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News and Possibilities for Seniors

June 2017 • Free



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celebrated in June 6



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Fresh Food

Innovative program teaches city kids valuable skills through horseback riding



Barbara Sherf

Horsewoman Lezlie Hiner, founder of the Work to Ride program for urban youth, shares a moment with one of her four-legged assistants.

By Barbara Sherf

Horseback riding coach Lezlie Hiner was basking in the spotlight as three of her students captured the United States Polo Association National Interscholastic championship in 2011 and 2012. Two of the three boys competing are brothers: Kareem and Daymar Rosser. Joined by Brandon Rease, the trio made up the first African-American team to win the national event.

Kareem Rosser went on to play polo at Colorado State University, graduating in May 2016. His younger brother Daymar is enrolled at Roger Williams University in Rhode Island, where he also plays polo.

Hiner isn't just any riding instructor: She is founder of Work to Ride (WTR), a nonprofit program that uses horses and equestrian sports to engage disadvantaged urban youth in constructive activities.

Launched in 1994, the program accepts male and female students, ages 7 to 18, from low-income families who can commit eight hours a week to the effort and are enrolled in school. Through participation in WTR, young people develop character and acquire a variety of life skills, including learning basic barn chores such as feeding, watering, grooming and cleaning up after horses.

"Work to Ride provides youngsters with a positive outlet for their energy and an alternative to negative 'street' activities," Hiner explains. "Not only do they earn riding time [by doing chores], but they also develop skills to compete in any number of horse sports of their choosing, from polo to dressage. Self-esteem is increased through each stage of the program as participants achieve preset goals."

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Senior-friendly Fun

Hiking group leader explores Philly area

By Abbey J. Porter

Despite the fact that he's a native Philadelphian, Sidney Goldstein once knew London, Rome and Paris better than he knew his own city. That's because, on his travels to those faraway locales, he investigated his surroundings by walking. "I loved exploring," he says.

About eight years ago, he decided to take the same exploratory approach to Philadelphia. While he had logged many miles in the city as a runner and bicyclist, it wasn't the same as walking. "When you're kind of racing through, you can't concentrate on the scenery," he says.

Goldstein decided he'd rather have company than walk alone.

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Konrad

Walking enthusiast Sidney Goldstein, founder of the group Hiking Around Philly, pauses while leading a hike.

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Advertising:

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Distribution & Subscriptions:

Home delivery: \$12/year

To find a distribution site or subscribe:

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Philadelphia, PA 19130-3409
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Health Brief

Honor cancer survivorship this month

A cancer diagnosis is no longer an automatic death sentence. Thanks to early diagnosis and more effective treatments, most cancer patients are not only surviving, but thriving, for years. According to the National Cancer Institute, a division of the National Institutes of Health, 67 percent of cancer patients live for five years or more after their initial diagnosis. Among cancer survivors in the United States, 62 percent are 65 or older. It is estimated that by 2040, the proportion of cancer survivors 65 or older will be 73 percent.

Among today's survivors, the most common forms of cancer are breast, prostate, colorectal, gynecologic and melanoma.

National Cancer Survivors Day, held annually on the first Sunday in June, is a celebration for those who have lived through cancer, an inspiration for those recently diagnosed, a gathering of support for families and an opportunity to educate the community. The day provides an opportunity for America's more than 15.5 million cancer survivors to connect with each other, celebrate milestones and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote resources, research and survivor-friendly legislation that will improve cancer survivors' quality of life.

Stay healthy

The American Cancer Society provides the following tips to cancer survivors for staying healthy:

- **Watch your weight.** Achieve and maintain a healthy weight.
- **Be physically active.** Physical activity after diagnosis is linked to living longer and reducing the risk of the cancer returning among people living with breast, colorectal, prostate and ovarian cancer,

among other forms of the disease.

- **Eat a healthy diet.** The most health benefits are associated with a diet high in fruits, vegetables, whole grains, poultry and fish, and low in refined grains, red meat, processed meat, desserts, high-fat dairy products and fried foods.

- **Get recommended care.** Get a thorough record of all follow-up care recommended by your cancer care team.

Cancer survivors should go to all recommended follow-up visits and screenings.

- **Take care of your emotional health.**

Spend time with family and friends and doing things you like. Focus on your spiritual side, whether that means participating in organized religion, communing with nature, meditating, creating art or doing whatever else speaks to you. Join a support

group in your local area or online (such as Cancer Survivors Network) or speak to a mental health care professional.

For more information about National Cancer Survivors Day or to locate an event near you, go to ncsd.org. You can also contact your local cancer treatment center, hospital or American Cancer Society office.



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In Season

Strawberries make for a healthy treat



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Get your fill of this favorite sweet, bright red fruit in June, because strawberries are harvested in Pennsylvania only one month out of the year. A healthy indulgence, strawberries are packed with vitamins, antioxidants and fiber.

While strawberries can be enjoyed plain or with a dollop of whipped cream as a low-calorie snack or dessert, this recipe provides a different option: breakfast.

Whole-grain strawberry pancakes (Servings: 7; serving size: 2 pancakes)

Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with a glass of milk for a wholesome start to your day.

Ingredients:

- 1 ½ cups whole wheat flour
- 3 tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 3 eggs
- 1 container vanilla low-fat yogurt
- ¾ cup water
- 3 tbsp. canola oil

- 1 ¾ cups sliced fresh strawberries
- 6 oz. low-fat strawberry yogurt

Directions:

Heat griddle to 375° or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).

In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.

In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.

Pour egg mixture all at once into flour mixture; stir until moistened.

For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Flip pancakes; cook other sides 1 to 2 minutes or until golden brown.

Top each serving (2 pancakes) with ¼ cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Source: United States Department of Agriculture

New museum tells story of the American Revolution, from past to present

By Marcia Z. Siegal

When the Museum of the American Revolution debuted in the heart of the city's historic district this spring, it took its place amid such renowned Revolutionary era icons as Independence Hall and the Liberty Bell. In a city replete with museums and historic sites, Philadelphia's newest museum occupies a singular niche.

"There are many sites and institutions that preserve and interpret parts of the story of the American Revolution," says R. Scott Stephenson, the museum's vice president of collections, exhibitions and programming. "What Philadelphia – and really, the nation – has been missing is a place that pulls all of the disparate threads of this dramatic and engaging story together under one roof."

Situated at 101 S. Third St., the museum documents the story of the American Revolution, from early acts of protest and resistance against British policies in the 1760s to the Treaty of Paris in 1783 that formalized American independence and the ratification of the U.S. Constitution in 1787. It also highlights the Revolution's aftermath and continuing relevance.

Stephenson suggests that visitors start by viewing the introductory film in the lobby-level theater and then stroll through the galleries on the second floor from beginning to end "before you settle in and dig into the details."

"There is so much to see and do that you will want to return many times," he says.

A comprehensive collection

The museum's collection contains several thousand objects. Artifacts from the Revolutionary period range from printed material such as posters and manuscripts to military uniforms and weaponry, battle plans, artwork, and musical instruments. The crown jewel of the collection is George Washington's tent, which served as the general's mobile field headquarters throughout much of the war.

The museum also offers interactive displays, multi-media presentations, hands-on experiences and children's activities like playing dress-up in Colonial clothing

and writing secret messages in a code used during the war.

Visitors travel the path to independent nationhood chronologically. Many of the exhibits tell the stories of men, women and children from opposing sides of the conflict and from different stations in life through their letters, diaries and objects of everyday living.

The first set of galleries, entitled "The Road to Independence," showcases the early stirrings of discontent against British tax and trade policies and other aspects of British rule in the 1760s through the war's start with the battles of Lexington and Concord in 1775. The Continental Army was established later that same year, and the Declaration of Independence was published and signed in 1776.

Among the items on display is a life-size replica of the Boston Liberty Tree, where colonists first gathered to protest the Stamp Act; posters and broadsides railing against British oppression; and an interactive digital wall highlighting important moments in the decade following the Stamp Act as resistance evolved to full-scale revolution.

The next set of galleries, "The Darkest Hour," showcases the military challenges of waging war against Britain, which was then the world's largest empire and most professional fighting force. Exhibits show the Continental Army's devastating battle losses during the war's early years. Highlights include the iconic 1883 commemorative painting "Washington's March to Valley Forge" by William Trego, which depicts the troops' retreat from Philadelphia; and excerpts from the wartime diaries of soldiers and civilians.

The tide turns

The third set of galleries, "A Revolutionary War," follows the final years of the War



A tableau of loyalist cavalry troopers, on display at the Museum of the American Revolution, represents colonist who fought for the British.

of Independence as the Continental Army became more cohesive and proficient and other nations allied with the colonial cause. Among these allies was France, which entered the war in 1778. That nation proved particularly critical to securing America's victory by providing thousands of soldiers, vast military expertise, and much-needed weapons and funding, exhibits show.

"A Revolutionary War" also explores how the revolution divided families, communities and tribes over whether to remain loyal to Great Britain or support American independence. In the "Oneida Nation" gallery, life-size animated figures representing members of the Oneida Nation of Native Americans are depicted debating that issue.

After the war

The last section of galleries, "A New Nation," explores the U.S. republic that emerged after the war's end and the continuing challenges of fulfilling the ideals of the Declaration of Independence.

Exhibits span the Revolutionary War period to modern times. Displays from the early post-war period highlight the Treaty of Paris of 1783, which formally ended the war; the creation of the American Constitution and Bill of Rights; and the election of the nation's first president. Artifacts from that time include drinking cups decorated with early symbols of the United States, such as the iconic American eagle; and a replica of the chair in which

Washington sat when he chaired the Constitutional Convention at Independence Hall.

Ironically, while the Declaration of Independence asserted that all men are created equal and endowed with the unalienable rights to life, liberty and the pursuit of happiness, those ideals fell out of reach during and after the war for people of African descent, Native Americans and women. The struggles of these groups are documented by the film "The Ongoing Revolution," shown in one of the "A New Nation" galleries. Slavery remained legal in much of America well into the 19th century. Native Americans lost much of their tribal land as the United States expanded westward. They were not granted full U.S. citizenship until 1924. The self-governing republic created by the Revolution did not initially grant voting rights to blacks, Native Americans or women.

Struggles for equality continue in modern America. "The Ongoing Revolution" highlights the disability rights movement, the gay rights movement, the nation's continuing racial issues and the struggle for gender equality. As Stephenson points out, "One of our central goals is to cast the American Revolution as an ongoing experiment in self-government and a centuries-long, still unfinished movement to expand the promise of liberty and equality embedded in the Declaration of Independence to all people."

* * *

The Museum of the American Revolution is open 9:30 a.m. to 5 p.m. daily (9:30 a.m. to 6 p.m. in the summer) and closed for New Year's Day, Thanksgiving and Christmas. Tickets are \$19 for adults; \$12 for children 6-18; free for children 5 and under; and \$17 for seniors 65 and up, active duty members of the military, AAA members and students. Tickets are good for two consecutive days' admission. For information, call 215-253-6731 or, toll-free, 877-740-1776; email info@amrevmuseum.org; or go to amevmuseum.org.

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

It's June, and rainbow flags are flying high in honor of LGBT Pride Month

By Terri Clark

In June, we celebrate Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month – and our LGBT older adults, who have so much to offer the community.

By way of background, the Stonewall riots, which took place in June 1969, were a tipping point in LGBT history and set the stage for the creation of LGBT Pride Month. The Stonewall Inn in New York City's Greenwich Village was one of the city's few gay bars or nightclubs in the 1960s. In the dawn hours of June 28, 1969, police raided the bar, triggering protests among members of the LGBT community. The riots that erupted in New York City and beyond gave voice to the long-standing anger and disenchantment felt by members of the gay community, who had frequently been subjected to discriminatory, hateful and even violent treatment.

The purpose of the commemorative month is to recognize the impact that LGBT individuals have had on history locally, nationally and internationally. Locally, we have seniors who fought on the front lines at Stonewall and in Philadelphia-based protests and marches that led up to Stonewall. Our gay pioneers are among us still.

Supporting LGBT seniors

- Embrace differences in others and commit to personal growth and establishing new friendships as you age.
- Remember that many LGBT seniors have experienced a lifetime of stigma and discrimination related to their sexual orientation and/or gender identity. This history may make it difficult for them to talk openly about their past.
- Use the vocabulary that the LGBT senior uses. If she says "homosexual," follow that lead. Likewise, if the person uses other terms to describe herself, use those.
- Respect confidentiality. Any information shared with you should be kept confidential.



The rainbow flag has become a symbol of lesbian, gay, bisexual and transgender pride.

The power of pride

"Pride" has lent its name to various LGBT-themed organizations, including a London-based library, as well as books, periodicals and a cable TV station. The last Sunday in June was initially celebrated as Gay Pride Day; however, across the nation, the day soon grew into a month-long series of events. Today, LGBT Pride Month celebrations include parades, picnics, parties, workshops, symposia concerts and other events that attract millions of participants around the world. Common symbols of LGBT pride are the rainbow flag and pink triangle.

Although same-sex marriages are now legal in the United States and more people are accepting of LGBT individuals, older LGBT adults can still feel very isolated due to the stigma and discrimination that have been part of their history. While it is relatively common and acceptable for LGBT youth to "come out" and talk openly about their sexuality and gender identity, older adults may feel isolated, staying "in the closet" and not socializing with other LGBT seniors because they do not know where to meet them. Senior centers often do not have programs geared toward LGBT older adults, and many senior hous-

ing facilities and home care agencies are not trained in providing welcoming and inclusive services for LGBT constituents.

The good news is that this situation is changing. Philadelphia Corporation for Aging (PCA) is leading the change locally by providing training for the aging network, instituting LGBT-friendly activities at one of the senior centers it administers, and covering LGBT issues and concerns in publications like Milestones. Our LGBT community celebrates senior centers like PCA's Southwest Senior Center, Klein-Life: Northeast Philadelphia and Center at Journey's Way that have social gatherings, lunches and support groups that are LGBT-inclusive. We are also grateful to the William Way LGBT Community Center,

which offers regular LGBT programming for seniors, and Always Best Care, a home health care agency that recently participated in SAGECare training, to help staff members understand the unique needs of LGBT people and their families.

An invisible population

All professionals who provide services to older adults work with LGBT individuals, even if they do not realize it. Likewise, all seniors who attend senior centers or share housing communities do so with their LGBT peers. Recent data from the national organization Services and Advocacy for GLBT Elders (SAGE) indicates that nearly 3 million LGBT adults over 50 live in the United States, and that number is expected to double by 2030.

Having been brought up in a society that privileges heterosexuality, we need to recognize that our bias is not automatically lost because we are aging and/or working in aging services. Knowing about someone's sexual orientation and gender identity doesn't mean you have to know about that person's sex life.

Older LGBT adults can still feel very isolated due to the stigma and discrimination that have been part of their history.

Painting with a Twist: Studios uncover participants' inner artist with fun event



Mike Finnell

Writer and nascent artist Constance Garcia-Barrio poses with the painting she created in an evening at a Painting with a Twist studio.

By Constance Garcia-Barrio

Painting with a Twist (PWAT), a newly opened studio at 9475 Roosevelt Blvd., promised to bathe my evening in gorgeous colors. Friendly instructors would help me and other guests make an acceptable work of art, I was told. I had my doubts. I had scarcely held a crayon since fifth grade, and I would create a decent painting after that 60-year gap? Was this place an art studio or a magic shop?

"Relax!" said Kim Tiedeken, 62, an instructor visiting from a Painting with a Twist (PWAT) studio in Glen Rock, New Jersey. "Teachers guide you, step by step. You'll see. And painting takes your mind off whatever ails you." Tiedeken, a fashion illustrator for decades, went on: "A year ago, I was painting scenery in a theatre for a play, and I fell off the second level and broke my back. A return to painting and showing others how to do it helped me heal. Besides, lots of seniors who try a PWAT class rediscover their creativity."

Creativity? I knew I'd best oil that engine with a little wine. PWAT studios encourage patrons to bring their favorite beverage. "A little bit of paint, a little bit of wine, a whole lot of fun," one poster reads. After some chardonnay, I got the giggles, a sure sign I was loosening up. Even without wine, Painting with a Twist apparently makes for relaxation. "I've done this several times," a psychotherapist in attendance told me. "I come here to escape for two or three hours. It's better than yoga."

Painting also proves a great icebreaker, a way to kick-start conversations. I had come alone to the studio's grand opening event, but I soon found myself talking with the woman sitting beside me, a hospital social worker. An older gent at another table was equally approachable. "It's great coming with friends," he said, "and it's great coming alone because you meet new people." He gave me a wink and I gave him a giggle.

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Hiking

• continued from page 1

So he started a group through Meetup, an online social networking site, called Hiking Around Philly. (For more information on Meetup, see sidebar below.)

Goldstein typically leads five hikes a week in Philadelphia and surrounding areas. The outings range from urban to rural and from an hour-long, three-mile hike during the week to 12 miles over four hours on weekends. For weekday walks, the group typically meets for a meal as part of the excursion. Goldstein also leads regular excursions to New York City, Delaware and the Jersey Shore.

"It's a lot of fun," he says. "I love doing it. What I do with the hiking group is just as much fun as hiking around Rome and London – actually, more fun, because I have a bunch of nice people to do it with."

Fearless explorers

To take part in a hike, individuals must first register with Meetup, then join Hiking Around Philly and RSVP for the event of their choosing. Cost for participating with the group is \$4 per hike or \$15 for the year. The group has amassed nearly 4,000 members, though each hike averages about 12 people.

The group's members go by the nickname FLEAS: Fearless Lost Explorers And Sidney. While actually getting lost is rare, the nickname reflects the group's adventurous spirit. Goldstein says the group is best suited for "people who want to hike for fun and not just get some exercise but go really cool places and different places and beautiful places."

That occasionally includes Chestnut Hill, where the tall 71-year-old – a former teacher and basketball player and coach – makes his home.

"I choose where we hike not because it's difficult or easy but because it's a great place to go," he says, noting that the hikes vary in difficulty, from the flat Green Ribbon Trail in Fort Washington to the hilly trail at Trexler Nature Preserve Environmental Education Center in Schnecksville.

"I'm not into it for exercise; I want to go places that are beautiful," he says.

For someone who's not focused on exercise, Goldstein gets a lot of it: He covers 30 to 40 miles per week – a fact Goldstein,

who has typically been physically active, is blasé about. He is more interested in talking about other aspects of the hiking venture – which, for him, has been rewarding.

"I'm meeting a lot of really nice people," he says, noting that many of the same participants return to hike over and over. "The people who come back are wonderful ... I think people come back not just because of the hikes, but also because they meet other people in the group who they like."

While Goldstein says he walks "really fast" when by himself, he strikes a moderate pace when leading the group so that people can talk.

For Goldstein, the greatest reward is "when people are enjoying the hike as much as you are – they make it really fun. They're enjoying the place and the group ... and we have a lot of people like that."

Establishing connections

For Lisa Kleiman, 55, and her husband, Paul, Goldstein's group provided a way to get to know the area after the couple moved from Edison, New Jersey to Yardley in 2015. "Hiking is a passion of ours," she says. "We figured, being new to the area, it was certainly worth a try." So, in January 2016, the Kleimans started hiking with Goldstein's group a couple of times a month. "We've been very pleasantly surprised with how much we've learned," she says, "and how much we've enjoyed the people – thumbs up all around."

Kleiman wanted not only to get to know the area but to connect with new people. The couple had moved into an over-55 community, and she knew she'd need social connections both within and outside it. "This was a way to meet people outside of the community," she says.

She rates her fellow hikers as a key attribute of the group. "It's people of all ages, all backgrounds, getting together because they enjoy exploring and being outdoors," she says. "It doesn't matter if it's a person who is your age or shares your background; there's always something interesting to talk about."

Kleiman points to another benefit as well: Goldstein functions as an informative tour guide.

"Even areas I think I know, every time I go with Sidney, I learn something new," she says. "He's very knowledgeable." She says the hikes also have introduced her to "areas it would never have occurred to me

to go." And, she adds, "Sidney knows the best restaurants."

Kleiman credits Goldstein with helping to motivate her to hike.

"Sidney's enthusiasm about the places he goes is contagious," she says. "When you are hiking with him and you hear about what's planned for upcoming destinations, you can't help but be caught up in the excitement, and it pushes you to get out and explore additional places."

Heart-healthy

Grace Yang, 56, a scientist who works at a pharmaceutical company in New Jersey, knows very well the dangers of sitting in front of a computer for long periods. "You can't just sit in the office all the time – it's very bad for your heart," she says. But Yang was hesitant to hike alone. So the native of China, who now lives in Bucks County, joined Hiking Around Philly for an excursion in Tyler State Park. That was in the fall. Since then, Yang has hiked with the group most Saturdays and Sundays.

Hiking has provided multiple benefits to Yang. Even after living in the area for nearly three decades, she has found herself rediscovering her surroundings. Of all the places she has visited with Goldstein, she says, "90 percent of them, I've never been. It's opened my eyes."

She describes her outings with the group as "better than a vacation far away."

In addition, she says, "I realized how hard I've been working the last 30 years." That work has included raising two children and holding down a job. "I've been going to work and accomplishing what I needed to do, and I haven't paid attention to the outdoors," she says. Now, she enjoys the beauty of nature, which she describes as "almost like a meditation."

But one of the chief benefits for Yang has been the physical exercise she gets on the 10- to 12-mile treks. "At the very beginning, I was really in very bad shape," she says. Before she started hiking, the heart monitor Yang wears on her arm frequently would show her rate spiking to 190, 200 or higher when she climbed small hills. After 10 or so hikes, however, it began showing a "very stable cardio around 130."

She also finds that hiking relieves stress, and it's fun to meet new people. "The people are really friendly," she says, and their company makes it easier to hike long distances. "It makes me really happy,"

"It's fun, it's beneficial to your health and well-being, and it's another way to look at nature," she says. "I think it's all good."

Abbey J. Porter is editor of Milestones. Email her at aporter@pcaphl.org

Meetup: The website that helps you 'find your people'

Would you like to meet new people? Find others who share an interest or hobby? Fill your social calendar? Meetup might be for you. Established in 2002, the online social networking site helps people connect with groups based on interest.

Users enter their location and tag a topic. The website (meetup.com) helps them locate groups, which list upcoming events. Topic listings are also available for users who enter only a location. The service is free, but you must register as a member to join groups. The cost to participate with individual groups varies.

Meetup groups run the gamut in their focus, from walking and hiking to meditation to book discussions. Searches for senior-specific groups within 10 miles of Philadelphia

yielded listings such as Smiles and Wrinkles Bucks/Montgomery; Caregiver Support Group of Northeast Philadelphia, Bucks & Montgomery County; and Golden Girls of Philly.

Meetup can be particularly useful for those new to a community – or just looking to expand their social circle or activity level.

"I'm a big Meetup fan," says Lisa Kleiman, who joined several groups after she and her husband moved to the area. "I think you have to have the right attitude going in. Not everything's going to work; not everything's going to be wonderful. You just have to be willing to give it a couple tries to find out what's going to work for you."

"There's a group for pretty much any interest you have. If there isn't one, it's pretty easy to start one."

Painting

• continued from page 7

Then I hurried to put on a smock that would protect my clothes from the paint.

I ran into a young couple who'd come to PWAT as a date. I also learned that Painting with a Twist accommodates private parties, bridal showers and other events. PWAT has four Philly studios. (For more information, see box below.)

PWAT courts seniors. They play oldies during painting sessions to put us "silver hairs" at ease, and seniors get a \$10 discount, which brings the cost to about \$25 to \$35 per session, depending on location. Sessions usually last two or three hours.

PWAT has a library of thousands of images: the Eiffel Tower, a neon lizard, snazzy shoes, iridescent elephants, even Philly's City Hall. If you have a private party, you choose the image; if you want to drop by for an evening out, check ahead to find out the image for that date.

PWAT provides an easel, a canvas, paint brushes, and a palette with the colors needed for the image chosen, all included in the fee. The evening I attended, the image was a forest at sunset. The colors provided included black, white, purple, royal blue, and green. "First, we'll paint the background in soft colors," the instructor said. I took a sip of wine, then picked up a brush. I was too enthusiastic laying on the blue, so my picture looks less like a sun-

set and more like a forest in the dead of night.

Besides the instructor up front, other teachers circulated throughout the room, offering suggestions and encouragement.

"Now, let the paint dry," the instructor continued when we were done with the background. The acrylic paint dried fast, but the process allowed time to chat with other guests and look at their work.

Next, the instructor showed us how to add soaring black lines to represent trees. After the trees dried, we added leaves. Even though everyone received the same basic instructions, we each came up with a different image. "It's like a signature," the instructor said. "Each one is unique." One man even put in a wolf stalking through his forest, a great addition.

My painting fell short of a Picasso, but people didn't flee from it screaming. And I made new friends. The social worker beside me summed things up: "The best part is, you end up with something to show your friends and impress them." Maybe the evening had a touch of magic after all.

To see a video on PWAT, go to youtube.com/paintingwithatwist.

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



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Painting with a Twist: Finding a studio and getting started

Painting with a Twist has four Philadelphia locations:

- Northeast: 9475 Roosevelt Blvd.; 215-677-2097; studio302@painting-withatwist.com
- Rittenhouse: 1520 Locust St., Suite 300; 267-687-1275; studio145@paintingwithatwist.com
- Center City/South Philly: 629 E. Passyunk Ave.; 215-278-7761; studio079@paintingwithatwist.com
- Roxborough (Andorra): 8500 Henry Ave.; 267-331-8212; studio218@paintingwithatwist.com

For more information or to make a reservation, visit paintingwithatwist.com or call the studio. Payment is made

by a credit card when registering.

Adult classes cost \$35 to \$45; seniors 65 and older get a \$10 discount at the Northeast studio. The discount does not apply on weekend nights and some holidays. Children's classes are \$25. Some grandparents take classes with their grandchildren.

Painting with a Twist has thousands of images to paint. Ask what painting is on the calendar for dates when classes are open to the public. If you're hosting a private group, you can usually find a painting with wide appeal.

Patrons get a refund if they provide at least 24 hours' notice that they cannot attend an event.

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June 2017

LGBT Pride Month

Sunday

4
Eddie Bruce Celebrates the Music of Tony Bennett. 7 p.m. Act II Playhouse. 215-654-0200. \$
Irish American Festival. 1-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

11
Fishing with Friends. Learn fishing basics, proper catch & release, & river conservation. Penn's Landing, Pier 68. Register & info: 215-922-2FUN.
Philadelphia Boys Choir & Chorale. Patriotic songs, newly commissioned works & spirituals to celebrate freedom. 4 p.m. Kimmel Center, Verizon Hall. 215-893-1999. \$

18
Father's Day
Jazz Vespers. 5 p.m. Lutheran Church of the Holy Communion. 215-567-3668.
Philly Pride Parade & Festival. Largest LGBT celebration in region. Parade starts: 11:30 a.m. at 13th & Locust streets. Festival gates open: noon at Great Plaza at Penn's Landing. 215-875-9288. \$

25
Manayunk Arts Festival. The tri-state's largest outdoor, juried arts festival, featuring 300 artists, collectors, buyers & designers of fine arts & crafts from across the country. 11 a.m. to 6 p.m. Main Street in Manayunk. 215-482-9565. (Also June 24 from 11 a.m. to 7 p.m.)

Monday

5
In the Kitchen: Philadelphia Stories. Local LGBT historian Bob Skiba & chef Stephanie Thaw discuss cooking & Phila. restaurant renaissance of '70s-'80s, including stories of gay men who were later lost to AIDS. 6-8:30 p.m. Free Library of Phila., Culinary Literacy Center. 215-686-5322. \$

12
It's All True: A Play Reading. InterAct Theatre Company presents a play reading about Orson Welles' legendary defiance of government censorship to stage the controversial musical "The Cradle Will Rock" in 1937. 7 p.m. National Museum of American Jewish History. 215-923-3811. \$

19
Breast Cancer Support Group. 1-2:30 p.m. Center in the Park. Register: 215-848-7722.

26
Cutting the Cord (on Cable TV). Learn about different services & devices to watch TV & movies. Space may be limited; first come, first served. 6:30 p.m. Bustleton Library. 215-685-0472.

Tuesday

6
Chair Yoga. Stretching & toning exercises for all ages & body types. Includes guided meditation & breathing techniques. 9:30 a.m. St. Anne's Senior Center. 215-426-9799. (Also June 20 & 27)
Mahjong. 1-3 p.m. Center in the Park. 215-848-7722.

13
Building Our Legacy: Creating a Civil Rights Movement Among LGBT People of Color. Discussion presented by The Colours Organization. 5:30 p.m. Lucien E. Blackwell West Phila. Regional Library. 215-685-7433.

20
Intro to Flower Arrangement. David Lutt, former flower shop owner, demonstrates how to arrange flowers at home. 12:45 p.m. KleinLife: Northeast Phila. 215-698-7300.

27
African-American Journeys. 1 p.m. Center in the Park. 215-848-7722.

Wednesday

7
Diabetes Education Series. Physician's referral required. 3-5 p.m. Register: 215-955-2397. (Continues June 14 & 21)
Glow Party. Dance to colored lights, oldies music, snacks & fun. 11 a.m. St. Charles Senior Center. 215-790-9530. \$
Tai Chi. Improve balance & muscle tone, reduce stress. 10 a.m. St. Anne's Senior Center. 215-426-9799. (Also June 14, 21 & 28)

14
Flag Day
Stroke Education for Patients & Families. 2-3:30 p.m. Mercy Fitzgerald Hospital. 215-748-9592.
World Elder Abuse Day Forum: Safe Banking & Financial Management Tips for Seniors. Includes continental breakfast. 9-11 a.m. Ralston Wellness Center. Register by June 9: 800-272-3900.

21
First Day of Summer
Blood Pressure Screening. 9:30-11 a.m. Center in the Park. 215-848-7722.
Chef's Special: Corner Store Experience. Take a trip down memory lane with penny candy & root beer or orange soda floats. 11:45 p.m. KleinLife: Northeast Phila. 215-698-7300.

28
The Political Life of Lincoln, 1849-1856. Author Sidney Blumenthal discusses Lincoln from the wilderness to the peak of his career as he battles the nation's most profound crisis - slavery. Includes book sale. Noon. The National Constitution Center. 215-409-6700. \$

Thursday

1
Stroke Education. Learn about nutrition, medication & lifestyle changes to reduce risk factors & help to guide patients & families through recovery. 2-3:30 p.m. Mercy Phila. Hospital, McAuley Conference Room. 215-748-9592.

8
Little Brothers Friends of the Elderly Cocktail Benefit Honors PCA. 6-9 p.m. DoubleTree by Hilton. 215-765-8118. \$
Nutritious & Delicious. Nurse Practitioner discusses importance of certain health concerns. Bring lunch ticket to class. 11:45 a.m. KleinLife: Northeast Phila. Register: 215-698-7300.

15
Father's Day & June Birthday Party. Cake & entertainment to celebrate the men in our lives. 11:45 a.m. KleinLife: Northeast Phila. 215-698-7300.
AARP 55+ Driving Safety Refresher Course. 10 a.m. to 3 p.m. PSC - Ave. of the Arts. Register: 215-546-5879. \$

22
Trip: Rainbow Comedy Playhouse in Paradise, Pa. Lunch & laughter: a play about the different ways men & women deal with problems. 8:45 a.m. to 5 p.m. PSC - Ave. of the Arts. Register: 215-546-5879. \$

29
Info Session with AARP Foundation Experience Crops. Learn about tutoring & mentoring program for K-3 students in Phila. 9-10:30 a.m. United Way. 267-592 4459. (Also June 7 & 21)
Trip: Longwood Gardens. Includes admission, transportation & dinner. 9 a.m. to 7:30 p.m. Center in the Park. Register: 215-848-7722. \$

Friday

2
"Motown The Musical." Story of Berry Gordy Jr., the music industry mogul who launched the careers of Michael Jackson, The Temptations, Stevie Wonder, Marvin Gaye & others. 8 p.m. Academy of Music. 215-893-1999. (Through June 11) \$

9
Celebrate National Iced Tea Day. Cool off with a refreshing drink as you enjoy the day's activities. 8:30 a.m. to 4:30 p.m. Center in the Park. 215-848-7722.

16
Bariatric Surgery Info Session. Options for when your weight threatens your health & affects quality of life. 8-9:30 a.m. Nazareth Hospital. Register: 855-537-7968.
Father's Day Fashion Show. Men of the Pool Team showcase classic Sunday best, sportswear & more. 11 a.m. St. Charles Senior Center. 215-790-9530.

23
Balancing Dollars & Sen\$e. Workshops & community resources on housing & finances for people age 55-plus. 9 a.m. to 4 p.m. Center in the Park. Register for lunch: 215-848-7722.

30
CIP's Got Talent! Showcase of members' talents, including singing, dancing, magic, poetry, music & more. 1 p.m. Center in the Park. Performers register at 215-848-7722. \$
Everybody's Birthday Party. Includes entertainment. 1:30-3 p.m. PSC - Ave. of the Arts. Performers rregister: 215-546-5879. \$

Saturday

3
Making History: Farm & Family Day. Learn about life in colonial Pa. 1-4 p.m. Stenton Museum. Register: 215-329-7312. \$
Sexuality, Disability & Chronic Illness. Workshop for elders. 10-noon. Unitarian Society of Germantown. 215-884-1157. (June 17: Safer Sex)

10
Life Planning Clinic: Legal Assistance. Volunteer attorneys prepare wills, powers of attorney & living wills for low-income seniors. 9 a.m. to noon. Register: 215-848-7722.
Verdi's "La Traviata." Sung in Italian with English subtitles. 8 p.m. Presented by Delaware Valley Opera Co. Venice Island Performing Arts & Recreation Center. 215-725-4171. (June 14 & 18) \$

17
Disability Pride Celebration. 10 a.m. to noon at the Constitution Center; afterwards at Dilworth Plaza. 215-409-6700.
Summer Flea Market. 8 a.m. to 2 p.m. Hayes Manor Retirement Residence. 215-473-1552.

24
Women's Wellness Workshop: Self Defense. Focused on health & lifestyle issues affecting African & Caribbean immigrant women. All are welcome. 10-11:30 a.m. African Cultural Alliance of North America (ACANA). 215-729-8225.

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
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 Fax: 215-765-9066
 Email: acolombo@pcaphl.org

Tour companies offer convenient, informative mode of travel for older adults

By Frank Burd

Many years ago, while walking around Independence Mall, I saw a tour guide waving her little flag as a dozen tourists followed her through historic Philadelphia. I vowed never to travel that way. I was an independent traveler who not only had made my way by train through Europe, I even hitchhiked across much of the continent. But times have changed.

This baby boomer is now 70, and I am not done traveling. In the past six years, I've been fortunate enough to visit Africa, China, Thailand and Peru. And I didn't hitch. I went with tour companies, often led by younger men and women – waving flags so we didn't get lost or separated from the group.

Seeing the world

In my earlier travels, I'd slept in hostels, in tents, and on the floors and sofas of the homes of people I'd met. Now, I sleep in hotels – not fancy ones, mind you, but hotels nonetheless.

I travel with tour groups that take me on busses, trains, planes and even boats to many destinations I would never experience otherwise.

"Oh, I can't travel that way," friends have said. "When I go somewhere, I want to stay awhile and get to know the people, the culture." Other friends have added, "You're always on the move. You must feel very rushed."

I've never felt rushed. I get to learn so much and see so many things. And I know that I can return to these countries on my own to see more if I want to. I'm young, after all. I'm only 70.

I want to see as much of the world as I can. And I'm a bit lazier than I was in my 20s and 30s. Well, maybe that's not fair. I don't have quite as much energy as I used to, and I want to spend the energy I do have exploring new worlds, not trying to figure out bus schedules in Bangkok or cruise options on the Yangtze River.

There's one more thing I love about these excursions. They attract people like me: we may be seniors, but we've got lots of life in us. On some trips, I've traveled solo. In a short time, I was adopted by couples, singles and groups and invited to



Frank Burd

Hippos wallowing in a river are part of the scenery in Mozambique, Africa, one of the destinations to which writer Frank Burd travelled with a tour company.

join them on days or evenings off. That's how I wound up at a kickboxing match in Chang Mai, Thailand, and in a cathedral in Cuzco, Peru. That's how I learned to play mahjong in China.

My first escorted trip was six years ago. I travelled with a friend. We went to Africa and visited wildlife preserves and safari parks. Rhinos, elephants, giraffes and zebras crossed the roads in front of and behind us. But I was just as fascinated as I watched dung beetles pushing an elephant dropping down the road.

Yes, we were tourists. But we didn't go to fancy restaurants or luxury hotels. The accommodations were lovely – clean, safe and finer than any I'd experienced in my youth. And they were near places we could explore on our own. The travel company I went with, SmarTours, also took us into some of the very depressed areas to see real life up close. We even visited schools.

Expert guidance

On top of that, what made this trip extraordinary was our guide. Ron was full of information not just about the landscape but also about the history, a history

I would never have known otherwise. The bus rides became a listening library. And Ron did one more thing for me.

One afternoon, my credit card was declined, even though I had told the company I would be traveling. I was a bit panicked. Ron took my card, called the 800 number on the back and spent 15 minutes clearing up the situation. What a relief!

Travel guides provide an amazing service. Traveling in China with the company Gate 1 (this time with my son), I got a full picture of life in that country. Our Chinese guide, Joan, shared so much information not only about her country but also about herself and how the one-child policy affected her life, as well as how the 1989 incident in Tianamen Square led to the country clamping down on study abroad, keeping Joan from visiting the United States. The guides in Peru and Thailand were equally informative.

Having traveled with SmarTours and Gate1, I can recommend both. I also love the fact that although all the companies do their booking online, Gate1 is located just outside Philadelphia, in Fort Washington, and you can sit down there to dis-

cuss your plans with a travel agent.

I've also heard good things about Overseas Adventure Travels (OAT). They boast of small groups and no additional charge if you travel alone. I paid such a charge for Peru and Thailand. But OAT costs are higher to begin with.

Another company that caters to seniors is Road Scholar, known as Elderhostel until 2010. Road Scholar boasts that it provides the best learning experiences for adults. The inexpensive hostels have been replaced by "more comfortable accommodations," however, and their prices are higher now as well. They do run many trips to Cuba, which are not cheap. I am hoping the prices will come down as Cuba becomes more accessible.

The bottom line for me is a simple one. I want to see and do as much as I can, while I can. I want to do it with the minimum amount of work and at an affordable price. There are guided travel companies out there to help.

Frank Burd, a freelance writer and photographer, is a former Philadelphia public school teacher.



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Local author, community organizer leads the way in empowering women

By Barbara Sherf

It wasn't until her early 50s, while on her way to becoming an empty nester, that Betsy Teutsch hit her stride, switching from volunteering for established organizations to taking leadership positions in creating new groups that empower women. Now she's written a book to help others find ways to make a positive impact on the lives of women worldwide.

Teutsch is a founding board member of the Nairobi-based Shining Hope for Communities (SHOFCO) and the Kibera School for Girls. The goal of SHOFCO is to build community, creating tuition-free schools for girls and through them, connect the community to essential social services. The Kibera School for Girls, which is located in a Nairobi slum, is the area's first free primary school for girls in pre-kindergarten through sixth grade.

In 2011, she brought the story of the

Kibera school to Abington, speaking to a chapter of Dining for Women (DFW), an innovative fundraising initiative that had made a grant to the school. That experience inspired her to work with others to start three more DFW chapters locally.

When people are leaving the work world, it's very important to make new friends and meet new people."

"The basic concept is that we hold a potluck dinner at a private home and learn about a challenge facing women in a developing country," said Teutsch, 64. "The money we would have spent going out to dinner is donated to a cause that is researched and presented at the meeting."

According to the organization's website, DFW chapters raised more than \$5 million between 2003 and 2015, with donations averaging \$35.

As a member of Weavers Way Food Cooperative in Mount Airy, Teutsch reached out through the co-op's monthly newspaper to determine if there was interest in forming a local chapter of the group, which tends to attract retirees, in or around Northwest Philadelphia.

"The response was overwhelming," Teutsch said. "I think people in our culture are often lonely, and when people are leaving the work world, it's very important to make new friends and meet new people. So within six weeks we had established three [new] chapters." Teutsch noted that the DFW chapters are simply referred to as the Monday, Tuesday and Thursday Night groups.

Teutsch credits fellow Mount Airy resident Ann Mintz, who had a strong professional background and a broken leg at the time, for helping get the first group off the ground. Soon, other volunteers came forward. "Locally, we've shared dozens of great meals with wonderful friends, and we help our local food pantry and homeless shelter," Mintz said. "I'm deeply grateful to Betsy Teutsch for bringing Dining for Women to the community."

In October the three new chapters celebrated their fifth anniversary. They have hosted more than 160 dinners and raised more than \$100,000 to help women around the world with funding to overcome their struggles.

"As we get older, our circles contract, and while you can't replace old friends, you can find a community of people who share a common cause and make new connections – that is what Dining for Women provides," Teutsch said.

If you're looking for ways to make a difference, DFW is one possibility. Teutsch also has 99 other ideas she shares



Courtesy: Betsy Teutsch

Author Betsy Teutsch, who wrote a book describing initiatives to empower women worldwide, also helped organize groups that support women in developing countries.

in her book, "100 Under \$100: 100 Tools for Empowering Global Women" (www.100under100.org). Published in 2015 by She Writes Press, the book describes initiatives to empower women all over the globe, including ways for readers to get involved in, support and become educated on global issues.

"My advice to any retiree or empty nester is to give yourself some freedom to figure out what you want to do that you are passionate about – even if it doesn't necessarily exist locally," Teutsch said. "I think many people mistakenly think their main retirement option is to look for a new 'job slot' as a volunteer. If you have an idea and put it out there, you might find people wanting to do the same thing."

* * *

For more information about Dining for Women, go to www.diningforwomen.org. To reach Teutsch, email BPTeutsch@comcast.net or call 267-825-5445.

Barbara Sherf is a personal historian and laughter yoga leader. She can be reached at CaptureLifeStories@gmail.com

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Cutting the cord: What it can mean to say good-bye to broadcast TV, cable fees

By Maralyn Lois Polak

Not having a TV used to be a sure sign of eccentricity. These days, more and more people are “cutting the cord,” getting their television “fix” using devices like Roku or Amazon Fire TV – or just their computers – to access of services such as Netflix, Amazon Prime and Hulu. (For more information on cable alternatives, see next page.) Even TV stations have websites that directly broadcast shows, sometimes for free or for a small subscription fee. Doing so requires having high-speed internet service, so it is not cost-free, but it is far less expensive than traditional cable.

My friends Margaret, a public school art teacher, and her husband, Neal, a retired ad-man, were pioneers of “cutting the cord.” Several years ago, their TV died, and instead of replacing it, they decided to cut cable.

They had already devolved to the Dish Network, a less-pricey alternative to Big

Cable. But, like many budget-minded Americans, they periodically monitored expenses to see if any were running amok. They decided to cancel their cable service, and the day came when they happily threw out their TV and instead became Netflix subscribers with both DVD and streaming options — meaning they can order a DVD online and have it mailed to them or “stream” movies and television shows through their computer (or a TV). Netflix plans at start \$7.99 a month, and you can join for free for the first month. If a film isn’t carried on the streaming menu, you can order the DVD online and it arrives in the mail a few days later.

I haven’t had a TV, since broadcasting went from free to fee. Why, I reasoned, should I pay for something they used to give away? Instead, I spend my time working, writing, taking pictures, meditating, riding my bike, walking my dog, and watching movies on DVD. As a Netflix devotee since the company’s early days, I

enjoy the DVD-in-the-mail option and bought a portable DVD player. Once you become absorbed in what you’re watching, you forget the sizes of the small screen. With Netflix, you could live anywhere in America and keep current with movies and TV shows, even if your town didn’t have a movie theatre and you didn’t have a TV.

I was an electronics engineer’s daughter, and for my fifth birthday, my family got a brand-new 9-inch Dumont television. It was the late 1940s, and we watched TV religiously in those early days of a relentlessly fascinating medium — “You Bet Your Life” with Groucho Marx, “The Ed Sullivan Show,” “DavyCrockett,” “CaptainVideoand His Video Rangers,” “Howdy Doody,” Rod Serling’s “Night Gallery” and “Twilight Zone,” and “Dragnet” with Jack Webb. My mother even did her ironing in our living room while watching New York Yankees baseball games.

Later, during my first and only marriage so far, I watched TV with my musician hus-

band. It was so relaxing; something about it actually put me to sleep. When our marriage ended, and I moved from Germantown to Center City Philadelphia, I let him keep the TV and didn’t look back. Paradoxically, despite not owning a TV, I went on to co-write “Squirrels Edge,” a comedy-drama television series, with a writing partner. We’re still trying to sell it. During that intensely creative period, while visiting a friend, I’d catch up on back episodes of “Seinfeld” and “Curb Your Enthusiasm.” During my business travels, I stayed in a lot of hotels and was nearly addicted to “The Jerry Springer Show.” There’s no accounting for taste!

One of my favorite memories is how my last cat, Hobey, used to sit with me and watch Netflix, his paw resting on my lap, purring away. The perfect companion, he never left the toilet seat up, either!

Screenwriter/cartoonist/novelist Maralyn Lois Polack lives in Philadelphia

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Looking for an alternative to cable TV? Here's what you need to know

by **Linda L. Riley**

If you're thinking you might like to stop paying that monthly cable bill, here are some options.

Digital antenna

Remember rabbit ears on top of the TV set? An upscale version of those may be all you need to get dozens of broadcast channels, depending on your location and the location of the broadcast TV transmitters. There are websites that will help you figure out if this option will work for you. At channelmaster.com, click on "Support" and choose "Antenna Selection Guide." Enter your address, and the site will provide details on what stations you can get and what kind of antenna you will need.

At tvfool.com, click on "Check your address for free TV." After you enter your address, the site will analyze your location and tell you what stations you can get with a set-top antenna, an attic-mounted antenna and a rooftop antenna.

Keep in mind that distance from the source and line-of-sight are the two biggest factors in reception of broadcast signals. So if there is a tall building between you and the TV tower, that will interfere with your reception.

Satellite TV

This requires installation of a satellite dish on the exterior of your home, so it may not be feasible for everyone. Also, the dish is exposed and vulnerable to bad weather in ways that wireless and cable are not. There are two providers in Philadelphia: DISH and DIRECTV.

- **DIRECTV**

At the time this was written, DIRECTV was offering a price of \$50 per month, including installation, for the basic (Select) package, which includes all of the local broadcast stations, plus more than 100 other stations, including the History Channel, the Disney Channel, the Discovery Channel, Univision, BBC America, SPIKE, ESPN, BET TV and

the Hallmark Channel. The catch is that you have to sign up for two years, and after the first 12 months the cost goes up to \$88 a month.

- **DISH** (dish.com or 1-855-815-3544)

At the time this was written, DISH was offering a two-year contract for \$54.99 a month. All local channels are included, plus A&E, CNN, the Discovery Channel, ESPN, the Food Network, the History Channel, SPIKE, Lifetime, SIRIUS and the Learning Channel, among others – more than 120 in all. Another \$13 a month buys an enhanced sports package. However, there is no information on the website about the cost of equipment and installation, and an attempt to obtain that information through an online chat resulted in a prolonged sales pitch with no concrete answer.

Subscription video-on-demand

To go this route, you will need to select one option from each of the three categories below: wireless + device + content provider. One benefit of this choice is that if you get a wireless internet connection to watch TV, you also have it to access the internet. If you use cable or satellite to watch TV, you still need wireless if you want to access the internet.

1. Wireless

Providers in Philadelphia include the following:

- Verizon (verizonwireless.com): Priced as low as \$24.99 per month, but you must have Verizon landline phone service, which is an additional cost. Requires purchase of a modem for \$59.99.

- Comcast Xfinity (xfinity.com): Lowest price is \$49.95 per month plus a one-time \$59.95 setup charge, or you can do it yourself for \$9.95.

- Verizon Fios (verizoninternet.com): No phone service is required; lowest option is \$59.99 (two-year contract required) with an \$80 setup fee plus modem purchase for \$199 or rental for \$10 per month.

- Internet Essentials through Comcast: Cost is \$9.95 a month, if you meet eligibility requirements. Available for

Philadelphia residents 62 and older who receive federal or state assistance, such as Medicaid, SNAP, Section 8 Housing or PACE. Call 1-855-850-4550 for details.

2. Device

You can use a TV, phone, tablet, game console or computer to access content – you just have to be connected to the internet. The list below offers some options for getting connected:

- Smart TVs: Many newer TVs are internet-enabled, meaning you can access services like Netflix, Amazon Instant Video, and Hulu Plus (see content services, below) without any additional device.

- Connect your computer to your TV with an HDMI cable.

- Connect your TV to a Roku (a set-top box that connects to your TV with an HDMI cable; one-time cost starting at about \$30) or Roku Stick (which costs about \$50 and resembles a thumb drive that plugs directly into your TV). If you have an older TV that does not have an HDMI port, you can use the Roku Express+. (Cost is about \$40 and includes a connector with a composite cable for your red, white and yellow TV inputs.)

- Connect your TV to an Amazon Fire Stick (which costs about \$40) or Amazon Fire TV device (which costs about \$90). Like the Roku, this device enables you to access the content below.

To view content on a phone; tablet; or game console, such as an X-Box; download an app to enable you to access the content providers described below. For an Apple device, go to the Apple store (<https://itunes.apple.com>); for an Android device, go to the Google Play Store (<https://play.google.com>).

3. Content providers

While you may have limited if any access to the local broadcast stations, there is a wealth of other content available. Below are just a few of the services that offer a broad selection. Using any of these requires having internet-connected devices as described above.

- Netflix (netflix.com): Cost ranges from \$7.99 to \$11.99 per month; the

content stays the same, but the higher cost allows you to use up to four devices at the same time.

- Hulu (hulu.com): Cost is \$7.99 per month with commercials, \$11.99 per month without.

- Amazon Video (amazon.com/gp/video/getstarted): Buy or rent digital movies and TV shows, either a la carte or through an Amazon Prime membership, which is \$99 per year and offers additional benefits. With a Prime membership, some content is free; some has an additional cost. To access Amazon Video, you need an account at amazon.com (no cost) and one of the internet-connected devices described above.

- Sling TV (slingtv.com): Cost starts at \$30 a month for 30 channels; these include ESPN, CNN, the Disney Channel, the History Channel, BBC America, Lifetime, HGTV, TNT and TBS. You can add on extra channel packages for \$5 more a month.

- Sling Latino (sling.com/latino): for Spanish-speaking viewers; costs \$12 a month.

To cut the cord or not?

Only you can decide what viewing option is best for you, but a few warnings are in order.

- Beware of enticing introductory offers. Prices typically increase after the introductory period, and some providers require contracts, so you can't just sign up for the good deal and then cancel.

- Be sure to ask if there are any additional costs for installation or equipment, and add up all the charges, including fees and taxes, to be sure you have the complete picture.

- Be sure to determine in advance that the programming you want will be available with whichever choice you make.

Prices quoted are accurate as of spring 2017.

Contact Linda Riley at LRiley@pcaphl.org.

Horseback

• continued from page 1

WTR also helps participants with scholastic endeavors. The program pays fees for SAT and ACT testing and will also pay for SAT preparatory courses. WTR also helps participants with college selection and will organize college visits. In addition, the program raises money through its scholarship fund to help students pay tuition so they can graduate with as little debt as possible.

And the initiative has blossomed when it comes to equestrian sports, especially polo.

"This program has gone from the kids competing on a local level to really putting some teeth into the sport of polo and just really wanting to win the national title, and going for it," Hiner says in her office at Chamounix Stables in Fairmount Park, which burgeons with rescued cats and dogs.

Hiner – who believes one is either a "horse person" or not – remembers her first experiences with a horse.

"I have loved horses since I can remember," she says. "I broke the springs on my first hobby horse as a kid. In high school, I got a horse for which my parents paid half of the board and I paid the other half, working about 30 hours a week after school. After high school, I deferred col-

"Our program is one of a kind in the U.S."

lege and went to work in the thoroughbred racing industry and worked at various racetracks around the country."

Asked where she sees herself in five or 10 years, the Mount Airy resident says she plans to be right where she is. While she has not had children of her own, Hiner says she considers her students to be her children.

"Our program is one of a kind in the U.S." Hiner says. "Gradually, more programs similar to ours are popping up across the country, and we are the model that people use. It's very gratifying to have others embrace the concept and mold it to their own design."

Hiner sees herself as an agent for change. "I would say that I have always been interested in social justice, which I credit to my parents. They were not activists, but they taught us that your deeds are much more important than your words," Hiner says.

Hiner, who is 59, says she doesn't anticipate retiring anytime soon. "The horses and kids provide constant entertainment and keep you on your toes," she says. "I can't imagine not having this in my life."

WTR relies on the support of the general public for most of its operating funds and recently launched a capital campaign to build an indoor arena. To learn more, visit worktoride.net.

Barbara Sherf captures the stories of businesses and individuals. She can be reached through her web site at www.communicationspro.com or 215-990-9317.

Solution to the Milestones Crossword puzzle

(See page 19 for clues.)



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Don's Column

A writer returns: Back in the saddle



By Don Harrison

Homebound while recovering from a recent stroke, I've had a crash course in day-time TV. And it hasn't been pretty.

For one thing, audience-participation shows – news, variety, cooking, celebrity – seem to be competing for noise level. No matter what's said (or not), the crowd roars.

On the other hand, my favorite program, "M*A*S*H," is on all the time, on one channel or another. For which I'm grateful. Meanwhile, the commercials reflect the public's apparently insatiable demand for new cars – and mattresses.

Over these recent months, while unable to keep this column going and missing the funerals of close friends – Peter Binzen and Claude Lewis, in par-

ticular – I've been watching repeats of "M*A*S*H" over and over again. At least the piped-in laughter is subdued (sort of) and responsive to something funny or meaningful.

Now I'm back, grateful to the editors of Milestones for their patience, and particularly thankful to the other freelance contributors for their card. And to the readers who have inquired after me.

Circumscribed by walkers, a stairlift and grab bars, I'm not as mobile as I was. Maybe that mobility will come back to me, maybe not, but as long as I can, I'll share observations with you in "Don's Column."

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.

LGBT pride

• continued from page 6

Sexuality,, including sexual orientation and gender identity, is an integral part of everyone's identity, LGBT or not. Being able to discuss one's sexuality with providers and friends increases the availability of social support, which is crucial to mental health and psychological well-being, and successful aging overall. LGBT people benefit from being able to share their lives with and receive support from family, friends and acquaintances, as do we all.

So, for LGBT Pride Month, you're invited to stand with the LGBT community, young and old, in the struggle to remove

barriers and prejudice as we celebrate our diversity and embrace all people. Happy Pride Month, everyone!

* * *

For information on local LGBT Pride Month festivities, check out the following resources:

- Philly Pride: phillygaypride.org
- Philadelphia Gay News: epgn.com
- William Way Community Center: waygay40.org

Terri Clark, MPH, is prevention services coordinator for Action Wellness.

What do family and culture mean to you?

Do you have an interesting story about researching your ancestry, or some other aspect of "family?" Share your story with Milestones, for possible inclusion in our "multicultural" issue in August!

- Tell us your story in 350 to 450 words.

- Send to Milestones by June 15 at milestonesnews@pcaphl.org or: Milestones Editor
642 N. Broad St.
Philadelphia, PA 19130
- Include your phone number or email. Milestones reserves the right to edit submissions.

The Milestones Crossword

Handily

ACROSS

- Drop heavily
- Pesky tots
- Cinematic dog
- Tibetan monk
- Shakespearean character
- Iowa town
- The terrible one
- Reeds
- Sicilian spouter
- Garden denizen
- Battens down
- Emcee
- Rain cats and dogs
- Pilar
- Result of 24 Across
- Western lake
- Turning point
- The Altar
- Yemeni seaport
- Niçoise, for one
- Beat it
- ___ Mahal
- Moonshiner's device
- Semblance
- Has a speech character impediment
- Certain moths
- Kind of school

- Goriot, e.g.
- Hector's father
- Flighty
- Culinary style
- "___ pass Go"
- Parisian pronoun
- Prayer word
- Dispath boat
- Verdi opus
- Fourth planet from the sun
- Passover ceremonial
- Asian country

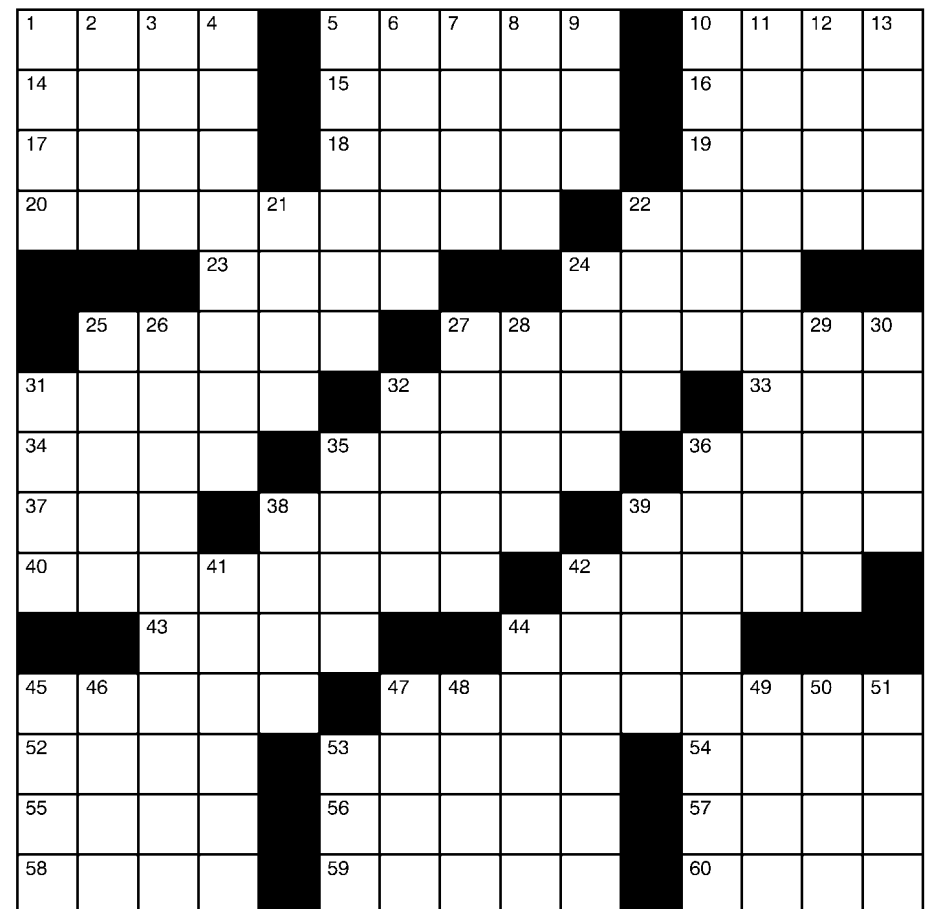
DOWN

- Ballet movement
- Oput from 19 across
- Gen. Bradley
- Roman temple
- Look at leisure
- Prayer in a Capek Drama
- Cupid
- Swarm
- Distress signal
- Fith, for one
- Unrestrained revelry
- High, clear sound
- What a shame!
- ___ In one
- Ilk

- Goad
- Egyptian bigwig
- Mozart's 41 st symphony
- Money boxes
- Ellipse
- Lock
- Vic's mate
- Uses a shuttle
- Poker holding
- One of Buchan's 39
- Lugubrious
- Check
- Preceptor
- Dressy dress features
- University speaker
- Some writing
- Baby buggy
- City in Italia
- Relocation
- Geraint's beloved
- Mother of Romulus and Remus
- Moro
- Meadows
- ___ Rheingold

Solution

The solution for the crossword puzzle can be found on page 18.





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

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