its sweet-sour flavor complements roasted chicken, pork loin and root vegetables. Bringing health and flavor together, red cabbage adds to the rainbow on your plate, delivering antioxidant benefits. The apples in this recipe add sweetness and are available as Pennsylvania-grown produce year-round through cold storage.

Ingredients:
1 tbsp. canola oil
1 medium red onion, thinly sliced
1 small head red cabbage, cored and shredded (about 4 cups)
2 sweet apples (such as Fuji, Gala or Jonagold), cored and cubed
2 tbsp. packed brown sugar
½ cup apple juice
2 tbsp. red wine vinegar
2 tbsp. caraway seeds, toasted*
1 bay leaf
¼ tsp. salt
⅛ tsp. freshly-ground pepper

Directions:
Heat the oil in a large saucepan over medium heat. Add the onion; cook, stirring, for about 5 minutes until the onion softens and becomes translucent.

Stir in the cabbage and apples. Cook just until the cabbage wilts, 3 to 5 minutes.

Combine the brown sugar, apple juice and red wine vinegar in a small bowl and then stir the mixture into the cabbage and apples. Add the caraway seeds and bay leaf. Mix well.

Bring the cabbage-apple mixture to a boil. Cover; reduce heat to a simmer, cover, cook for 20 to 25 minutes until the cabbage is tender.

Season with salt and pepper. Before serving, remove the bay leaf.

*Toasting the caraway seeds brings out the aroma. To toast, put seeds in a small, heavy, dry skillet over medium heat. Shake the skillet frequently for 1 to 2 minutes. Allow to cool. You can substitute 5 whole cloves for caraway seeds, if desired; remove before serving.
Grandparents
• continued from page 1

She’s raised six grandchildren and now, at 82, is raising four great-grandchildren ages 2 through 5.

Based in a small office at 2227 North Broad St., GAP provides information and referral for legal, housing, food and clothing resources and advice on accessing health and mental health services for children. It also offers a monthly support group for grandparents, activities and trips to educational and cultural venues for the children, and caregiver workshops to address issues ranging from stress to children at risk.

Financial concerns

GAP advocates with legislators for financial support for grandparents and other relatives serving as caregivers. Sixty-two percent of older adults raising grandchildren in Philadelphia are considered “functionally poor,” PCA’s Glicksman says, and their financial stress can be extreme. Brown remembers when one of her granddaughters, whom she was raising, was discharged from the hospital years ago and she walked home with the child in her arms because she couldn’t afford bus fare.

Jean Hackney, GAP vice president, notes that many parenting grandparents live on Social Security while trying to provide their charges with food and clothing and still pay for utilities, rent, any medical expenses and other costs of living. Those who might ordinarily apply for senior housing can’t because it doesn’t permit children, says Hackney, who raised a grandson from the age of 3 and assisted in raising a granddaughter.

Community collaborations

GAP conducts fundraising and engages volunteers and community organizations to support its work. It is a distribution site for food boxes supplied by the federal Commodity Supplemental Food Program (CSFP), operated by the Share Food Program Inc. Arts programs for the children are provided by Art Sanctuary, the Delta Sigma Epsilon Sorority and Uptown Youth Got Talent.

Cox says the arts programs help provide educational and cultural enrichment and assure one of her most pressing concerns for the grandchildren in her care—that they “run with the right crowd and stay on the right path.”

Brown remembers going to her house of worship, the Church of the Advocate, in crisis mode one day. “When I stepped inside, I found so many other grandparents in my situation—people in their older years, raising kids with multiple problems and struggling to get by from week to week with no support,” she says.

Experiences like that helped motivate her to start GAP. Beginning as a support group, the organization soon expanded to its current role. While challenged to be raising her young great-grandchildren, Brown says that bringing up kids is the only way of life she knows at this point. “My biggest satisfaction in doing this is to see them become young adults and be productive,” she says. “I tell them, ‘I know I did my best to give you stability.’”

For more information about GAP, including upcoming programs and volunteer opportunities, call 215-236-5848 or email grandsasparents1@gapnewsnow.org. (Note: Grands As Parents [GAP] is not affiliated with the California-based group Grandparents as Parents, also known as GAP.)

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

More resources for grandparents raising grandchildren

Grand Central Inc. – Philadelphia’s kinship care resource center bringing together agencies, family members and community leaders to serve those who are caring for others’ children: 1211 Chestnut St., Ste. 200; call 215-557-1554; email grandcentral@msn.com.

Supportive Older Women’s Network (SOWN), GrandFamily Resource Center – crisis intervention, support groups, counseling, information and referral, parenting education, Philly Families Eat Smart health and fitness program, opportunity to mentor other grandparent caregivers, advocacy: call 215-487-3000; email info@sown.org; visit www.sown.org.

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Note: Grands As Parents [GAP] is not affiliated with the California-based group Grandparents as Parents, also known as GAP.)
Editor emeritus Don Harrison is taking this month off from his usual column, so we are taking this opportunity to introduce the members of the Philadelphia Corporation for Aging (PCA) staff who, in addition to their other jobs, write, edit and design the monthly Milestones newspaper. These hardworking communicators added production of Milestones to their duties in 2012 due to financial cutbacks.

**Linda L. Riley** is director of communications and legislative affairs for PCA, responsible for planning and producing all of the agency’s publications and internal and external communications including website and social media. She has written for Milestones since coming to PCA in 2006 and succeeded Don Harrison as editor in 2012. In preparation for her upcoming retirement, she handed over the editorship to Abbey Porter in January; she continues to write for the publication. Riley has an M.A. in communications from Temple University and is an award-winning journalist who worked for 10 years at daily newspapers in the Philadelphia metropolitan area.

**Abbey J. Porter** joined PCA in November as editor and publications coordinator. Her work as a writer, editor and publications manager has garnered regional and national recognition. She has worked for Philadelphia-area institutions including Villanova University, the Wistar Institute and Fox Chase Cancer Center. Porter holds an M.A. in liberal studies from Villanova and an M.F.A. in creative writing from Queens University of Charlotte.

**Marcia Z. Siegal,** PCA’s public relations manager since 2007, has won national awards for her journalistic work. She scripted PCA’s former Milestones radio show, then transitioned to writing for Milestones newspaper. In addition to Milestones, she has written for the Jewish Exponent and for Inside and Hadassah magazines. Siegal was project manager for a history book of Jewish Family and Children’s Service commemorating its 150th anniversary. She holds a B.A. in creative and critical writing with high honors and distinction from the University of Michigan.

**Alicia M. Colombo,** who has worked at PCA since 1999, is PCA’s social media and online content coordinator. Her mastery of the “short form” is evident in her 140-character Twitter posts and Milestones’ centerfold calendar, which she has edited for the past 10 years. She has been writing and taking photographs for Milestones since 2012. Colombo graduated cum laude from Rowan University with a B.A. in communication – public relations and advertising.

**Crystal Davenport** is PCA’s website and graphic design manager and has been the designer for Milestones since 2012. Her experience includes print and web design for advertising agencies and corporate clients. She earned a B.F.A. in advertising design from Syracuse University; M.F.A. in graphic design from Marywood University; and webmaster certificate from the University of Delaware.

### The Milestones Crossword

#### ACROSS

2. To be, in Paris 7. Braggarts 12. Respond to

#### DOWN

2. Call for silence 7. Indian princesses 12. Spoken
5. ___ Open a keg 15. ___ Swap

The solution for the crossword puzzle can be found on page 16.
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