



PHILADELPHIA CORPORATION FOR AGING

Milestones™

January 2020 • Free

IN THIS ISSUE

EMERGENCY FUND



Help PCA help Philadelphia's older adults this winter

P7

LETTERS OF LOVE



How to leave a missive that matters for you and your loved one

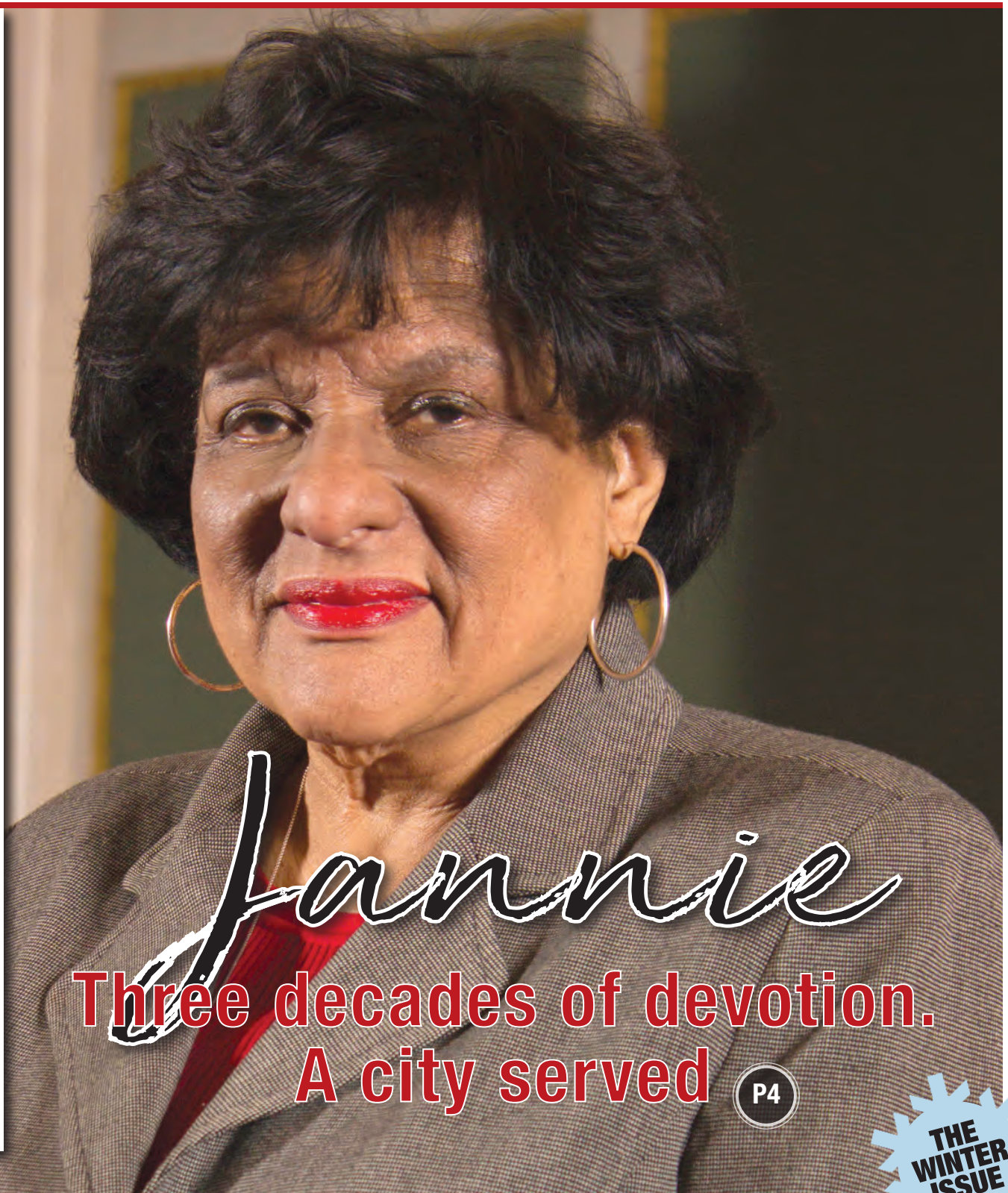
P10

THINGS TO DO

Brighten this dull season by taking part in some of Philly's noted events



P5



Jannie
**Three decades of devotion.
A city served**

P4



PCA

PHILADELPHIA CORPORATION FOR AGING

WHAT 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
- Home-delivered meals
- Home repairs and modifications
- Protective services
- Senior centers
- 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.

Milestones

Published by Philadelphia Corporation for Aging

Call 24/7 to report suspected elder abuse.
PCA Helpline: 215-765-9040
Outside Philadelphia toll-free:
888-215-765-9041 (TDD)
pcaCares.org

Holly Lange, President and CEO

Board of Directors

Katherine E. Galluzzi, D.O.,
F.A.C.O.F.P., *Chair*
Judee M. Bavaria, *Vice Chair*
Satya B. Verma, O.D., *Secretary*
Glenn D. Bryan, *Treasurer*

Louis A. Bove, Esq.
Nora Dowd Eisenhower, Esq.
Lynn Fields Harris
Angela Foreshaw-Rouse
Fran Miller
Victor M. Negrón, Jr
Diane R. Posternack, SPHR
Lenore Wasserman Scola
Eloise N. Young
Jacqueline S. Zinn, Ph.D.
Emeritus: Arthur E. Helfand, D.P.M.

Milestones is published monthly and distributed at more than 1,100 locations throughout Philadelphia, Lower Bucks and Eastern Montgomery counties.

Check us out online: pcaMilestones.org.

Editor: Alicia M. Colombo
215-765-9000, ext. 5081
PCA, 642 N. Broad St.
Philadelphia, PA 19130
Email: milestonesnews@pcaCares.org

Advertising: Teresa Heavens
215-765-9000, ext. 5053
Email: Teresa.Heavens@pcaCares.org

Subscriptions & Distributions:
Luca Jennings 215-765-9000, ext. 5050
Email: Luca.Jennings@pcaCares.org
Home delivery: \$12/year

The views expressed in Milestones are not necessarily those of Philadelphia Corporation for Aging (PCA). Milestones will not knowingly accept or publish fraudulent or misleading advertising. Milestones reserves the right to edit, revise or reject ads. Milestones assumes no responsibility for errors, misprints, omissions or misinformation; for failure to publish an ad; or for any damages of any kind. Neither the publisher nor any other party is rendering expert advice in this publication. No part of this newspaper may be reproduced without the permission of PCA.

©2020 Philadelphia Corporation for Aging. All rights reserved.

EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor



Happy New Year, and welcome to 2020! Weren't we supposed to have flying cars by now? The movies and literature often depict an overly ambitious timeline for progress. The same can be said for New Year's resolutions.

.....

“A goal without a plan is just a wish.”
~ Antoine de Saint-Exupéry

.....

How many years have you had the same resolution(s)? If you're like most people, you have the best of intentions come the New Year. But by the end of January, you're back to your old habits. Why? Because you didn't actually make a resolution; you just made a statement. A resolution is “a firm decision to do or not to do something,” “a quality of being determined,” or “the action of solving a problem.” Simply uttering the words “This year, I'm going to lose weight, quit smoking, save money, etc.” is not enough.

You need a plan and most importantly, you need to follow through.

In 2019, I took a new approach to my goal setting for the year. I ditched the “sudden death” method of going all-in until the first slip-up, then abandoning my goals until next year.

After my best friend posted a “Fall Bucket List” on social media in September, I had what Oprah would call an “aha moment.” My friend's list included things she wanted to accomplish before the season ended. To see it stated so simply and resolutely was life-changing for me.

The problem with most goal setting is that we don't include a realistic timeline or break down momentous goals into small, manageable steps – both crucial to success. I suggested to my friend that we get together in the beginning of the year to write down our goals

in specific terms and include seasonal steps. She created a vision board. I developed a color-coded spreadsheet. We agreed to check in every season to report our progress and challenges.

I set four major goals for 2019 – lose weight, improve mental health, achieve work/life balance and renovate my home. I wrote down specific steps of what I wanted to accomplish in each area and by when, using the four seasons as quarterly deadlines.

It was a great plan, really. But life intervened and I became overwhelmed with all that I wanted to accomplish. Even so, I was undeterred. I continued to make progress in some areas, even after I realized I couldn't do it all in a year. But in that year I did a lot. I crossed something off my Bucket List: I went to Disney World for Christmas, and it was amazing. I also renovated two rooms in my house: the kitchen and scrapbook room, both of which I now use and enjoy regularly. Books were read. Concerts were attended. Gratitude was practiced. More time was spent with people who really mattered. Through it all, I discovered that I can persevere and succeed, despite setbacks.

I have learned that one major life goal plus one project is enough for me, so 2020 will be the year of health. Now, all I have to do is decide between a two-week trip to Italy and a fully remodeled bathroom.



Always Best Care™
senior services

***Community Health Choices Provider in
Philadelphia, Lower Bucks, Delaware Counties,
now servicing the Main Line Area!***

A leader for IN-HOME CARE & FREE ASSISTED
LIVING PLACEMENT for more than a decade.



In-Home Caregiving

- Meals Cooked and Served
- Transportation/Social Outings
- Domestic Services
- Personal Care Assistance

Free Placement Services

- Finding the Right Community
- Matching Budget, Health Care Needs, and Location
- Personal Tours
- Negotiating Rates

Contact us today for a FREE consultation!

Philly • (267) 909-9248

Lower Bucks • (267) 812-5744

www.abcphillybristol.com

Jannie Blackwell: A conversation with Councilwoman, city servant

By Kerith Gabriel

In an office littered with memories honoring a lifetime of service to Philadelphia, City Councilwoman Jannie Blackwell sits in the only chair that doesn't have a stack of papers, plaques or other items resting atop.

On this day, Blackwell has invited a Milestones reporter into her office on the fourth floor of City Hall. She's spent nearly three decades in this room serving Philadelphia's Third District, which encompasses a large swath of West Philadelphia, Southwest Philadelphia and University City. At first glance, the room might appear as if Blackwell is a bit of a hoarder, but she's in the process of sorting through and cleaning out 27 years of memories as Councilwoman.

"Oh, there's more I've already brought home," Blackwell, 74, says, pointing to the trophies, plaques and other honorable merits received over a midlife in city politics. "These are just the ones I received since people knew I'm on the way out."

The "way out" Blackwell is referring to is the end of her time as City Councilwoman, as the seven-term incumbent — first elected in 1992 — was unseated by Council newcomer Jamie Gauthier last May. It's news that finally appears realized to Blackwell despite being unseated seven months prior. Admittedly, one look at the length of her career and it's easy to see it would've been hard for anyone entrenched in city politics as long as Blackwell has to come to grips with, regardless of fortitude.

"It's been an honor to have been able to serve for as long as I did," said Blackwell. "I still remember my first day on [City] Council. When I came in, all newbies had to sit in the back row but because of Lucy, they let me sit on the front row. So I felt like I've always had the respect in office both inside and out-



The final days of Jannie Blackwell inside the City Hall office where she spent 27 years serving the citizens of Philadelphia.

side from day one and that respect is all one could ever ask for.

"Lucy" is Blackwell's affectionate name for her late husband in former state Rep., City Councilman and U.S. Rep. Lucien Blackwell, who repeatedly came into discussion.

It was Lucien Blackwell who introduced Jannie to the life she'd know today back when she was a city school teacher. He asked Jannie to assist him as his aide in City Council in 1975, the beginnings of what amounted to a near 20-year-career as a city politician. The front row seat she's referring to was actually her husband's, ensuring that the Blackwell family literally remained seated in the same chair in city politics for 44 years.

"I met [Lucien] when I actually was teaching his children at [Henry C.] Lea School in West Philadelphia and I remember when he asked me to quit be-

cause they created a new seat in the 188th District and they need somebody to listen to," Blackwell recalled. "All my life I wanted to be a school teacher but he said, 'if you do this, you'll affect the lives of not only students you teach but the lives of students across the city and beyond.' He was so dedicated in trying to make a difference, and I could see how passionate he was about it, so I left."

The lives of students aren't the only thing Blackwell touched. In her time in City Council she worked with community officials and other constituents to steer a revitalization of West Philadelphia, namely University City, which from an infrastructure standpoint has received a boom courtesy of the colleges and universities that have spread out to outlying areas. As it pertains to working with PCA, Blackwell's office was instrumental in the relaunch of the Firehouse Active Adult

Center on 53rd and Haverford avenues. But it's perhaps the rapidity of that revitalization that may have cost Blackwell her seat as she'd tell reporters following her loss in the May primaries that a pro-development PAC bought control of the district, whose goals align more with gentrifying the district instead of growing and revitalizing it.

This notion was a sour grape for Blackwell even during this conversation. Though in an effort to take a higher road she chose not to place any blame but instead remain apologetic to the people she's spent much of her life in service to.

"I hope the people of my district know I always did everything in my power to help them," Blackwell said. "If I could do it, I would. It may not be right away, but I did what I could. Even now, knowing I'm leaving, I'm still doing all I can to ensure the work I told people would be done will still happen whether it's under my watch or not. I owe it to them for putting their faith in me and I know that."

There's calm to Blackwell as she says all of this as if she has the grand plan to do so even though by the time you may read this, all of the accolades that adorn her tiny City Hall office will be gone and her time serving Philadelphia will have come to a close. Perhaps it's the feeling of looking around her office and seeing all of the good she's done serving as proof that there's nothing to regret. While she's not sure what's next, Blackwell said she's happy that she'll have a chance to reminisce over a life well-lived and a city well-served.

"I've seen so much over that time, so much," said Blackwell. "The [former Mayor Frank] Rizzo days, the fights in City Council ... so much history of this great city; if one could say I've seen it all know that I have."

Kerith Gabriel is the communications manager at Philadelphia Corporation for Aging.

THE
WINTER
ISSUE

Six events to melt away a gloomy winter in Philadelphia

It can be difficult to get out of the house once the temperatures drop, but don't let the cold hold you back. Everyone may want to stay inside, but there are plenty of events going on throughout the city every winter to keep you moving. Warm up your grandkids' day with some exciting after-school fun, or take the initiative to go out on the town by yourself or with some friends for the day.

Blue Cross RiverRink Winterfest

This waterfront park is constantly changing with the seasons. The roller skating rink has been turned into an ice rink, and all the little shops around it are now selling Winter-themed goods. Come by any day of the week to enjoy this free festival. Bring the whole family out for an exciting time of games, activities, food and more. There's an arcade room just for the kids, and there's a warming cabin and plenty of fire pits for you if you get too chilly. It's never a bad time to take advantage of Philadelphia's expansive waterfront. | Jan. 1-Mar. 8. Free. Blue Cross RiverRink, 101 S. Columbus Blvd. 215-925-RINK.

DelawareRiverWaterfront.com.

Creative Cleansing Colors

Unlock the benefits of art therapy at this painting workshop. All are welcome to express themselves however they like through their artwork. Supplies will be provided for you at the event, just bring your imagination and creativity. Don't worry about your artistic skill level. Art therapy can be helpful for just about anybody, even if you've never picked up a paintbrush before. | Jan. 24. 6:30 p.m. \$50. Holme Cultural Center, 2840 Holme Ave.

Philadelphia Flower Show

Winter hasn't killed off all the blooms. Get some flowers to keep in your home at this annual flower show hosted by the Pennsylvania Horticultural Society. Let



the bright colors and gentle aromas of all these beautiful plants entice you as you browse the seemingly endless displays. This show never fails to impress, and leaves us hanging on, wondering how they'll upstage their previous shows. This year's theme is Riviera Holiday. | Feb. 29-Mar. 8. \$35. Pennsylvania Convention Center, 1101 Arch St. 1-888-718-4253. TheFlowerShow.com.

Travel and Adventure Show

There is no better time to plan an escape from Philadelphia. It's not that we don't want you to stay here. We just want you to go somewhere with better weather. You may feel motivated at this point to go on a tropical vacation, or anywhere that's warmer than here. No matter where you want to go, you will find inspiration

at this expo of travel destinations and the plans to take you there. See the world and live your life to the fullest. | Mar. 14-15. \$11-\$18. Pennsylvania Convention Center, 1101 Arch St. 203-878-2577. TravelShows.com/shows/Philadelphia.

Hello, Dolly!

This legendary musical has made a huge comeback. It first hit the stage on Broadway in 1964 and was brought back to life in 2017. After a warm reception, the show has been expanded to a tour across North America. Secure your seats to this spectacular four-time Tony Award winning show. Who knows if it'll be taken off the stage once again? We really hope not, especially with all the praise the show has received. Don't miss your chance to see Carolee Carmello reprise the title starring

role. | Feb. 19- Mar. 1. \$29-\$119. Academy of Music, 240 S. Broad St. 215-893-1999. KimmelCenter.org.

Celine Dion

The iconic singer is making her way back to Philadelphia on tour for the first time in about 10 years. We know some of you may have been wondering when you'd get to see her again. Bring your friends that are fellow fans for an unforgettable night filled with her beautiful voice. Your heart won't go on if you don't catch her while she's in town. | Feb. 26. \$55-\$245. Wells Fargo Center, 3601 S. Broad St. 215-336-3600. WellsFargoCenterPhilly.com.

Alex Nagy is a freelance writer and a full-time journalism student at Drexel University.

Recipe Box

Celebrate Chinese New Year with these traditional recipes

Chinese New Year officially begins on Saturday, January 25 as many will join to welcome in the year of the rat. Celebrations often last approximately 23 days, which is plenty of time to cook up some classic Chinese dishes.

Chinese Almond Cookies

Ingredients:

120 grams almond meal/flour (1 cup)
 180 grams all-purpose flour (1 ½ cup)
 120 grams sugar (⅔ cup minus 1 Tbsp.)
 ¼ tsp. salt (kosher or sea salt; use half if using table salt)
 1 tsp. baking powder
 1 tsp. baking soda
 120-150 mL. neutral flavor oil (vegetable, canola, etc.) (½-⅔ cup, more or less)
 1 large egg yolk
 Roasted unsalted almonds (for decoration) (optional)

Directions:

Gather all the ingredients. Center a rack in the oven and preheat the oven to 350°F.

Combine all the dry ingredients in a stand mixer. With your mixer on low-medium speed, mix all together.

Slowly add oil and mix until a cohesive dough forms. The dough should

be just sticky enough to hold its shape when you try to roll into a ball. If it looks more like crumbs, add 2-3 tsp. (10-15 mL.) vegetable oil at a time.

Weigh the dough to make 0.4 oz/10 g (1 inch cookies) OR 0.7 oz/20 g (1 ½ inch cookies) rounded portion and roll it into a ball with your palms. Place it on a baking sheet lined with parchment paper and repeat until all the dough is used up. You can make a 10 gram ball using a teaspoon measuring spoon.

If you want to put a piece of almond on the cookie, hold the cookie ball on your palm and gently press the almond into the dough.

Beat the egg yolk in a small bowl. Using a pastry brush, lightly glaze the top of the cookie balls with the egg yolk.

Bake for 15-20 minutes, or until the cookies become slightly golden. Let them cool on a wire rack and store in an airtight container.

Source: *Just One Cookbook*



iStock



iStock

Spicy Pork Noodles with Scallions and Bok Choy

Ingredients:

7 oz. thin rice noodles or rice sticks
 2 tbsp. canola oil, divided
 1 head bok choy (about 1 lb.), chopped, greens and whites separated
 3 scallions, sliced, greens and whites separated
 2 tbsp. minced fresh ginger
 ¼ cup chili-bean sauce or chile-garlic sauce
 1 lb. ground pork
 2 cups unsalted chicken broth
 3 tbsp. reduced-sodium tamari or soy sauce
 1 tsp. sugar
 1 tbsp. cornstarch
 1 tbsp. water
 Crushed red pepper for garnish

Directions:

Cook noodles according to package directions. Drain and rinse under cold water. Set aside.

Meanwhile, heat 1 tbsp. oil in a large flat-bottomed wok or cast-iron skillet over high heat. Add bok choy whites and cook, stirring for 1 minute. Add bok choy greens and cook until wilted, about 1 minute more. Transfer all bok choy to a medium bowl.

Add the remaining 1 tbsp. oil, scallion whites, ginger and chili-bean (or chile-garlic) sauce to the pan. Add pork and cook, crumbling with a wooden spoon, until no longer pink, 3 to 5 minutes. Add broth, tamari (or soy sauce) and sugar. Mix cornstarch and water in a small bowl and add to the pan. Bring to a boil and cook, stirring until slightly thickened, about 1 minute. Stir in the reserved noodles and bok choy; cook, stirring until heated through, about 1 minute. Served topped with scallion, greens and crushed red pepper, if desired.

Source: *Eating Well*



PCA Emergency Fund: Help us help Philadelphia's older adults

By Shannon Reyes

As temperatures dip, most people turn up their heaters to combat the brutal weather. But for many of the city's older adults turning on the heat is not an option, as Philadelphia has one of the highest senior poverty rates in the country.

"Requests for emergency funds during the winter months are greatly needed and appreciated as many older adults cannot afford the expenses related to paying to heat their homes," says Holly Lange, president and CEO of Philadelphia Corporation for Aging (PCA).

Since 1979, PCA has managed the Emergency Fund for Older Philadelphians, which provides immediate funds to older adults facing a financial burden. Over the last 40 years, the Emergency Fund has delivered more than \$3.9 million in emergency assistance to seniors in need.

During the winter months, individuals with limited means face incredibly tough choices, often deciding whether to heat or eat. Last year, 55% of Emergency Fund aid was used for heat.

"Poverty among our older adults is growing," says Chris Gallagher, PCA Helpline director and manager of the Emergency Fund. "Unfortunately, donations to the fund have not kept pace with the rising need in the city."

As of mid-December, PCA's Emergency Fund totaled just more than \$35,000. In November alone, funds disbursed for oil totaled nearly \$20,000. Last year, the fund disbursed more than \$186,000 to those in need. Rising prices of heating oil have also played a significant part in the increased need for funds. During the winter of 2018-2019, the average price of oil jumped 50 cents to \$3.10 per gallon, stretching the Emergency Fund to its limits.

In addition to providing heating oil to homes, the Emergency Fund also pro-



Poverty stricken older adults in Philadelphia often have to make the cruel decision whether to heat or eat.

vides aid for housing, food, medicine and other utilities. All disbursements from the fund are capped at \$100 with the exception of payments for heating oil, which are instead capped at 100 gallons. Referrals for Emergency Fund assistance are only accepted from recognized social service agencies and the clergy. For more information, call the PCA Helpline at 215-765-9040.

"It was quite a relief to get the assistance I needed. I was getting to the point where my gas was going to be shut off and I was getting very concerned," a 2018 recipient of emergency funding told PCA under condition of anonymity.

To donate, visit pcaCares.org/donate. Donations can also be marked "Emergency Fund" and mailed to PCA, 642 North Broad St., Philadelphia, PA 19130. For information on corporate and foundation giving opportunities, contact Teresa Heavens, PCA director of marketing and communications, at 215-765-9000, ext. 5053, or email teresa.heavens@pcaCares.org.

Shannon Reyes is public relations specialist at Philadelphia Corporation for Aging.



Preserving Independence with Exceptional Care

For Our Clients:

- Bathing, dressing, grooming, toileting
- Grocery shopping
- Light exercise
- Light housekeeping
- Meal preparation
- Accompany to medical appointments
- Changing Linens/Laundry
- Community Integration
- Respite
- Companion Services
- Assistance while families are out of town
- Holiday Helpers
- Additional services by request or per service plan

For Our Caregivers:

- Competitive Wages
- Medical/Dental/Life Benefits
- Paid Time Off (PTO)
- Holiday pay at time & a half
- Paid travel time between clients
- Paid training
- Personal Protective Equipment
- Discounts on scrubs & protective footwear
- Reward & Recognition program
- Flexible schedules



24/7 On-Call
Support Services



Wellness & Home Safety
Visits by Staff Nurse



MUSIC
& memory
Program

FREE

In-Home Services Assessment

Accepting:

Medicaid, Private Pay,
and most insurance plans



www.jevsathome.org



9350 Ashton Rd., Suite 102, Philadelphia, PA 19114

| 267.298.1325

Send your calendar items to
MilestonesNews@pcaCares.org
by the 25th of the month
(for publication in month after next).

Questions? 215-765-9000, ext. 5081

1
Jan

Mummers Parade

9 a.m. to 6 p.m.
Broad & Chestnut streets
1-800-537-7676.

2
Jan

New Year's Celebration Lunch

11 a.m. to 12:30 p.m.
Center in the Park.
Register: 215-848-7722.

3
Jan

Trip to Mohegan Sun & Pocono Downs

Depart at 9:15 a.m. &
return at 7:30 p.m.
PSC – Arts. Register:
215-545-5879. \$

7
Jan

Positivity Through Art

Workshop mini-series
incorporating art therapy
& mindfulness.
12:45-2:45 p.m.
Tuesdays through Jan. 28.
KleinLife: NE Phila.
215-698-7300.

8
Jan

Movie House Productions

Free screening of
“The Nostalgia Cabinet,”
featuring sights & sounds
of 20th century Americana.
1 p.m. PSC – Arts.
215-545-5879.

9
Jan

Resource Fair

Census 2020 info,
utility assistance
& health services.
10 a.m. to 1 p.m.
Lutheran Settlement House.
215-426-8610, ext. 1204.

10
Jan

Winter Concert

Featuring singer Irina
Fogelson & musician
Arthur Paley. 12:30 p.m.
KleinLife: NE Phila.
215-698-7300.

11
Jan

Bagels & Bible

Informal Torah study over
snacks following Saturday
services. Noon.
Congregations
of Shaare Shamayim.
215-677-1600.

14
Jan

Smartphone Smarts: Androids

10 a.m.
Marconi Older Adult Program.
215-218-0800.

16
Jan

Martin Luther King Jr. Trivia Day

Test your history
knowledge while
honoring the civil
rights leader.
10 a.m. to 2:30 p.m.
Center in the Park.
215-848-7722.

20
Jan

Martin Luther King Jr. Day of Service

Mlkdayofservice.org

22
Jan

Health & Social Resource Fair

Start the new year in a
healthy way with free health
screenings & giveaways.
1-4 p.m. Parkway Central Library.
215-686-2860.

27
Jan

Rain Check Workshop

Join the Philadelphia
Horticultural Society
to learn how to reduce
pollution in our waterways.
6 p.m. Fishtown
Community Library.
Register: 215-988-1698.

29
Jan

History of the Flower Show.

Learn the history
behind this iconic
Philadelphia tradition.
6 p.m.
Parkway Central Library.
Register: phsonline.org

30
Jan

Women Justices of the Supreme Court

Learn about the lives of
the four extraordinary
women who have
served on the nation's
highest court.
12:30 p.m.
KleinLife: NE Phila.
215-698-7300. \$

Chinese New Year Celebration

5-9 p.m.
Dilworth Park.
215-440-5500.



Martin Luther King Jr. Day: Jan. 20



Stay safe, secure and well-cared-for with PCA.

Philadelphia Corporation for Aging has more than 45 years of experience helping seniors get the care they need to stay in their own homes.

For service coordination you can rely on, choose PCA.

215-765-9040
pcaCares.org



PCA

PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™



Writing a family love letter

By Barbara Sherf

There is a website for just about everything.

One particular site sparked me to offer a class to seniors on writing a love letter to their families (and friends) that talks about their legacy through the stories, hopes and desires for their family and sharing their legacy lessons.

According to the familyloveletter.com site, "the family love letter is an indispensable planning tool allowing you to enhance the legal planning and legacy documents you may have prepared bringing clarity, reducing stress, and minimizing the conflicts, which often follow an incapacity or death."

In writing my own family love letter, I found it easiest to do a simple "brain dump" and then organize the letter into different categories.

Space won't permit me to post my entire love letter here, but I am providing the opening and closing sentences, some of the topics covered and a few actual entries to get you started:

Dear Family and Friends,

Thank you for helping me to live well, laugh often and love much! I also embrace another saying: cherish every memory, love every moment and embrace every possibility.

Stories make you rich

People want to hear stories. It's what connects us. I've written a book of stories, hundreds of articles, taught storytelling and participated in professional storytelling competitions.

Making mistakes

I've learned to look somebody in the eye if possible, or pick up the phone and apologize when you need to apologize. We are all human and mistakes happen. I've learned that people will forgive you if you offer a sincere apology.

Doing the hard work

After writing the book about my dad's stories and then seeing him develop dementia, I learned how important it was to

• continued from page 11

Stay safe, secure and well-cared-for with PCA.

Philadelphia Corporation for Aging has more than 45 years of experience helping seniors get the care they need to stay in their own homes.

For service coordination you can rely on, choose PCA.

215-765-9040
pcaCares.org



PCA

PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™



Writing a family love letter

By **Barbara Sherf**

There is a website for just about everything.

One particular site sparked me to offer a class to seniors on writing a love letter to their families (and friends) that talks about their legacy through the stories, hopes and desires for their family and sharing their legacy lessons.

According to the familyloveletter.com site, "the family love letter is an indispensable planning tool allowing you to enhance the legal planning and legacy documents you may have prepared bringing clarity, reducing stress, and minimizing the conflicts, which often follow an incapacity or death."

In writing my own family love letter, I found it easiest to do a simple "brain dump" and then organize the letter into different categories.

Space won't permit me to post my entire love letter here, but I am providing the opening and closing sentences, some of the topics covered and a few actual entries to get you started:

Dear Family and Friends,

Thank you for helping me to live well, laugh often and love much! I also embrace another saying: cherish every memory, love every moment and embrace every possibility.

Stories make you rich

People want to hear stories. It's what connects us. I've written a book of stories, hundreds of articles, taught storytelling and participated in professional storytelling competitions.

Making mistakes

I've learned to look somebody in the eye if possible, or pick up the phone and apologize when you need to apologize. We are all human and mistakes happen. I've learned that people will forgive you if you offer a sincere apology.

Doing the hard work

After writing the book about my dad's stories and then seeing him develop dementia, I learned how important it was to

• continued from page 11

Love letter

• continued from page 10

help other families capture their life stories. It is perhaps the most valuable work I have done. In writing this and some of my stories and teaching memoir classes, I have found it to be the most difficult, but most rewarding writing one can do. It's like peeling away at an onion and getting to the core of what really matters most.

Relationships

I've learned that people do come into and out of your life for reasons.

I've learned to surround myself with a good group of girlfriends, who have listened and supported me as I hope I have for them. I've learned to stand by old friends who may have drifted, but also to develop new friendships along the way.

Good neighbors are hard to find. I've learned to invest time with my neighbors.

Pets

Get one (or more) and if you can do a rescue, even better. To date, we've had three rescued golden retrievers who made us laugh and walk and brought us unconditional love every day.

Stuff

I have learned that I am enough. I have enough.

Sharing

I've learned to give my talents and money to good causes, but I have also learned how to say "no" when giving of myself was harming me or taking away from some of my goals.

Caregiving

I learned to be a caregiver without complaint, but that to be a good caregiver you must take good care of yourself. I would jump in again without hesitation to help care for a loved one. No regrets.

Listening

I've learned that if you want to be heard, speak up...if you want to be seen, stand up, and if you want to be appreciated, zip the lip, shut up ... and listen.

Closure

I've learned the importance of putting my affairs in order as much as possible while still on the planet and the importance of peeling away at my onion.

I am no saint, but I've learned to forgive myself and try to be a better person. I've learned to dance in the rain and the power of gratitude. For all of you and for all of these life lessons, I am truly grateful.

This much I know is true.

As a note to the reader, I am such a planner that I have my obituary written and instead of making New Year's resolutions I update it every January.

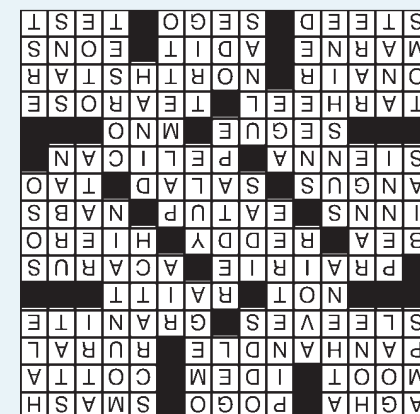
Perhaps I will share some tips on writing your own obit in a future story or col-

umn. Stay tuned and good luck with this important legacy planning tool.

Author and speaker Barbara Sherf captures the stories of businesses and individuals.

Crossword puzzle solution

(See page 15 for clues.)



FUNERALS COST MORE THAN YOU MIGHT THINK ...

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

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

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

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

BENEFIT will NEVER decrease because of your age or health.

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

For Faster Service Call Toll Free Today 1.800.852.2600

Visit our website at: www.colonialpenn.com

* NFDA 2015, General Price List Survey.

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



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

Alex Trebek – *Compensated Endorser*



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

Or return this form to:

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

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



THE
WINTER
ISSUE

PCA joins Home for the Holidays campaign

By Shannon Reyes

For many, the holiday season signifies a time of togetherness, where families unite to celebrate and carry out time-honored traditions. They are a time to reconnect with families and aging loved ones.

In partnership with the Eldercare Locator and the U.S. Administration for Community Living, the National Association of Area Agencies on Aging (n4a) has launched its Home for the Holidays campaign. This annual campaign encourages families of older adults to take advantage of the holiday season, using that time to talk to their older loved ones about services or supports they may need.

This year's Home for the Holidays theme is Modify Your Home for Healthy Aging, which spotlights home modification and repair services available to older adults through their local Area Agency on

Aging (AAA). Philadelphia's AAA, Philadelphia Corporation for Aging (PCA), offers these services for older adults in the city through its Senior Housing Assistance Repair Program (SHARP). These services include home assessments, minor repairs and home modifications.

"The SHARP program provides repairs and home modifications which help older adults remain in their homes safely, so they do not need to seek out alternative housing options," says Mark Myers, PCA director of facility operations and housing programs.

Myers encourages families to talk to aging loved ones sooner, rather than later as houses tend to fall in disrepair quickly when there is a leaky roof or other issues affecting the home. The harsh winter months can be exceptionally taxing on a home as cold weather can cause water pipes to burst and heating systems to fail.

Home modifications are also offered through PCA for older adults with accessibility barriers in their homes, including difficulty climbing stairs or getting in and out of the shower or bath. PCA staff members are able to install handrails, intercoms, bathtub grab bars, hand-held showers, tub benches and other home modifications.

"Catching a problem early is very important," says Myers. "A well-maintained and safe home leads to good health and stability."

If a loved one does identify an issue with an older family member's home, he or she can refer to PCA for the SHARP Program for a home assessment.

Similar home repair and modification

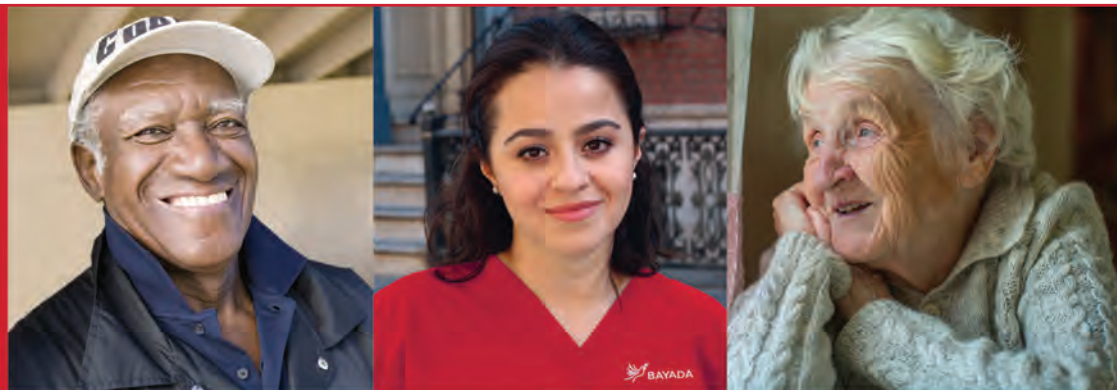


programs are available through most AAAs throughout the country. To find the closest AAA, individuals can use the Eldercare Locator at eldercare.acl.gov. The Eldercare Locator is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living. More information about n4a and AAAs can be found at n4a.org

Shannon Reyes is public relations specialist at Philadelphia Corporation for Aging.

When it comes to your care, choice matters.

BAYADA has been part of Philadelphia's communities for more than 43 years



We understand that nothing matters more than the care and safety of your loved one. That's why we hire family and friend caregivers.

And if they aren't able to rise to the challenge, we match your loved one with a compatible aide to help with dressing and grooming, bathing, meal prep, light housekeeping, medication reminders and other assistive care tasks.

Choose the BAYADA difference

- We can hire family and friend caregivers to deliver care in your home
- Our aides receive 40 hours of training and an annual skills assessment
- An RN manager supervises and creates customized care plans for clients
- We specialize in seniors and adults of all ages
- We are available 24/7 for questions and assistance
- We are experts in state waiver benefits
- Our aides are valued—we offer benefits, reward and recognition programs, scholarships, and more
- We are a Community HealthChoices Provider

Learn why BAYADA is the right choice for your care.

Call 215-568-6666.

Visit bayada.com/homecare.



WE LOVE WHAT WE DO

LibertyResources®

Home ChoicesSM

The Power of Choice. Your Home Care, Your Way

“I can enjoy the luxury of living in the community with access to care whenever I need it.”

-Ricardo



High Quality Home and Personal Care

Liberty Resources Home Choices brings the Power of Choice to you, enhancing your health and promoting your independence. The Power of Choice to select a friend, family member, or one of our attendants to provide you with the care you want.

It's your home care, your way.

Call 215-634-2000 ext. 617 or visit us on our website www.homechoices.org for more information.

Proud partner of:

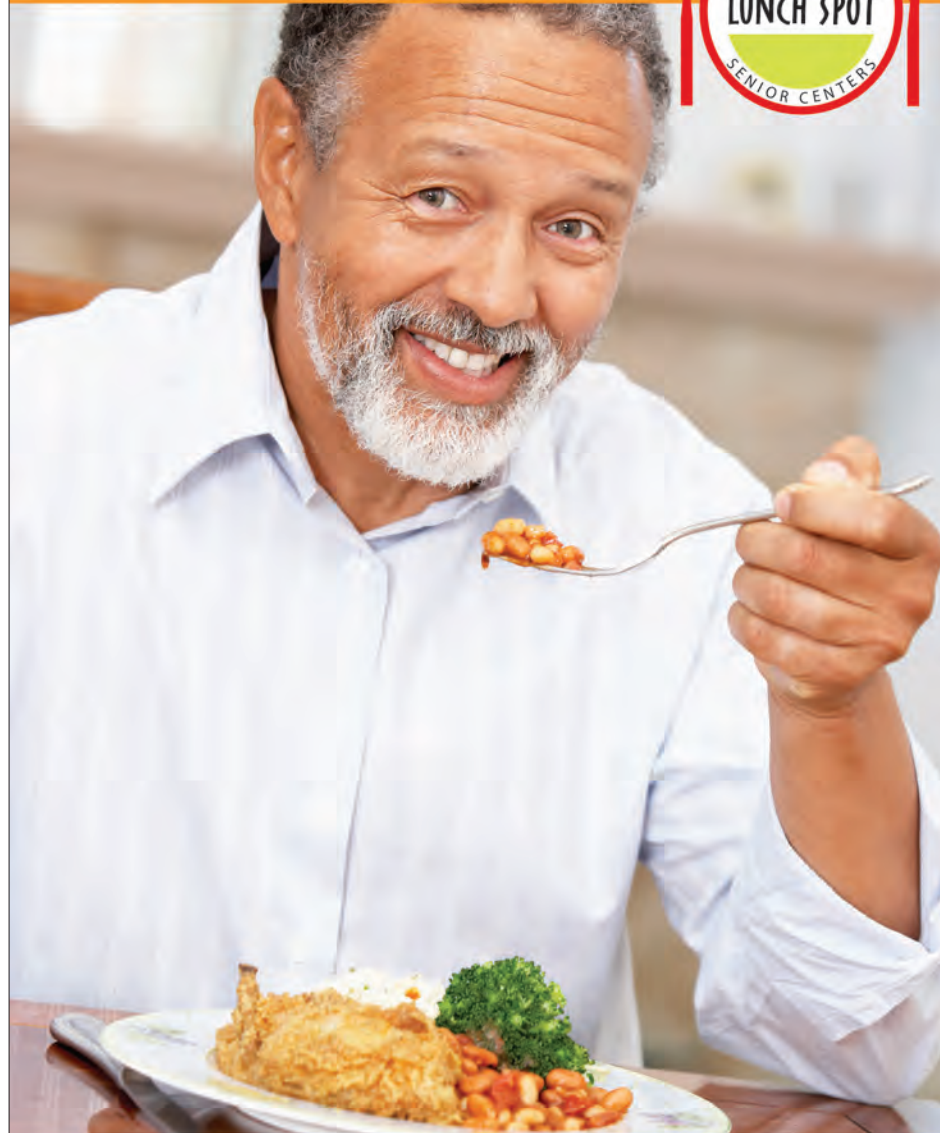


**Liberty
Wheels**
Mobility for Everyone

- Durable Medical Equipment**
- Home Modifications**
- Scooters**

Call 267-765-1530 for more information

Discover The Best Lunch Spot
In Your Neighborhood!



SENIOR CENTER LUNCH

PROGRAMS ARE FUNDED BY PHILADELPHIA
CORPORATION FOR AGING (PCA) WITH
FEDERAL AND STATE DOLLARS THROUGH
THE PENNSYLVANIA DEPARTMENT OF AGING.

**CALL THE PCA HELPLINE:
215-765-9040, or go to: pcaCares.org**



PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™

Don Harrison's wisdom lives on

By Alicia M. Colombo

One year ago this month, we lost beloved Milestones Editor Emeritus and longtime journalist Don Harrison when he passed away at the age of 90. Don loved to write about the "good old days" and regale readers with tales of his time serving in the U.S. Army during the Korean War and the "Golden Age" of journalism. Conversely, he also shared his dismay at the state of the nation today and what seems to be the collapse of newspapers as we know it. Eleven years ago, Don and I mind-melded in sharing our feelings on two epic local and national events that had recently occurred.

Below is an excerpt from Don's Column in Milestones January 2009:

Newspaper people are usually a little cynical about politics, but after Barack Obama spoke at the National Conference of Editorial Writers a few years ago, everyone was talking about him. It had been more of a conversation than a speech – laid back, no notes, no questions answered, no hedging. "That guy could be the first black president," said someone. I don't recall who, but he was a prophet unmatched since Nostradamus.

The column went on to describe Obama's historic victory. If you'll allow me to mix the trivial with the cosmic, we in Philadelphia enjoyed a two-fer, the election came right on the heels of our Phillies' historic victory. All that euphoria, in less than a week. Alicia Colombo described it well: "Twice in the same week, I experienced something that I wasn't sure I'd ever live to see. On a Friday afternoon, I ventured onto jam-packed Market Street with 2 million other championship-starved Philadelphia sports fans to witness, firsthand, the Phillies World Series Parade. The following Tuesday, still numb with giddy disbelief ... I anxiously watched the election results and was [again] overcome with joy. Perhaps, decades from now, someone less experienced at life will ask of me, "Where were you when a black



The late Don Harrison was former editor of Milestones newspaper and a Philadelphia journalist for more than 60 years.

man became president?" And I'll reply, "I was celebrating with strangers, united by a common understanding that we were proud to be Americans and hopeful for the future of all mankind."

For those of us [who are] older, these events have been especially momentous. As Barack Obama is about to step up to the plate, he faces overwhelming challenges, including some problems which may actually be unsolvable. I hope our expectations are not too high; we must realize that even under the best of circumstances, change can be a long, frustrating process.

Reading this column again makes me want to relive the "good old days" when Americans were filled with hope instead of cynicism. Whether or not you support Trump, it is undeniable that Americans are fiercely divided. Hatred and name-calling have become the norm on a massive scale, even in public forums of social media and the evening news. I long to return to a time of togetherness, when Americans were level-headed and could disagree without quickly escalating into anger. In the wise words of the late Don Harrison: "Now, it's time for patience. And for all that hope."

Alicia M. Colombo is editor of Milestones.

Health Brief

Five real health resolutions for 2020

You've heard all the slogans and catch-phrases.

Clean slate. New Year, new you. Blah, blah, blah.

Sounds great, but we all know that New Year's resolutions are made in December, launch in January, creep a bit into February and are forgotten by March. Instead, make a promise to yourself to have a healthier you. Do little things and plan for events that force your body to feel better, have more energy and de-stress. Instead of the resolutions that are hard to keep, consider these five things you can do in 2020 to truly be a better you.

Book all medical appointments for the year

All of them. The regular checkups, the specialists you know that people of a certain age should go see and all of your dental appointments. The feeling of having all of that planned out in one shot not only will make sure you're on a path to healthy living but it'll instantaneously serve as one heck of a de-stressor at the same time.

Citrus is your friend

Love oranges, tangerines, grapefruits? Good! Eat more of them. According to the American Journal of Clinical Nutrition, vitamin C aids in collagen production which helps with eliminating (or at least staving off) wrinkles. So even if you can squeeze some lemon or lime in your water for taste, you're also helping your skin look radiant at the same time.

Buy a plant, or several

There is proven research out there that suggests the mere presence of indoor plants lowers stress levels. Taking care of your plants regularly can actually activate endorphins in the brain, calm your autonomic nervous system and lower blood pressure. So wherever you pick one up, do it. Your mental health is counting on you.



Clean your cell phone weekly

According to a microbiologist at the University of Arizona, our cell phones carry 10 times as much bacteria as most toilet seats! As we get older, our immune systems aren't packing the muscle they used to. Any little steps we can take to give them a break is helpful. A simple wipe with a disinfectant wipe, alcohol prep, or even a warm cloth with soap and water should do the trick.

Avoid fake news

Older adults are perhaps the biggest victims of being subjected to scams and other things that can be perceived as fake news. However, staying informed is vital, so what do you do? Well, you may not know it, but there are a ton of great apps out there that source only bona fide local, regional and national news organizations. One good example is the Flipboard app, which allows you to pick your interests and will source outlets that fit your parameters and looks great on any digital device.

Sources: Good Housekeeping

Crossword

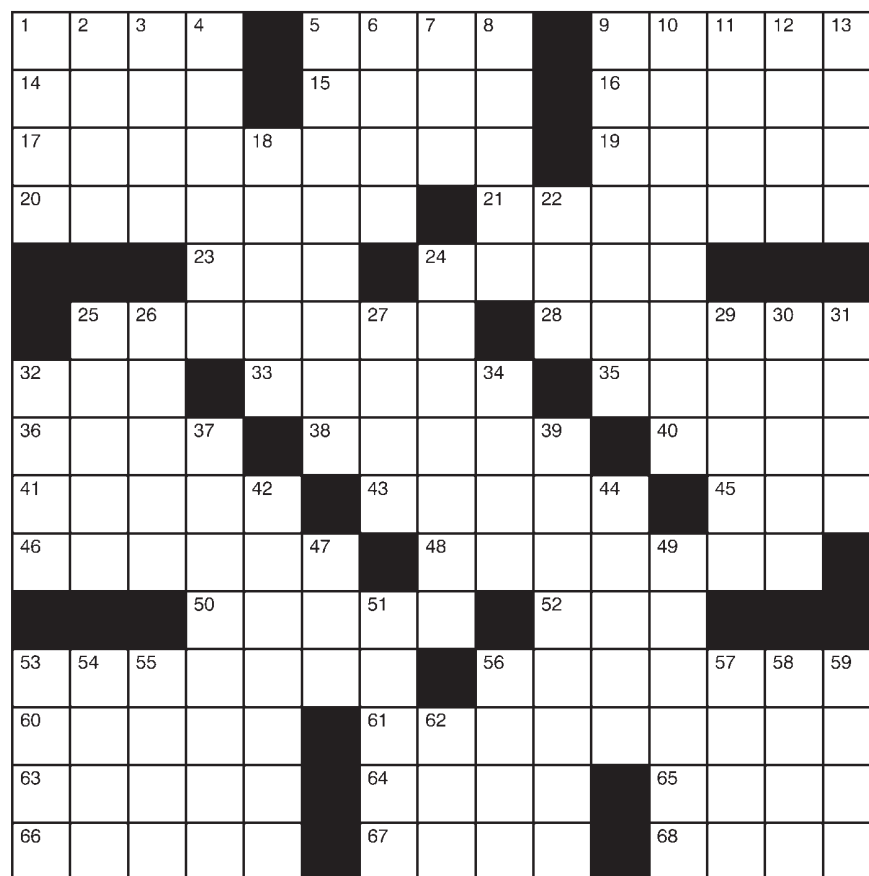
By another name

Across

- | | | | |
|----------------------------|----------------------------|--------------------------------|------------------------------|
| 1 Turkish potentate | 21 NH nickname | 40 Catches | 56 Garden bloom |
| 5 Kind of stick | 23 Negative adverb | 41 Breed of cattle | 60 Walking ____ |
| 9 Resounding success | 24 Popular female vocalist | 43 Figure food | 61 MN nickname |
| 14 Debatable | 25 IL nickname | 45 Chinese religious principle | 63 River of northeast France |
| 15 The same: L. | 28 Mite | 46 Painter's pigment | 64 Mine entrance |
| 16 Ecclesiastical surplice | 32 Arthur or Lillie | 48 LA nickname | 65 Ages |
| 17 ID nickname | 33 Singer Helen | 50 Make a musical transition | 66 Spirited horse |
| 19 Country-related | 35 Sacred: prefix | 52 L to P | 67 Lily plant |
| 20 Garment sections | 36 Hostelrys | 53 NC nickname | 68 Examine |

Down

- | | | | |
|---------------------|--------------------------------|------------------------|--------------------------|
| 1 Electrical units | 12 Now, in hospital parlance | 29 Lariat | 51 Arm bones |
| 2 Objective | 13 American Revolutionary hero | 30 Of a city | 53 Garfield, and his ilk |
| 3 Sharpen | 18 Have: Fr. | 31 Mediocre | 54 Med. school subject |
| 4 Goddess of wisdom | 22 Creek | 32 Slant | 55 Unusual |
| 5 ME nickname | 24 Bureaucracy binding? | 34 Christmas | 56 Braking device |
| 6 Probabilities | 25 Finnish currency | 37 FL nickname | 57 Sioux |
| 7 Set | 26 Scope | 39 SC nickname | 58 Without |
| 8 Alpha's opposite | 27 Greek legendary character | 42 Made like a villain | 59 Former |
| 9 Moola | | 44 Shore | 62 Lyrical poem |
| 10 WV nickname | | 47 Era | |
| 11 Italian commune | | 49 Undergarment | |



Solution

The solution can be found on page 11.



pa health
& wellness™

Our Community. Our Health.

PA Health & Wellness is focused on whole health care, reflecting on a person's total well-being and meeting each person's unique needs. Providing whole health care and long term supports and services requires us to broaden our services and provide solutions to address all of life's changes.

Our full continuum of health, support, and services options provides diverse solutions to improve outcomes. We understand and address barriers to health and provide access to the best care for each and every person to live his or her best life.

PAHealthWellness.com

1-844-626-6813