

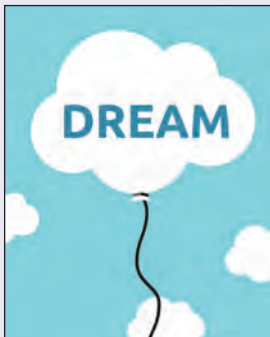
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Heart Health



Courtesy of Freyda Thomas

Singer, playwright still going strong after six decades of entertaining

By Constance Garcia-Barrio

At 12, singer Freyda Thomas strutted onto a stage at a Montgomery County country club in a prom gown and belted out “They Can’t Take That Away from Me.” Her father, Eddie Shaw, whose popular band played in Philadelphia for many years, had invited her to perform. “I still remember the chills up and down my spine as the trumpets, saxes and trombones blared behind me,” says Thomas, now 74.

That spring night marked the start of a career in entertainment that has blazed for more than six decades and, besides singing, includes acting gigs on “Murphy Brown” and

“Star Trek: Deep Space Nine.” Thomas was also recently profiled on WHY.

Thomas (who was born Freyda Spiegel and for a time went by the last name Shaw) grew up in a household steeped in music. Her father and his band enlivened local night spots and private parties for more than 30 years. Her mother sang and played the piano while raising three frisky kids. Her paternal grandmother, a former actress, used to take Thomas to Broadway shows. “When she was dying, she had theatre tickets in her purse,” Thomas says. “She made me promise to go see the show, ‘Brigadoon.’”

• continued on page 18

Reinvention

Former executive recreates self as ‘dumpster diver’

By Barbara Sherf

At 55, longtime Mount Airy resident Ellen Benson took a one-year sabbatical from her career in the banking industry, started taking art classes and got married for the first time.

“I was tired of the pressure as VP of human resources and thought I’d just find a ‘normal’ job and pursue other interests,” says Benson, now 70. During that year, the bank where she worked was sold and she exercised her stock options, deciding to pursue her love of art as a mixed-media and found-object artist.

A friend set up Benson on a date with a psychologist by the name of Allen “Zak” Zaklad at a New Year’s Eve party in 1998. The couple married in 2003.

“I knew he really ‘got’ my art,” says Benson. “One time when I was in my studio, he looked at all of these old paintbrushes and he said, “nice legs.”

• continued on page 14



Barbara Sherf

Ellen Benson left her career in banking behind in favor of creating mixed-media and found-object artwork.

PCA

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WHO IS PCA?

Philadelphia Corporation for Aging (PCA) is a nonprofit agency dedicated to serving Philadelphia seniors. In addition to bringing you Milestones newspaper, PCA offers:

- Care in the home
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- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



- Ombudsman services
- Health education
- Information and referral

For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

Health Brief

Managing life with osteoarthritis

Arthritis is the leading cause of disability in the nation, affecting more than 50 million adults in the United States. It is most common among women and occurs more frequently as people age. Arthritis is not a single disease, but rather a term referring to general joint pain or stiffness.

There are more than 100 types of arthritis. The most common is osteoarthritis, or degenerative joint disease. Osteoarthritis is characterized by the degeneration of cartilage, the soft tissue covering the bones on either side of a joint.

"As cartilage breaks down and wears away, bone is exposed. It is this exposed bone rubbing against exposed bone that causes pain, swelling and eventual loss of motion," says Matthew Lorei, chief of joint replacement surgery for Temple Orthopedics at Chestnut Hill Hospital. "Over time, joints start to fall out of perfect alignment and pain may become more severe and chronic. While there is no cure, there are many treatment options available for managing joint pain and protecting quality of life."

Risk factors for osteoarthritis include excess weight, family history, age and previous injury. If you are experiencing consistent joint pain for more than two weeks, have it checked out by an orthopedic specialist. Understanding the cause of your pain and the condition of your joints goes a long way in developing a care plan.

Since osteoarthritis is incurable and progressive, a commitment to self-management is critical to minimizing the condition's impact. For maximum symptom relief and condition management, a combination of daily exercise and medical treatments is recommended. While it may seem counterintuitive when it hurts to move, physical activity is critical to managing the pain and loss of mobility associated with arthritis. Recommendations from Chestnut Hill Hospital to keep your joints working as smoothly as possible include:

- Do gentle, light exercises each day, including muscle stretches; gentle range-of-motion exercises; and gradual, progressive strength training.
- Adjust your position frequently when working, reading or watching TV. Stand



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up and walk around every half hour or so.

- Avoid repetitive movements – overusing a single joint can cause more pain.
- Manage your weight and don't smoke. Excess weight contributes to stress on damaged joints, and smoking causes damage to connective tissue.
- Pace yourself. Don't undertake activities beyond your ability level.
- Low-impact aerobic exercise, such as walking, cycling and water exercise, will help control your weight and improve your mood.
- Avoid high-impact activities such as running, jumping or basketball.
- There are many medications available for pain relief, but all have some risk of side effects when taken long-term. Talk with your doctor about non-steroidal anti-inflammatory drugs (NSAIDs), acetaminophen or topical analgesics.
- A physical therapist can help you learn to move and manage your body to minimize pain and mobility loss.
- When more conservative methods have failed, the best option for relief and improved quality of life may be surgery.

"If you or a loved one have been diagnosed with degenerative arthritis, don't get discouraged," says Lorei. "Invest in the right medical care and self-management tools, and you can continue to live a high-quality life for many years."

Source: Chestnut Hill Hospital

Milestones

Published by Philadelphia Corporation for Aging

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Reinvention

Older workers recount successes, challenges on the path to employment

By Marcia Z. Siegal

In 2015, 1.3 million Americans 55-plus were actively seeking work, according to the Bureau of Labor Statistics. Many older adults need to work out of financial necessity. Others pursue work to stay productive. The Senior Community Service Employment Program (SCSEP) and JEVS Career Solutions for 55+, both funded by Philadelphia Corporation for Aging (PCA), offer free assistance to help local seniors find employment. (See story below.) Two mature job seekers, Xi Hu and Marie Antoinette D'Amore, along with their job counselors, shared with Milestones how the programs can help seniors tackle the challenges of the job search.

A new path

A native of China, Xi Hu ("she who"), immigrated to the United States 25 years ago with her husband. In recent years, she has worked as a waitress in Chinese restaurants. Her husband, a former chef, is ill and cannot work. Hu had been out of a job for six months and was struggling financially when a friend suggested she look into the SCSEP



Funded by PCA

provided by the National Asian Pacific Center on Aging. The program is administered locally by Jaisohn Center, a Korean-American community center.

Hu, 60, was assigned to paid employment as a program assistant at Penn Asian Senior Services Inc. (PASSi), a home care agency serving Asian-American and immigrant seniors. PASSi provided her with intensive

Many older adults need to work out of financial necessity. Others pursue work to stay productive.

English language and computer lessons and on-the-job training in office skills under the direction of Chinese-speaking supervisor May Beyer. "She worked exceptionally hard," said Beyer. "She was always eager to learn."

Like participants in all SCSEP programs, Hu received counseling and other social services to help her cope with her immediate needs. Jaisohn SCSEP counselors helped her enroll in public benefits like the Supplemental Nutrition Assistance Program (SNAP,

formerly known as food stamps) and to deal with housing concerns and other issues.

PASSi hired Hu as a permanent part-time file clerk after her training ended. Speaking through a translator, Hu said, "I no longer feel awkward in an English-speaking work environment, and I am glad to make money to help pay my bills. I hope to keep learning and improving my English at PASSi and to take on more responsibilities at the agency as opportunities arise."

A difficult time

Marie Antoinette D'Amore embarked on a job search during a particularly difficult period in her life. She had lost a loved one, her



Paola Noguerras

Working away is Xi Hu, once unemployed, who found her office job at Penn Asian Senior Services Inc. (PASSi) through a program funded by Philadelphia Corporation for Aging (PCA).

home and her health care, and she felt depressed and isolated. Bills were piling up. "I had turned 55, was unemployed, and I didn't know what to do," she said.

An experienced office manager, D'Amore was accustomed to working. "I always had a

• continued on page 16

Two PCA-funded employment programs help, support older job-seekers

Philadelphia Corporation for Aging (PCA) funds two senior employment programs in Philadelphia: the federal Senior Community Service Employment Program (SCSEP) and JEVS Career Solutions for 55+. Both programs are provided free to participants. Over the years, these programs have helped thousands of the city's older adults overcome challenges in their pursuit of employment.

SCSEP

The SCSEP provides work-based training for eligible low-income, unemployed individuals 55 and older. Participants work an average of 20 hours a week and are paid the federal, state or local minimum wage, whichever is highest. They are placed in a wide variety of part-time jobs for community service organizations, such as day care centers, senior community centers and schools. Such on-the-job training is intended to serve as a bridge

to permanent employment. Federal SCSEP funding, provided through the Department of Labor, is directed to several national and state organizations and to area agencies on aging (AAAs) like PCA. (In Pennsylvania, SCSEP funding goes to the state Department of Aging, which channels funds to PCA and other AAAs.)

PCA subcontracts with the Mayor's Commission on Aging to provide the SCSEP in Philadelphia. Three other national organizations also provide the SCSEP locally: Asociacion Nacional Pro Personas Mayores through Proyecto Ayuda, National Asian Pacific Center on Aging through Philadelphia Jaisohn Center and The WorkPlace through MaturityWorks.

JEVS Career Solutions for 55+

JEVS Career Solutions for 55+ provides one-on-one employment assistance for ma-

ture job-seekers who are unemployed, underemployed or seeking a career change. Services include identifying job-training opportunities, career counseling to assess skills and interests, computer skills training, job-search counseling, resume assistance, interview preparation and job referrals. The program is geared towards those who are not eligible for the SCSEP. JEVS Career Solutions for 55+ is located at the Pennsylvania CareerLink office at Suburban Station and receives referrals from CareerLink. JEVS operates the program under contract with PCA.

For more information: SCSEP

- Asociacion Nacional Pro Personas Mayores – Proyecto Ayuda: 3150 N. Mascher St., Ste. 100; 215-426-1212; anppm.org
- Mayor's Commission on Aging: 100 S. Broad St., 4th Floor; 215-686-8450;

phila.gov/aging/services

- National Asian Pacific Center on Aging – Philadelphia Jaisohn Center: 6705 Old York Rd.; 215-224-2000; jaisohn.com/socialservices/scsep
- The WorkPlace – MaturityWorks: Penn Treaty Park Place, 1341 N. Delaware Ave., Ste. 209; 215-765-4030; maturity.works/pa

JEVS Career Solutions for 55+

1617 John F. Kennedy Blvd., 2nd Floor; 267-647-7137; jevshumanservices.org. Type "career solutions" in the search box at the top.

Information on SCSEP, JEVS Career Solutions for 55+ and other employment services for older adults is also available at pcaCares.org (click on "Services for Seniors," then "Employment") or by calling the PCA Helpline at 215-765-9040.



Paola Noguerras

Hosting "Labor Justice Radio" on WPPM 106.5 FM are Jim Moran, left, and Charles Clarke.

Retirees use old and new media to spark dialogue about labor issues

By Linda L. Riley

Altogether, Charles B. Clarke and Jim Moran have dedicated more than a century to advocating for and supporting labor unions and workers' rights, and retirement hasn't slowed them down a bit. These days, they use a combination of old and new media to spread their message of solidarity and share news that impacts working people.

The two host "Labor Justice Radio," a weekly show that airs on WPPM 106.5 FM. They have a Facebook page by the same name where they post news about labor issues and unions gathered from various publications and organizations to keep their 1,200 followers informed.

Their broadcast conversations cover a broad range of topics and diverse points of view. Guests on the show have included workers, union leaders, students and, not long ago, a lawyer from Community Legal Services who talked about immigrant workers.

"We try to touch on everything that involves labor," Clarke said. Right-to-work laws, union elections, plant closings, layoffs and public sector unions are among the issues they've addressed.

Both men were teens when they first joined a union, and both went on to be involved in organizing and advocating for union members. Clarke was 19 when he joined the International Association of Firefighters in 1964. Moran was 16 and working at the North American Lace Factory at Eighth and Allegheny streets when he joined the Textile Workers Union in 1955. Later, he was a member of the

Teamsters Auto Workers International Union of Electrical Workers.

"In the Auto Workers, I was a shop steward," Moran said. He pursued educational opportunities through the Auto Workers and became involved in health and safety issues, eventually joining the staff of the Philadelphia Area Project on Occupational Safety and Health, which, he said, was fighting for better working conditions.

Clarke retired in 2010 from his position as administrator for a training program with the Philadelphia Joint Board, Workers United. Earlier in his career, he served as a union shop steward at the Pennsylvania Convention Center and at the Hyatt at Penn's Landing, now a Hilton property.

The "Labor Justice Radio" program grew out of a Media Mobilizing Project workshop on how to produce a radio show. "In that first workshop, everyone was a union member and the idea for the show came out of it," Clarke said. Over the past seven years, the five other original members of the project have dropped away, leaving only Clarke. He invited Moran last year to join the show, which switched from its original home on WPEB, a West Philadelphia-based community station, to WPPM, which he said has greater reach.

As hosts, Clarke and Moran play off each other well, Clarke said: "It gives the show a nice flavor. We agree on a lot of stuff, but on some things we don't see eye-to-eye."

Recently, the two hosted fellow union member and musician John Braxton, who shared a song about workers at a 3M plant in

• continued on page 16



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Reinvention

Making the choice to move to a continuing care retirement community

By Sally Friedman

At first it was just a ripple. A vague notion. A glimpse of “Maybe we should think about this...”

And then that ripple grew into a stronger breeze and then a minor hurricane.

We were finally, truly considering a reinvention of our lives – and, specifically, our address.

Why don't you at least start looking at some options, our three daughters urged. Some might even say they ganged up on us, their aging parents, and grew more forceful together.

The “looking at” targets were CCRCs – continuing care retirement communities.

“We're not ready,” my husband and I insisted like artful dodgers, admittedly terrified of change. We were telling one another that these daughters of ours were getting way too bossy. Too likely to reverse roles and tell us what to do.



Courtesy of Sally Friedman
Sally Friedman and husband Victor faced leaving their longtime home.

So we ignored them, far more comfortable with the status quo.

That is, until I began an epic battle with a long-dormant bad back that returned to haunt me. There were sleepless nights and renunciations of all sorts. There were visits to orthopedists and other specialists and some forays into physical therapy.

And then the day of reckoning came. I realized that driving was increasingly difficult and that my poor husband was becoming my part-time caregiver. Like it or not, it was time for a reinvention of a significant sort.

And so began the journey into a brave new world.

My husband is 85. I am 78. There they are: the cold, hard numbers.

We think of ourselves as healthy and independent seniors. We are active. I am still writing, and he — a retired lawyer and judge — audits courses at Penn.

We are not, as we told our kids arrogantly, “geezers.”

Oh, the denial...

Our first visit to a CCRC came from a random invitation. We had landed on some list and heeded the call to come for lunch at a nearby – and quite lovely – CCRC.

Along with lunch came a sales pitch that was smooth, effective and followed by a tour of some of the very pleasant apartment-homes.

We couldn't wait to bolt. It just felt ... wrong. Not for us. Too, well, regimented.

And thus began our new careers: visiting facilities, looking around, asking questions, eating lunches and taking tours.

Our daughters tried hard to stay out of our way, but they did check in on our impressions. It took us a while to realize that they truly wanted to help. That they understood the state of confusion leading to our immobility.

Eventually, we consented to have them look with us, a kind of role reversal of our shepherding them on college visits. But there it was, for better or for worse.

Then, after what seemed like endless looking, we found “the one,” the kind of match one seeks in a mate. The vibe was right, the location was right (less than 10 miles from our current home), and the cost – while more than we had expected and definitely sober-

ing – met with our financial guru's approval. “You can do this,” he said, and we heaved a sigh of relief.

So how does it feel to be planning a spring move to a new address, and the start of a new existence?

Overwhelming. Liberating. Scary.

Also predictably painful.

We have lived in a town we love for four-plus decades. We have lived totally independently. And we have a 57-year-marriage's accumulation of stuff.

Ahead of us is clearing the debris of a lifetime. Readjusting to a new way of life. And a recognition that we are no longer younger than springtime.

We'll be the new kids on the block. And as in middle school, we wonder whether the other “kids” will like us.

But it's time.

And there's one more thing.

Our address in this community is 105. We didn't request it; it was assigned by the community.

It's the same address that was on our mailbox when we moved into our little Cape Cod house in July 1960 to begin our lives together.

And it's been a darned good run so far.

Sally Friedman has written for the *New York Times* and other publications.

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Choosing a CCRC: What we have learned along the way

Here are a few things my husband and I learned from our recent experience in choosing a continuing care retirement community (CCRC).

- Do your homework. Every CCRC is different, and along with arming yourself with information, trust your feelings, too.
- If applicable, let your adult children have their say. They may see things that you do not.
- When it comes to your move, consult moving planners and professionals if you can. Sentiment can get in the way of sense. Do you really need that extra set of dishes?
- Be willing to reinvent yourself. Don't be mired in what is; consider what could be.

Reinvention

Lawyer-turned-therapist helps clients

By Barbara Sherf

How does a longtime trial lawyer transition from the courtroom to a second career in coaching and practicing Gestalt therapy? Mount Airy resident Mark D. Seltzer has applied some of the same skills he used with criminal defendants in his new vocation.

Gestalt therapy is a form of psychotherapy that emphasizes personal responsibility and focuses on the individual's experience in the present, the therapist-client relationship, the environmental and social context of the person's life, and the self-regulating adjustments people make because of their situation. "Gestalt" is a psychology term that means "unified whole."

Seltzer, 67, lived in Elkins Park while he and his former wife raised their two children. He believes he would not be where he is today if it hadn't been for his divorce and reconnection with a high school sweetheart, Dale Ellenberg, a longtime Mount Airy resident and occupational therapist.

"She was the facilitator of a lot of this, as she has been working on personal growth for much longer than I have and served as a model in many ways," he said. "She made couples therapy a requirement from the beginning of the relationship, and her encouragement has been invaluable. We are connected, and I truly love her."

During the more than five-year process of his divorce, Seltzer knew he needed to work on himself and in doing so, found a new career he is passionate about.

"I had to keep balanced during the divorce so I didn't get overwhelmed and angry, and to accept the reality of what my life was going to look like afterwards," said Seltzer, who went through the FastTrack Coach Training Academy in Lafayette Hill and Gestalt Therapy Institute of Philadelphia.

He can see how his legal background has prepared him for helping those "in the system," which is a regular part of his work.

"Whether it's divorce, bankruptcy, child custody — you name it — people get stuck. Lawyers are generally not supporting clients emotionally, and often, people can't see their way through to the other side," Seltzer said. "I work with them on goal setting and setting an intention in these impactful situations."



Courtesy of Mark D. Seltzer

Former trial lawyer Mark D. Seltzer now practices as a coach and Gestalt therapist.

Seltzer uses his Gestalt and coach training to help clients realize their goals.

"We define and explore short-term and long-term goals and look at the big picture of what they want to accomplish," he said. "It's all about ultimately committing to action and accountability and how are we going to do this and get it done and explore what happens when you don't. We explore how you benefit from what I term 'the fail' and is there greater learning available when you are not able to accomplish something."

As for going from a six-figure salary to just starting over, Seltzer sees things in a positive light.

"It's been crazy to sit down across from people and be of help in a completely different way than just practicing law," he said. "You can't put a dollar sign on change that creates a better life. I'm excited about being excited again."

* * *

With offices in Bala Cynwyd and Mount Airy, Seltzer also works online, by phone, or at clients' homes or offices. He can be reached at 267-908-0917 or h2c03s@gmail.com.

Author, speaker and writer Barbara Sherf tells the stories of businesses and individuals.

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Ask the Expert

Volunteer program provides company for older adults

QUESTION:

I have an elderly neighbor who seems to be very lonely. I can't visit as much as I'd like. Is there any way I can help him? (Anonymous)

ANSWER:

One way you can help with your neighbor's isolation is through the Senior Companion Program administered by Philadelphia Corporation for Aging (PCA).

This program places thoroughly screened volunteers in the homes of Philadelphia seniors who are socially isolated. Volunteers are adults 55 and older who are looking to give back to their community by spending a few hours a day with other seniors to support them through:

- Socialization
- Companionship
- Accompanying them to doctors'

appointments and on errands

- Educating and informing the senior about benefits and services
- Light meal preparation
- Providing respite relief to caregivers

Once the program office receives a referral, the office schedules an assessment to determine whether a senior is an appropriate candidate. Program staff members then match the senior with a compatible companion. Together, the two develop a visiting schedule that meets the senior's needs.

Once a successful match has been estab-

lished, the value to the lives of both individuals can be priceless. As a caregiver said of one of our senior companions, "I could always depend on Mr. Joe. He never let my husband down."

If you are interested in referring a senior to the program or in becoming a senior companion volunteer, call the program office at 215-422-4888 or email lynda.pickett@pcaCares.org.

Lynda Pickett, assistant director, In Home Support, Ombudsman and Volunteer Services, Philadelphia Corporation for Aging (PCA)



Lynda Pickett

It's Your Turn!

Send Milestones your questions about aging-related issues. We will print select questions – along with answers from experts at Philadelphia Corporation for Aging (PCA) – in upcoming issues. Submit your name, address, phone number and question to milestonesnews@pcaCares.org or:

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'The New Senior Man' book offers men stories, information, and advice

By Marcia Z. Siegal

"Today's senior men have a gift of time – more than any generations before them," said Thelma Reese, coauthor of "The New Senior Man: Exploring New Horizons, New Opportunities" (Rowman & Littlefield, 2017). "It's a time that is rife with opportunity to learn, to explore, and to discover the universe and themselves."

To help them do that, "The New Senior Man" offers a collection of stories from older men about their post-retirement journeys, as well as expert advice on topics relevant to the senior years. The 165-page book includes nine chapters detailing how men need to reinvent and redefine themselves beyond their work.

"A man's context, the world he lives in, has changed and so must he," the authors say in the introduction. "It bears little resemblance to the world that his father and grandfather knew when they set off to retirement with the proverbial gold watch and a new set of golf clubs. 'The new senior man' will find the best is yet to come. Discovering what that best will be for him is the new adventure."

Many of today's seniors are living longer due to modern advances in health care. The baby boomers are adding to the surge in the senior demographic. "We're looking at a huge cohort of older adults that never before existed in history," said Reese, 84, who wrote "The New Senior Man" with the late Barbara (Bobby) M. Fleisher. The longevity revolution means that many adults have the ability to explore new options for finding purpose, developing new social connections and even embarking on encore careers in their senior years. Still, the post-retirement decades can pose daunting challenges, especially for men.

"Many of today's senior men so identified with the role they were expected to perform as chief breadwinner and supporter of the family that retirement can bring a 'Who am I?' crisis," Reese said. As a result, she said, men have to learn to express emotions and vulnerability, often in brand new ways. "Most men were raised to 'man up' from the time they were little boys – not to cry, not to show vulnerability or talk about what hurt," she said.

An unmet need

"The New Senior Man" debuted four years after Reese and Fleisher's first book, "The New



Senior Woman" (Rowan & Littlefield, 2013). The duo had interviewed women across the country for that book to ask them how they were coping with aging. "Whenever we spoke about 'The New Senior Woman,' if there were men in the audience, they inevitably asked, 'When are you going to do the book about men?' We realized that the forces that shaped the lives of today's senior women had equally profound effects on men, but no one seemed to be noticing, at least not in print," Reese said.

The authors interviewed nearly 100 men from different walks of life and from across the country for their latest work. The book features stories from nearly 50 of them and spans ages 61 to 100. "These role models are inspiring, not as figures to imitate, but as springboards to our own self-knowledge, understanding, and decision-making," Reese said.

The book also presents advice and information from experts about loneliness; relationships; intimacy and sexuality; finding community; places and ways to live; and coping with health changes, mortality and loss.

One story is about Irving, 100, who exemplifies a contemporary aging pioneer. He uses technology not available to previous senior generations to pursue his passion for science, despite growing frailties. Though dealing with severe hearing and vision loss, he has harnessed high-powered hearing aids, as well as traditional eyeglasses and magnifying glasses, to help him cultivate interesting

plants, read the latest journals, and lecture (recently on Einstein) to groups within his Sarasota, Florida, community.

The book points out that men often need to develop new social supports in their post-retirement years, especially if they are single. Most men's friendships have typically been work-based or based on sports affiliation, investments or politics, the book says. In this way, men contrast with women, who often develop lifelong, intimate friendships based on personal concerns. Faced with the prospect of loneliness when unmoored from their past work lives, many older men are creating new, deeply bonded social networks. They are joining support groups, pursuing new interests, going to senior centers and more, "The New Senior Man" demonstrates.

New territory

Reese was a retired professor of English and education and Fleisher a retired professor of education when their collaboration began. "When Bobby and I were in our early to mid-seventies, we realized we were on an

unmarked road in very new territory," Reese said. "How to navigate these next years in ways that enriched our lives and those around us was the looming question. We found role models among so many women around the country, each of whom was 'doing' aging in her own way, productively, and in ways that were personally satisfying."

Fleisher died in 2016. All of the interviews and 95 percent of the writing for "The New Senior Man" had been finished. "It was a very difficult time for me personally, and a profound loss, but I had promised Bobby – and myself – that it would be done, and it was," Reese said.

* * *

"The New Senior Man: Exploring New Horizons, New Opportunities" is available through the publisher at rowmanlittlefield.com or 301-459-3366 or through book stores, online book retailers or e-book readers like Kindle.

Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

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SUNDAY

7
Philadelphia Chamber Music Society Presents: Soprano Angela Meade & Pianist Danielle Orlando. Works by Beethoven, Strauss, Mahler, Handel, Verdi & Mozart. 3 p.m. Kimmel Center. 215-569-8080. \$

14
Center City District Restaurant Week. Enjoy three-course meals at participating restaurants for a set price. 215-440-5500. centercityphila.org
Philadelphia Chamber Music Society Presents: Julliard Quartet. Works by Haydn, MacMillan & Beethoven. 3 p.m. Kimmel Center. 215-569-8080. \$

21
Philadelphia Chamber Music Society Presents: Zora Quartet with Violist Roberto Diaz & Cellist Peter Wiley. Works by Haydn, Webern & Brahms. 3 p.m. American Philosophical Society. 215-569-8080. \$

28
Sundays on Stage: Soul Steps. Step choreography started among African-American fraternities & sororities. All are welcome. 1:30 p.m. Parkway Central Library. 215-686-5322. (Seating is first-come, first served.)

MONDAY

1
NEW YEAR'S DAY
2018 Mummers Parade. Annual Phila. tradition featuring comics, fancies & string bands: Parade starts 9 a.m. at City Hall & marches south on Broad St. to Washington Ave. Fancy Brigades: 11:30 a.m. & 5 p.m. at Pa. Convention Center. All events televised. Fancy Brigade tickets: 1-800-537-7676, ext. 0. \$ (Parade/free)

8
Community Food Cupboard. Filled with nonperishable, fresh food. 9 a.m. to 3 p.m. Lutheran Settlement House. 215-426-8610, ext. 2014. (Open Monday through Friday)
Strengthen your Voice: Speaking & Singing. Maintaining voice, posture & breathing. Center on the Hill. 215-247-4654. \$ (Monday's through Feb. 5)

15
MARTIN LUTHER KING JR. DAY
Greater Philadelphia MLK Day of Service. Largest King Day of Service event in the country. To register or volunteer: 215-851-1811 or mlkdayofservice.org.
MLK, Jr. Celebration. Rev. Louise Williams Bishop, gospel music & refreshments. 10 a.m. to 3 p.m. Sharon Baptist Church. 267-760-6788.

22
Line Dancing. All levels. 1:30-3 p.m. Center in the Park. 215-848-7722, ext. 221. \$
Sing-along. Sing your favorite songs. 9:30 a.m. Center in the Park. Register: 215-848-7722, ext. 221.

29
Jewish Life: Tu B'Shevat. Celebrate with tasty fruits & nuts grown on various trees. 10:30 a.m. KleinLife: NE Phila. 215-698-7300.

TUESDAY

2
Hot Breakfast. 7-10 a.m. North City Congress Senior Day Center. 215-978-1300. \$
Senior Yoga. Class to increase strength, flexibility & improve health. 9 a.m. Lutheran Settlement House. 215-426-8610. (Tuesdays)

9
Bed Bug Basics. Discussion of facts & evidence-based solutions to get rid of these pests. 5:30-7 p.m. Penn State Center Engaging Phila. 215-471-2200.
Senior Wellness Checkups. Care for diabetes, hypertension, fall prevention, depression, cardio-vascular & chronic disorders. 9 a.m. to 1 p.m. Older Adult Sunshine Center. 215-472-6188.

16
Healthy Steps for Older Adults. Preventing falls. 9 a.m. Center in the Park. 215-848-7722. (In Spanish: Jan. 18 at 9:30 a.m., Mann Older Adult Center. 215-685-9844.)
Jan. & Feb. Birthday Party. Meal, cake & entertainment. 11:45 a.m. to 1:45 p.m. KleinLife: NE Phila. 215-698-7300. (RSVP for lunch.)

23
Philadelphia Library Book Club. Best-selling book discussion with librarian. 12:45 p.m. KleinLife: NE Phila. 215-698-7300.
Understanding the Balance System. A focus on the spine. 11 a.m. Center on the Hill. 215-247-4654.

30
All-Inclusive High School Reunion. Reminisce with former students over refreshments & activities. 1 p.m. Center in the Park. 215-848-7722, ext. 225.
Flower Arranging. Supplies provided. 12:45-2 p.m. KleinLife: NE Phila. 215-698-7300. \$

WEDNESDAY

3
Help Yourself to Health. Six-week chronic disease self-management workshop series. 10 a.m. to 12:30 p.m. PCA. RSVP: 215-765-9000, ext. 5119. (Wednesdays through Feb. 7)

10
Beginners Computer Class. Adults 55+ learn basic skills including sending email, social media & internet browsing. 9-11 a.m. Lutheran Settlement House. 215-426-8610. (Wednesdays & Thursdays at varying times.)

17
Trip: Resorts Casino in Atlantic City. Slot play & live show package. Departs from KleinLife: NE Phila. at 10 a.m. Register: 215-698-7300, ext. 176. \$

24
"The Kim Loo Sisters." Screening of documentary film about Chinese-American jazz vocal quartet from early 20th century. 6:30 p.m. Phila. City Institute. 215-685-6621.

31
Sewing Made Easy: Don't Fear the Machine. Six-week class for beginners. 12:30 p.m. Marconi Older Adult Program. 215-717-1969. \$

THURSDAY

4
Caregiver of Older Adults Support Group. Share experiences, resources & reduce stress. 6:30 p.m. NE Regional Library. 215-426-8610, ext. 1207. (1st Thursday of month)
Beginner's Knit & Crochet. 12:45-2 p.m. Journey's Way. 215-487-1750. (Thursdays) \$
Yoga. All levels. 9:15 a.m. Journey's Way. 215-487-1750. (Thursdays)

11
Nutritious & Delicious. Nurse Practitioner discusses important health concerns. 11:45 a.m. KleinLife: NE Phila. 215-698-7300. (Limited space. Bring Lunch ticket.)
Speaker Series. William Stock discusses immigration & surrounding laws. 12 p.m. Center on the Hill. 215-247-4654.

18
Rosalie's Review & Lunch. Discussion about being Jewish. 11:45 a.m. KleinLife: NE Phila. 215-698-7300.
Spring Registration Kick-Off Lunch. Information on center & resources. 1 p.m. Center in the Park. 215-848-7722, ext. 225. (Register for lunch.)

25
Caregiver of Older Adults Support Group. Family & caregivers share experiences, learn about resources & develop strategies to reduce stress. 6:30-8:30 p.m. Wesley Enhanced Living. 215-426-8610, ext. 1207. (Last Thursday of month)

FRIDAY

5
Vox Ama Deus Presents: Forever Gershwin. Performed by Ama Deus Ensemble & Symphony Orchestra. 8 p.m. Kimmel Center. 610-688-2800. \$

12
Healthy Steps for Older Adults. Fall risk screening & education. 10 a.m. to 3 p.m. PSC - Avenue of the Arts. 215-546-5879.
L.A. Dance Project. Contemporary dance & eclectic staging. 8 p.m. Annenberg Center Live. 215-898-3900. \$ (Through Jan. 13 at varying time.)

19
Yoga Exercise Class. 10:15-11:30 a.m. Center in the Park. 215-848-7722, ext. 221. \$

26
Ask a Nurse. Check your blood pressure, blood sugar & get answers to health questions. 2-4 p.m. South Phila. Library. 215-685-1866. (Fridays)

SATURDAY

6
Amahl & the Night Visitors. A Christmas holiday classic by Menotti, performed by Delaware Valley Opera Company. Shows at 4 & 7 p.m. Venice Island Center for Recreation & the Performing Arts. 215-725-4171. \$

13
Winterfest: Storytime at the Lodge. Local authors, performers & personalities read books chosen by the Free Library of Philadelphia. Snacks & hot chocolate provided for kids. All are welcome. 11:30 a.m. Blue Cross River-Rink. 215-925-RINK. (Saturdays through March 3)

20
Creative Canvas. Fundraiser. 11 a.m. to 1 p.m. North City Congress Senior Day Center. 215-978-1300. \$

27
2018 Philadelphia Auto Show. Features a wide range of vehicles, including concepts, hybrids, exotics & antiques. 9 a.m. to 10 p.m. Pa. Convention Center. Presented by the Automobile Dealers Assn. of Greater Phila. phillyautoshow.com. (Through Feb. 4) \$

Milestones

Events that end with a "\$" require an entrance fee or advance ticket purchase. Free events may request donations or sell items. Please call the number listed for pricing or other details.

Send your calendar items to:

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 PCA, 642 N. Broad St.,
 Philadelphia, PA 19130
 Phone: 215-765-9000, ext. 5081
 Fax: 215-765-9066

Email:
milestonesnews@pcaCares.org

Event submission deadline: 25th of the month for publication in month after next.

PCA service coordination helps frail Philadelphia seniors remain at home

By Marcia Z. Siegal

On service coordinator Nora DeVine's first visit to a senior's home, she begins to evaluate the person's long-term care needs as soon as she reaches the door. "If there are outside stairs, I check to see what condition they are in and if there is a railing," she said. "Can participants get in and out of the doorway if they are in a wheelchair? When I go inside, I ask, 'What is your typical day like? What do you need help with?'"

The majority of older adults want to age at home, in the community. DeVine is among nearly 200 service coordinators at Philadelphia Corporation for Aging (PCA) who are vital to helping them do so when they become frail. Each year, the agency provides service coordination for more than 17,000 older Philadelphians.

An individualized plan

When an individual is found to be eligible for long-term care services and supports through the state's Aging Waiver or Options programs or the federal/state Caregiver Support program (see sidebar on page 13), PCA assigns a service coordinator who will work with the participant or his or her caregiver to create a comprehensive individual service plan (ISP) focused on the person's goals and choices.

"We assess the participant's ability to perform essential daily living activities like eating, dressing and bathing and other important activities like preparing meals and taking prescribed medications," said Ann Danish, PCA's director of care management. "We also look at the person's home environment for safety and other concerns."

In creating an ISP, service coordinators "focus on the participant's strengths – for



Provided by PCA

instance, coping skills from dealing with past challenges. They also want to understand the participant's natural support system, such as family and friends, and then determine what the gaps are," Danish said.

An ISP can include formal services such as personal care provided by an agency, home-delivered meals, the provision of specialized medical equipment, transportation, home modifications and adult day centers. Service coordinators help facilitate these services by letting participants know what is available, then arranging to implement the services through the providers the participant chooses. ISPs can also include informal services such as transportation provided by a local volunteer organization or meals prepared and delivered by family members, depending on participants' choices and circumstances. In addition, participants can elect to direct their own care under the programs' consumer-directed models of care. These models allow Aging Waiver care recipients to hire a friend, neighbor or other trusted individual as their personal care worker, rather than arranging for a worker through an agency.

Aging at home

Melanie Starks-Montgomery has been a service coordinator at PCA for 22 years. Her job inspires her every day, she said. "I love helping people and educating them about the assistance they are entitled to and seeing when a care plan comes to fruition," she said. The participants she serves "realize they do not have to do go into a nursing home – that they can age safely at home, in the community, because they can get the help they need," she said.

Service coordinators like Starks-Montgomery also help to alert participants and caregivers

to needs they may not realize are present. In one recent case, an elderly woman's caregiver felt she was mentally alert because she always managed to answer his routine questions during their daily phone calls. Starks-Montgomery, however, noticed possible signs of early dementia based on standard evaluation questions she asked during her initial visit. With authorization from family members, she contacted the woman's doctor, who agreed with her assessment, and Starks-Montgomery developed an ISP that included intensive support appropriate for someone with the woman's apparent cognitive decline.

Through phone calls and home visits, service coordinators monitor how ISPs are working: whether services are being delivered as ordered, whether participants are satisfied with those services, whether participants need to be re-evaluated, and whether ISPs need to be adjusted due to changes in participants' health status or for other reasons.

Service coordinators also help participants take advantage of benefits they qualify for, such as the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), the annual Senior Farmer's Market Nutrition Program produce voucher distribution and the Low Income Home Energy Assistance Program (LIHEAP).

A saving place

As part of their role identifying resources to help Options and Waiver participants live

independently, services coordinators can assist with finding appropriate housing. One of Starks-Montgomery's most memorable on-the-job experiences occurred when she helped a participant change to a residence that made a marked difference in his quality of life. He had been living with a daughter and grandson and wanted to relocate to his own place in a facility that would better meet his needs, the service coordinator said.

Starks-Montgomery learned about a new senior housing facility that was about to open in North Philadelphia. It was completely wheelchair-accessible, which was especially important for this individual, who is a double amputee. Starks-Montgomery inquired whether there were openings, and upon getting a positive response, assisted the participant (who was in the hospital at the time) with the application. "He moved into his new apartment as soon as he got out of the hospital," she said. "He seemed like he was the happiest man alive. He thought I saved him. He continues to thank me whenever I talk to him."

* * *

For more information about PCA service coordination, call the PCA Helpline at 215-765-9040 or go to pcaCares.org and click on "Services for Seniors," then "Care at Home."

Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

Community HealthChoices program to change the delivery of long-term care services

The way many of Pennsylvania's older adults and people with disabilities receive long-term care services through Medical Assistance, or Medicaid, soon will change with the start of a state-mandated program called Community HealthChoices (CHC). Through CHC, private managed-care companies will take over coordinating both physical health and long-term care services for eligible Medicaid beneficiaries. The program is set to start in the Southeast region of the state in January 2019.

Those covered by CHC include older "dual eligibles" with both Medicaid and Medicare benefits, as well as those 21 and older who need a nursing-home level of care.

Currently, if these seniors qualify for

long-term care help and are not in a nursing home, they are typically in the state's Aging Waiver program, through which a service coordinator from PCA or another agency connects them to government-funded home help.

Under CHC, seniors will be asked to choose from among three managed-care organizations (MCOs): AmeriHealth Caritas Pennsylvania, PA Health & Wellness and UPMC Community HealthChoices. If they don't make a choice, the state will assign them to one, although they can switch at any time.

Milestones will continue to inform readers as CHC approaches. For more information, visit healthchoices.pa.gov/info/about/community or call 833-735-4416.



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PCA provides service coordination through state, federal programs

Philadelphia Corporation for Aging (PCA) provides service coordination or care management for three programs in Philadelphia: the state Aging Waiver and Options programs and the federal/state Caregiver Support Program. A level-of-care assessment by PCA determines clinical eligibility for all the programs, and the local county assistance office determines financial eligibility for the Aging Waiver. The Aging Waiver and Options programs require that the care recipient be a Pennsylvania resident 60 or older and a U.S. citizen or lawful permanent resident.

Once individuals are enrolled, they and their families work with a service coordinator to develop an individual care plan, facilitate and ensure service provision and adapt services to any changing needs. (See article on page 12.)

Aging Waiver

To qualify for the Aging Waiver, an individual must need a nursing-home level of care and be eligible for Medicaid. Services are funded through the Pennsylvania Department of Human Services, allowing payments that are typically used for nursing-home care

to be used instead for home- and community-based services such as personal care, home-delivered meals and adult day care. Services are provided at no charge to the individual. There is no cap on the services that Aging Waiver participants can receive.

Options

Individuals who do not qualify for the Aging Waiver, either financially or in level of care needed, may be eligible to receive home- and community-based services through the Options program. Services are provided on a sliding payment scale based on income and according to a state-mandated plan. The cost of the care plan is capped. Options participants must experience frailty with regard to physical or mental status that impacts their daily functioning. Options services are funded through the Pennsylvania Lottery, administered by the Pennsylvania Department of Aging (PDA).

Caregiver Support Program

The Caregiver Support Program offers assistance to primary, unpaid caregivers who provide routine care to a friend or relative.

The program aims to ease the stress related to caregiving by providing reimbursement for caregiving supplies and services; assistance in accessing resources, education and information related to caregiving; and care management services. Limited financial assistance is provided to help caregivers who qualify to pay for services such as respite care provided by personal care workers and adult day centers; caregiving supplies; assistive devices; and home modifications.

Caregivers include those caring for individuals over 60 with a functional need and individuals 18-59 with Alzheimer's disease or another chronic dementia. The program also assists grandparent and other relative caregivers 55 or older who are caring for individuals 18-59 with a disability, and/or who are caring for children 18 and under who live in the same residence. Services are provided through federal and state funding channeled through PDA.

For more information on the Aging Waiver, Options or Caregiver Support programs, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

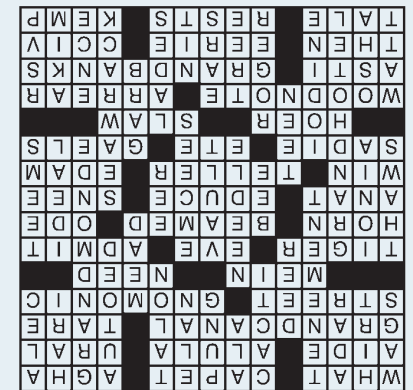
Information is also available at the follow-

ing websites:

- Administration for Community Living: acl.org; type "National Family Caregiver Support Program" in the search window.
- Pennsylvania Department of Aging: aging.pa.gov; type "Options program" in the search window.
- Pennsylvania Department of Human Services: dhs.pa.gov; type "Aging Waiver" in the search window. ☀

Crossword puzzle solution

(See page 19 for clues.)



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Dumpster diver

• continued from page 1

Such a perspective is important to Benson's work: She has produced 600 "Dumpster Diva" figures made from found objects, papier-mache, clay and fabric. Her goal is to make 1,000 of them.

Benson belongs to the Dumpster Divers, a band of artists who meet monthly to brainstorm, plan exhibitions and trade materials for their art. This art is made from items donated; put out at the curb; scavenged from scrap yards, yard sales, and thrift shops; and found on the street. The group celebrated a 25-year anniversary in October.

"We don't actually go into the dumpsters now; I think it's illegal," Benson says. Her brother, Neil, who co-founded the group, makes lamps out of old toys, and furniture from discarded street signs and license plates. "Trash is simply a failure of imagination," he says.

Benson says that as Zak was moving into her Mount Airy home, she was making room for his things and found old family photos and documents in several boxes her mother had given her.

"My mother saved everything, from old photos, deeds, military discharge papers, war ration stamps, even wallpaper and fabric samples from our family home," Benson says. "She also liked to give items a new life. I remember her taking a chair out of the neighbor's trash, reupholstering it and using it for 30 more years. I'd say she was an early environmentalist."

Benson used those old photos, along with bits and pieces her mom had saved, and made collage and assemblage tributes to her mother and her childhood.

Before she became an artist, she had been a collector of folk art, Latin American art and art she found in her travels, especially to one of her favorite places: Mexico. Her work is currently in a show called "Doll Therapy" in San Miguel de Allende.

"In the winter, many friends head to Oaxaca in Southern Mexico," she says. "I call it the art capital of the world, with the vivid colors of the sky, clothing, foods and interesting people. It's like a magical museum, and it's totally my place."

Benson's work has appeared in magazines, a book, and dozens of exhibitions, including ones at City Hall and Philadelphia Interna-



Barbara Sherf

tional Airport.

As for her Dumpster Diva figures, she describes the collection as "a family, a friendship circle, a tribe."

"I see a bottle cap on the street and turn it into a diva's hat," she says. "Old paintbrushes can be used as legs, and cigar boxes are really little homes where my friends go to play and live."

Following African art and Appalachian traditions, Benson also makes "memory jugs"

from bottles and other vessels. She decorates them with trinkets including seashells, glass shards, jewelry, coins, mirrors and other visual reminders of a loved one.

"I did one for my Uncle Eddie, who was in the Navy during World War II," she says. "It's red, white and blue and has his dog tags, naval artifacts and little boats epoxied all over." She'd like to donate the jug to a veterans' organization or the Independence Seaport Museum.

She also made a memory jug as a tribute to her mother, with items from her mother's sewing room and bits of jewelry.

Benson credits her mentors, Susan Andrews and Carolyn Fellman, who used to exhibit at the Philadelphia Craft Show, with inspiring her and encouraging her distinctive artwork.

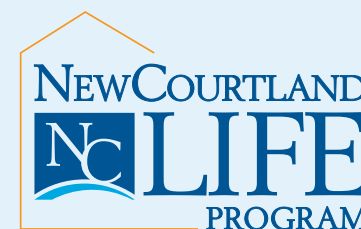
* * *

Benson houses much of her finished work at The Mill Studios in Manayunk. For more information, visit her online at inliquid.org, dumpsterdivers.org or unexpectedphila.com/portfolio. She can be reached at EllenBenson519@gmail.com.

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Author, religion professor deciphers dreams in search of real meaning

By Barbara Sherf

Author, teacher, dream interpreter and founder of worldspirituality.com David Low, 63, is a big believer in listening to one's dreams.

A Flourtown resident for seven years, Low received a bachelor's degree in zoology and anthropology from Duke University, went on for a master's degree in community counseling at Georgia State University, and received a doctorate in religious studies from Temple University.

Low authored "Universal Spiritual Philosophy and Practice" – a book about mystical experiences, including dreams, that he said came from a "minor epiphany" he had after teaching courses in religious studies for more than a decade.

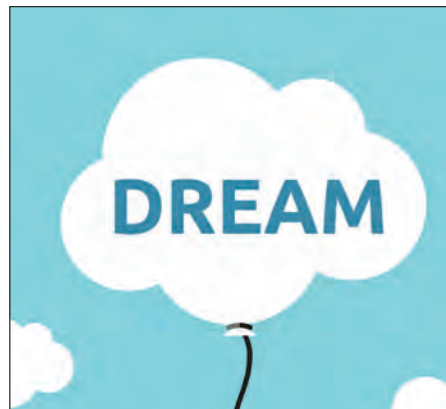
"It's the result of years of observation of different spiritual settings, of absorbing and pondering many teachings firsthand, and of examining my own and many others' innumerable experiences," Low said, noting that he started studying dreams in graduate school. "I had lots of dream experiences and spent decades analyzing them. If I had not worked over the years with many therapists and spiritual teachers who also value dreams, I would never have developed a talent for helping others understand what their dreams are saying."

Low facilitates a monthly dream circle at Center on the Hill in which a half dozen or more individuals share their dreams and are given feedback and interpretation by the group.

Low believes people need dreams for both brain maintenance and spiritual direction. "Studies long ago established that we need to dream in order to function," he said. "Everybody dreams every night. As far as spirituality goes, very few people have enough interest in dreams to really try to fathom them. We have to do our part. God doesn't spoon-feed us anything. We need to understand and to feel what the dream is presenting to us, and that means working with the symbols until you've nailed it and you feel it in your body."

"The dream source" – by which Low means God – may see fit to make things clear for us, or not. If not, we have to work harder to get the message, he said.

"Symbols are important for meaning, but



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a major second dimension is the feelings that you have in connection with the images in a dream," said Low. "And I don't think they're all about spirituality. There's no question that insults from daily events which shock the body or mind, like watching the news, eating too much food, having too much coffee ... those kinds of things can kick up a lot of dust. And a fair number of drugs also affect dreams one way or another."

As for the common dream of being chased, Low believes it's something you need to pay attention to.

"That's almost always about some responsibility that you're doing your best to ignore," he said. "It could be an external issue in your life like being careless with finances. It could be something about your health that you need to be more disciplined about. It could be a spirituality or attitude issue, like having to be more positive about some specific thing in your life. Being chased could be a zillion things ... It depends on the individual's situation."

Low believes that if you have a recurring unpleasant dream, you need to try to understand it, through therapy or otherwise – especially if there is turmoil in your life. That's the most crucial kind of dream situation, he said. "It could be a traumatic issue that you need help coming to terms with," he added.

* * *

Low, who can be reached at davidlowmsphd.com or david@worldspirituality.com, offers dream-centered therapy as well as written or verbal interpretations for people who want to know the meaning of a dream.

Author, speaker and writer Barbara Sherf tells the stories of businesses and individuals..



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Older workers

• continued from page 4

job," she said. She had left a longtime job she loved in 2016 for one that promised better pay and upward mobility. Instead, she faced a difficult office environment and an eventual layoff. A similar experience occurred in a subsequent job. After she had been laid off the second time, "I was shocked and devastated," D'Amore said. "I went into a tailspin of depression. I didn't even want to leave the house."

Eventually, however, she connected with Pennsylvania CareerLink at Suburban Station, a free program for Pennsylvania job seekers that offers services to enhance participants' job readiness and assist with their job search. She took computer classes and resume preparation workshops and went to counseling to help her cope with her job losses.

Partnering for success

JEVS Career Solutions for 55+ is housed within the CareerLink office at Suburban Station. The two organizations often partner on behalf of clients. D'Amore's CareerLink

counselors referred her to the JEVS program, which serves older job seekers who are not eligible for SCSEP. Services are free.

D'Amore attended a JEVS program designed for mature job seekers of diverse backgrounds and professions. Materials include different resume formats, several designed for career changers; interview materials; and other pertinent information, including on

placed in a full-time, temporary-to-permanent position as an office coordinator with a title insurance company. In addition, she enrolled in courses at Community College of Philadelphia to expand her skills and enhance her employability.

Unfortunately, as of the time Milestones went to press, D'Amore had lost her job with the title insurance company after the 90-day

Many older adults are eager to work. At the same time, older workers can offer distinct advantages to their employers.

temporary employment period. But things are different this time, she said. She can avail herself of JEVS' services, and her counselors at CareerLink continue to support her. D'Amore credits JEVS' Judy Cherry and CareerLink Microsoft facilitator Shirley Dash and workforce advisor DeLisa Curry for "teaching, listening, advising and mentoring me, but most of all, for really caring."

Despite her latest setback, "I feel very focused and positive now," D'Amore said, add-

ing, "I will be forever grateful to [my counselors]."

ing, "I will be forever grateful to [my counselors]."

A win-win enterprise

Given the opportunity, many older adults are eager to work. At the same time, older workers can offer distinct advantages to their employers in terms of experience, loyalty and flexibility, according to the U.S. Labor Department. The department notes that many employers remain unaware of these advantages — advantages that can make the employment of older workers a win-win enterprise.

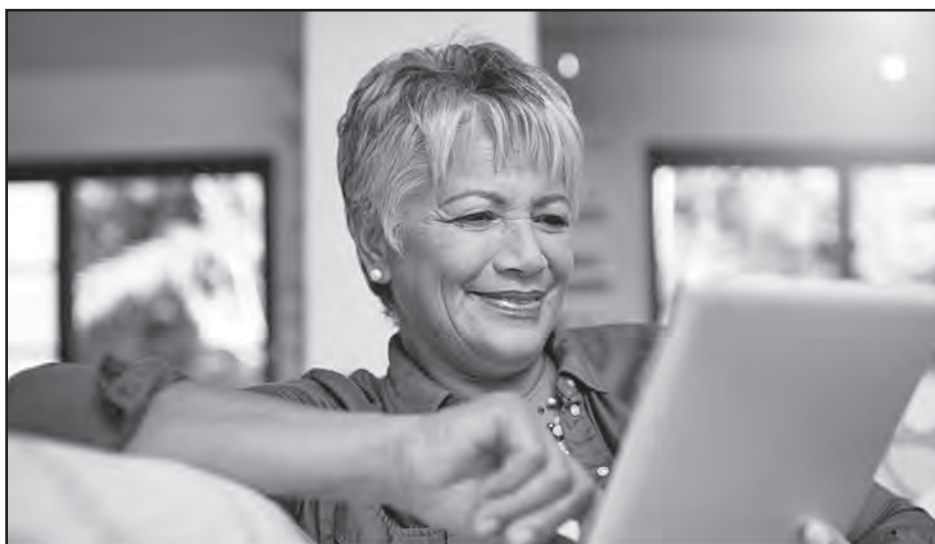
Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

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Paola Noguerras

"Labor Justice Radio" hosts Jim Moran, left, and Charles Clarke work their microphones.

Radio show

• continued from page 5

South Africa going on strike in response to news of another of the company's plants closing in Freehold, New Jersey. That performance led to a conversation about international corporations and commonalities shared among workers around the world.

"We try to bring up issues that are not necessarily talked about on other shows," Clarke said. "While we are pro-union, we also talk about things the unions could be doing in relation to the social issues of the day."

Labor Justice Radio can be heard Mondays from 5 to 6 p.m. on Philadelphia Community Access Media's station, WPPM 106.5 FM. A low-frequency community-based station, WPPM has a 90-watt signal that reaches about 800,000 people from Center City north to Lehigh Avenue; south to the sports stadiums, west to University City, and east to Cherry Hill in New Jersey. Those outside the coverage area can listen online at phillycam.org/radio/listen. Clarke and Moran can be contacted via their Facebook page, Labor Justice Radio.

Linda L. Riley is an award-winning journalist, book author and former editor of Milestones.

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Recipe Box

Mushrooms: Delicious, nutritious, and available in region year-round

Through the use of cold storage, fresh mushrooms are available year-round in Pennsylvania. They come in a wide variety, such as shitake, button (or white), enoki, oyster, maitake, and cremini. Mushrooms are actually fungi. However, the U.S. Department of Agriculture classifies them as vegetables because they provide many of the nutritional elements of vegetables, like copper – a key nutrient not widely found in substantial amounts in other foods – as well as potassium, folate, niacin, fiber, vitamin B6, iron, and zinc. Mushrooms are also a leading source of the antioxidant mineral selenium, which helps protect your cells from damage that may lead to chronic disease. The hearty mushroom recipe below can be served as a side dish or a main course.

Mushroom Risotto

(Servings: 4)

Ingredients:

- 1 tbsp. olive oil
- 3 small onions, finely chopped
- 1 clove garlic, crushed
- 1 tsp. minced fresh parsley
- 1 tsp. minced celery
- 1 ½ cups sliced fresh mushrooms

- ¼ cup heavy cream
- 1 cup rice
- 5 cups vegetable stock
- 1 tsp. butter
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

Directions:

Heat olive oil in a large skillet over medium-high heat. Sauté the onion and garlic



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in the olive oil until onion is tender and garlic is lightly browned. Stir in the parsley, celery, salt and pepper. Cook until celery is tender, then add the mushrooms. Reduce heat to low, and continue cooking until the mushrooms are soft.

Pour the milk and cream into the skillet, and stir in the rice. Heat to a simmer. Stir the vegetable stock into the rice one cup at a time, until it is absorbed.

When the rice has finished cooking, stir

in the butter and Parmesan cheese, and remove from heat. Serve hot.

Note: Risotto is traditionally made with an Italian, premium rice, known as Arborio. It is a bold grain that has a characteristic white dot at the center of the grain. Arborio rice develops a creamy texture around a slightly chewy center and has an exceptional ability to absorb flavors.

Source: Allrecipes.com

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TEMPLE UNIVERSITY RESEARCH

Singer, playwright

• continued from page 1

Mentoring by Thomas's father helped to ensure her success, but her mixed cultural heritage proved magical, too, she feels. "My father was Jewish, and my mother was Christian," Thomas says. "I'm half-Jewish, so I can tell a good joke, and I'm half-Irish, so I can tell a good story. I do Christmas parties and Chanukah parties. You name it."

Born and raised on Oxford Circle, Thomas came into her own in the '60s, a time when Philadelphia became known as a pulse point of American pop music. "You had Frankie Avalon, Bobby Rydell and Chubby Checker, not to mention American Bandstand," she recalls. "Who could have asked for more than to come from such a music town?"

After earning a bachelor's degree in French – she spent her junior year in France – and a master's in French and linguistics, Thomas tried careers ranging from high school French and English teacher to secretary and actress. "I still did occasional singing performances, at least until 1986, when my father died of cancer," Thomas says. "But I always did whatever survival jobs I could find to pay the rent. I discovered that I wasn't cut out for a 9-to-5

job." Thomas also pounced on every chance to travel. "I sang on cruise ships that went all over the world, I picked a mango off a tree in Bora Bora, and I stood on a glacier in Alaska," she says.

Thomas's love of French led her to adapt some works by playwrights from that country. "I had grown familiar with Moliere, considered one of Western literature's greatest masters of comedy," she says. "I felt drawn to adapt one of his plays, "Les Femmes Savantes," and bring it to New York because it lampoons academic pretension, among other things." Jean Stapleton, who portrayed Edith Bunker in the 1970s hit sitcom "All in the Family," starred in the resulting play, "Learned Ladies." It premiered in New York City in 1991.

Thomas also wrote "The Gamester," based on "Le Joueur," a 1696 comedy by French playwright Jean-Francois Regnard. She dialed up the humor and added more sex to heighten the appeal to American audiences. To date, she has adapted seven French plays, all of which have been published and produced.

Life has given Thomas good times, including the ones watching audiences enjoy her songs and plays, but she has weathered tough times as well. "My brother, Eric Spiegel, a brilliant jazz pianist, died of a drug

overdose years ago," she says. "I also had an early unsuccessful marriage, and two miscarriages during that time. I don't regret any of it. I hope to go on having fulfilling relationships."

Thomas's performances continue to bring joy to many baby boomers. She credits her youngest brother, Marc Shaw, with guiding her to play for seniors and teaching her to use sound equipment.

"Last week, I sang at a birthday party for a woman who had turned 107, and she got up and danced," Thomas said. "I like singing as much or more now than ever." She has found that she can touch a surprising group of listeners. "I recently sang on a dementia unit in Philly," she said. "At first, people were sitting in their wheelchairs with their heads drooping, but when I started singing 'Oh, What a Beautiful Mornin' and other show tunes, they perked right up. Singing is the best medicine. It heals audiences, and here's a secret: It heals me, too."

* * *

For more information, contact Freyda Thomas at 215-635-1138 or Freyda1262@gmail.com.

Native Philadelphian Constance Garcia-Barrio writes about many topics, including black history.

Don's Column

My career in Philadelphia newspapers



By Don Harrison

Kids I tell about my 19 years at The Bulletin see it as some sort of primeval anachronism.

Too bad. At one time, The Evening & Sunday

Bulletin was a Philadelphia institution, a journalistic giant known throughout our nation, if for no other reason, for its slogan: "In Philadelphia, NEARLY everybody reads The Bulletin."

Apparently, that wasn't enough. The Philadelphia market proved no longer big enough for three full-size daily newspapers, and to the surprise of most observers, it was The Bulletin that went under.

Traumatic as this was for the huge staff, it was a little less so for "the boat people," those of us who had jobs waiting. The day after The Bulletin died, I was at the Daily News, as deputy opinion editor. I helped to develop a full-scale opinion section with columns, letters, op-ed essays, and editorials. I wrote some, but the superstars were writer Rich Aregood and brilliant cartoonist Signe Wilkinson – both future Pulitzer winners.

Coincidentally, I was at the Daily News for 19 years, as long as I had been at The Bulletin. I was assistant managing editor at The Bulletin when it folded, but in my 19 years, I had held a number of posts, including city editor (during some of the turbulent Rizzo years).

When I "retired" from the Daily News, it was the first time in my adult life I had been at liberty, but that didn't last long. Philadelphia Corporation for Aging (PCA)

had taken over Milestones and was looking for an editor. In that role, I developed a stable of freelancers (many whom are still writing for Milestones) and began this column. Primarily for budgetary reasons, PCA has since switched to editing and publishing Milestones itself, but this column continues.

The only tangible reminder of The Bulletin is the mammoth Bulletin Building at 30th and Market streets, across from 30th Street Station. It's now a Drexel University property.

The Inquirer and Daily News have expanded and improved, but The Bulletin was something special. As a boy, I delivered it to doorsteps; many years later, I played a part in what was being delivered.

Words to remember

Years earlier, I had been a GI, drafted to serve. At first, the Army assigned me to the ordnance school to take a course in (take a deep breath) light anti-aircraft fire control equipment repair. It was far beyond me, I'm afraid, and I was terrified that I'd be sent overseas and ordered to repair this equipment – and we'd lose the war!

But two circumstances intervened. The equipment itself became obsolete even before the course ended. And the Army, in its infinite wisdom, reassigned me to a specialty for which I was better suited.

All I remember of that first exercise in military academics was its title, and I'll never forget those seven words.

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.

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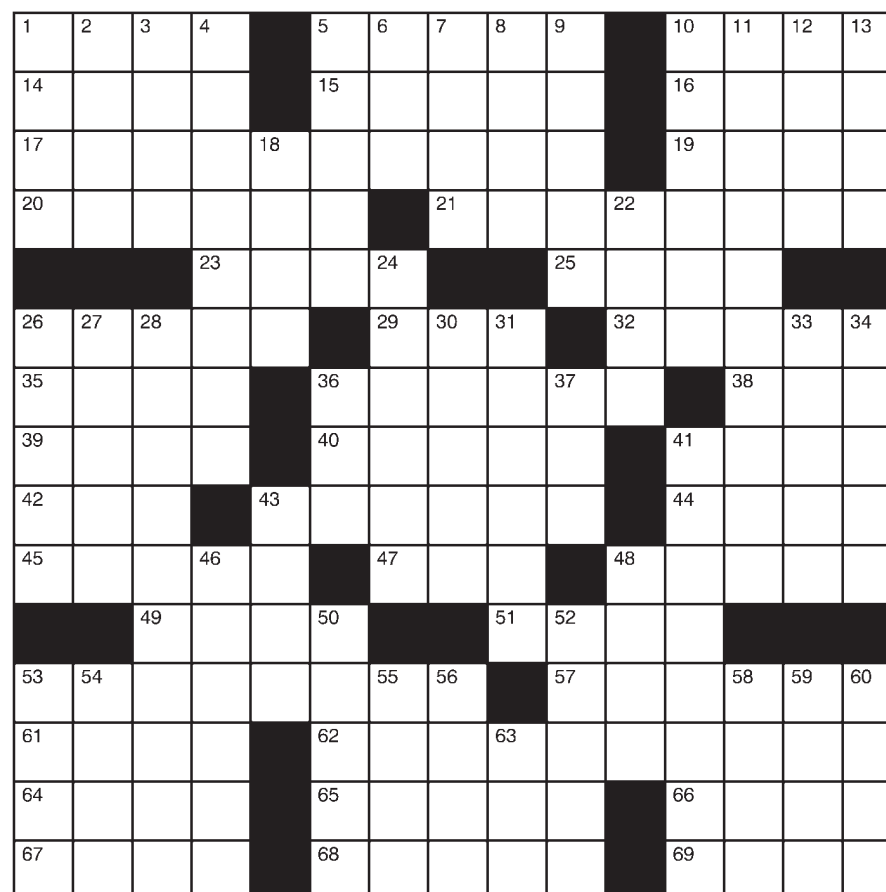
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Crossword

In Style

Solution

The solution can be found on page 13.



Across

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|---------------------|-------------------|------------------------|-------------------|
| 1 ___ Price Glory? | 23 Chow or lo | 42 Carry the day | 61 Piedmont |
| 5 French monarch | follower | 43 Credit-union | commune |
| 10 Turkish title | 25 Exigency | employee | 62 Noted fishing |
| 14 Subordinate | 26 Zoo attraction | 44 Dutch comestible | grounds |
| 15 Bird's "thumb" | 29 Ms. Arden | 45 Maugham's | 64 At that moment |
| 16 Caspian feeder | 32 Concede | Thompson | 65 Macabre |
| 17 Venetian | 35 Antler | 47 French palindrome | 66 LI times IV |
| thoroughfare | 36 Smiled warmly | 48 Isle of Man natives | 67 Narrative |
| 19 Common vetch | 38 Pindaric | 49 Gardener, at times | 68 Takes five |
| 20 Downing or Fleet | 39 Pre-med subj. | 51 Barbecue side dish | 69 Former HUD |
| 21 Pertaining to | 40 Infer | 53 Forest sound | Secretary |
| sundials | 41 Dagger | 57 Debt | |

Down

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|----------------------------|------------------------|-----------------------|-----------------------|
| 1 Jokers | 11 Fashionable society | 33 Paragon | 53 Steam-engine |
| 2 Trumpeter Al | 12 Mata ___ | 34 Pours | pioneer |
| 3 Between Shebat | 13 Actor McCowen | 36 Drone | 54 Job-safety org. |
| and Nisan | 18 Sambar | 37 Ending for auction | 55 Arboretum exhibit |
| 4 Flat | 22 Hoover Dam's lake | or mountain | 56 Corn servings |
| 5 Desert plants | 24 Heckle | 41 Alga | 58 Ending for confer |
| 6 ___ <i>bonne heure</i> : | 26 Melts | 43 High-schooler | or depend |
| well done! | 27 City east of Grand | 46 Jimmy Hatlo's | 59 Actor Tamiroff |
| 7 Sleigh | Rapids, MI | Little ___ | 60 Invitation letters |
| 8 Verve | 28 1932 Oscar winner | 48 Attire | 63 Insect egg |
| 9 Ogee moulding | 30 Bank room | 50 Toon rabbit | |
| 10 Travelled by car | 31 Game-show hosts | 52 Takes on cargo | |



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