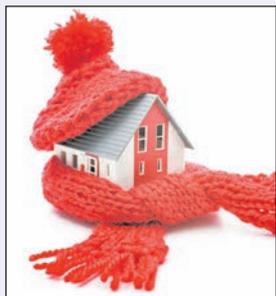


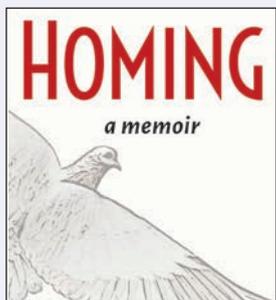
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NEXT MONTH:
**Blast from
 the Past**

[National Family Caregivers Month | November]



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The changing face of caregiving

By Shannon Reyes



Having it all in today's world often becomes more challenging with age. Juggling a full-time job, domestic responsibilities and caregiving duties can feel like a three-ring circus.

This is especially true for those younger seniors who are "sandwiched" between dueling caregiving responsibilities. "The sandwich generation refers to adults who are full-time caregivers for both their children and their parents," said Cheryl Clark, director of the caregiver support program at Philadelphia Corporation for Aging (PCA).

The sandwich generation is a reflection of the emerging face of caregiving.

Adults are now waiting longer to have children, while their parents are living longer. This creates a strain of responsibilities

for the adults who are stuck in the middle – between caring for children, caring for parents and working. It is becoming more common for these caregivers to reduce their hours at work or go part-time, which lowers their income, as well as their health and retirement benefits.

Another emerging group of caregivers that are facing similar challenges are those raising their grandchildren. Although they are grandparents, this is a relatively young group of caregivers, with many ranging in their 50s. Clark explained that in the last five years, the number of grandparent caregivers has grown exponentially. She assumes the growth is most likely linked to the opioid epidemic.

For over 30 years, PCA has provided relief services for those caring for loved ones.

• continued on page 14

For the Ages

At 102, she has plenty on her mind

By Mary Anna Rodabaugh

At 102, Esther Kennedy has witnessed several wars, the Great Depression, assassinations and many other historic events that have shaped our world today. She remembers life before air conditioners, televisions, computers and cell phones. But if you ask Kennedy about her most memorable moments from the past century, she'll laugh and tell you about a chicken.

Kennedy was born on April 30, 1917. Her parents emigrated from Germany and settled in the Olney section of Philadelphia. The family lived in a twin home and raised chickens in the backyard until the neighborhood began to urbanize.

"We had chicken dinners all the time after that," Kennedy says. "I'll never forget it. One day

• continued on page 17



Mary Anna Rodabaugh

Esther Kennedy, 102, proudly displays a photo of her and late husband, Bernie, whom she married in 1946.

PCA

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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:

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- Home-delivered meals
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- 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.

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EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor



This month's Milestones, "For the Ages," highlights stories across several generations. Our own millennial staff writer, Shannon Reyes, shares the best advice she received from her recently deceased grandmother. You can read about Cynthia Kreilick, a young boomer whose publishing company produces bilingual and multicultural children's books. Members of Fishtown's Lutheran Settlement House Senior Center spanning several decades discuss the legacy they want to leave for their grandchildren. A centenarian from Olney sat down with a reporter who is probably young enough to be her great-granddaughter and reflected on 100+ years of life in Philadelphia.

.....

"Everything is relative in this world, where change alone endures." ~ Leon Trotsky

.....

Then, there's this column – written by your Generation X editor, who right now is contemplating what it means to be 43. Am I young-ish? Am I middle-aged? Am I getting old?

As I watched "Mary Poppins Returns" recently, I marveled at the superb performances of Angela Lansbury and Dick Van Dyke – acting, singing and the latter even tap dancing – at 93!

And, here I am, struggling to get off the floor after my best friend's 5-year-old easily coaxed me to play with Legos. My knees ache, my memory is not as sharp as it was just a few years ago, and I'm always tired. All of this may be due to stress, my medications, lack of sleep and/or weight gain. However, the result is that I feel less energetic and limber as I once used to. I have several years to go before I'm considered senior-aged, which by various accounts starts anywhere from 50-65. But I am definitely past the youthful stage.

What is a senior?

Merriam-Webster defines a "senior citizen" as "an elderly or aged person, especially one who has retired." Personally, I feel it's rather antiquated to base "senior" status on whether or not one

still works! Lansbury and Van Dyke are prime examples of staying active and vital at any age.

The language we use to describe seniors is often replete with ageism and negative connotations – elderly, old, frail, senile, feisty, cute ... just to name a few. Then, there's the amorphous term "older adult," which begs the question: Older than who or what?

Let's consider the many positive connotations of the word senior. Merriam-Webster describes a "senior" as a "person with higher standing or rank." In other words, we're referring to someone with wisdom and experience who is to be honored and respected, right? In the case of students, seniors are preparing to graduate and start the next phase of their lives. Through my 20 years of working with seniors at Philadelphia Corporation for Aging, it is the positive qualities of seniors that I've cherished the most – wisdom, experience, strength and determination.

I challenge you to think about your age and how you can defy the typical stereotypes. When I consider the words of a former colleague, I immediately feel youthful: **"Remember, you're only as old as you act."**





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For the Ages

Finding love in moments, big and small

By Shannon Reyes

I can still remember the day I got the news about my grandmother. It was a cold, rainy day this past January. I had just arrived home from running some errands, when I saw a missed call from my mother. Upon calling her back, I learned that my grandma had an episode in the middle of the night and was in the intensive care unit.

My mother was obviously upset, as was I, but I tried my best to stay positive. Grandma had survived. I told myself that she was going to get better.

But she didn't get better. She passed away one month later, at the age of 75.

I spend a significant amount of time replaying three decades' worth of memories with grandma. Birthdays, weddings, graduations and holidays – they are still there, in the corners of my mind.

It's hard not to think of Halloween, every time that I think of her. Oh, did my grandma love Halloween! Every year, she held a party at her house and wore a costume. Grandma trick-or-treated every Halloween until she was 65, when she made the announcement, from the top of the stairs, that she was officially retiring.

My grandma donned some great costumes. One year, she was an alien, complete with a bulbous metallic head. Another was a skeleton graveyard keeper, with a top hat.

Entrenched in my memories of grandma are also all the camping trips I took with her and my grandfather. We visited so many places: Frontier Town in Maryland, Clark's Trading Post and Castle in the Clouds in New Hampshire and Kings Dominion in Virginia.

There are many life-changing moments that grandma and I shared. I re-



Courtesy: Shannon Reyes

Patricia Winkler is pictured holding Mina, the author's newborn daughter, in April 2018.

member seeing her face when I walked down the aisle at my wedding in the Bahamas and her visiting me after my daughter was born.

Remembering these big moments always put a smile on my face, indeed. But when I'm missing her the most and really want to feel her love, my mind often travels to those smaller moments in time.

I think about sleeping over her house in South Jersey as a child. We

would lie on the living room floor watching movies while shelling peanuts. A few, of which, she tossed to her Pomeranian, Amber.

I also remember sitting at her kitchen table. Between us was usually a box of Keebler cookies. We would talk for hours. Sometimes, we just shot the breeze or gossiped about family members. Sometimes, I just needed someone to talk to – so she was there. I can't even begin to imagine how many times I had vented to my grandma sitting at that table in our 30 years together. Sometimes, she gave advice; sometimes, she just listened. But every time I walked away from our conversations with a sense of peace.

My grandmother taught me a lot of lessons growing up. But there's one thing I've learned in reflecting on our time together: you have to cherish the small moments, too. Every hug, every talk on the phone and every conversation held at a kitchen table is precious.

This lesson certainly has put a lot in perspective for me. I no longer stress if the plates don't match the cups at my daughter's birthday party. I know now that these big events are great, but in those small subtle moments, that is where you really find the love.

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

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Need help with heating bills? Assistance is available.

By Alicia M. Colombo

There are a variety of programs to help eligible Pennsylvanians who need assistance paying their home heating bills. The first step is to make sure you're taking advantage of any special rates or programs that are available to you through your utility companies. Almost all offer special payment arrangements and discount programs for people who are older, low-income, and/or disabled. Here is just a sampling of programs that may be available to low-income utility customers:

- **PECO** – Customer Assistance Program (CAP) offers four discounted residential electricity rates. Matching Energy Assistance Fund (MEAF) provides assistance with bill payment. For information, call 800-774-7040 or go to PECO.com.
- **Philadelphia Gas Works (PGW)** – Conservation Works Program (CWP) reduces energy usage and costs. Customer Responsibility Program (CRP) helps make gas bills affordable by offering discounts or a monthly budgeted amount based on household income. For information, call 215-235-1000 or go to PGWorks.com.
- **Water Revenue Bureau** – Water Revenue Assistance Program (WRAP) provides a credit up to \$200 to be

used to enter into a payment agreement or combined with other energy grants to pay an outstanding bill in full. For information, call 215-686-6880 or go to phila.gov/WaterRev.

LIHEAP

The Low-Income Home Energy Assistance Program (LIHEAP) provides cash grants to help low-income homeowners and renters pay their heating bills. Households in immediate danger of being without heat can also qualify for LIHEAP Crisis grants. The cash grant is a one-time payment sent directly to the utility company or fuel provider to be credited on your bill. The amount ranges from \$200 to \$1,000 based on household size, income and fuel type. The LIHEAP application period for winter 2019-20 will open in November. For more information or to apply, call 215-560-1583; go to the Philadelphia LIHEAP office, 1348 W. Sedgley Ave., from 8 a.m. to 5 p.m.; or go to DHS.pa.gov and type "LIHEAP" in the search box.

Utility Emergency Services Fund

After applying for LIHEAP, additional assistance may be available through the Utility Emergency Services Fund (UESF). UESF's Utility Grant Program provides financial assistance to low-income Philadelphia residents who are facing

utility terminations or who have had their utilities shut off. PECO, PGW and the Philadelphia Water Department match each dollar UESF provides. Families and individuals are eligible to apply for assistance every two years.

UESF's network of neighborhood intake sites provide assistance with applying for LIHEAP and Utility Grant Program assistance. Some locations also provide additional services, such as conservation and weatherization education and applications for other benefits.

- **ACHIEVability** | 215-748-8838; 59 N. 60th St.; Weekdays.
- **Action Wellness** | 215-981-0088; 1216 Arch St.; Weekdays, 9 a.m. to noon, 1-4:30 p.m.
- **Center In The Park** | 215-848-7722; 5818 Germantown Ave.; Weekdays, 8:30 a.m. to 4:30 p.m.
- **Concilio** | 215-627-3100; 141 E. Hunting Park Ave.; Weekdays, 8:30 a.m. to 5 p.m.
- **Congreso** | 215-763-8870; 216 W. Somerset St.; Mon.-Thurs., 8:30 a.m. to 4:30 p.m.
- **Dixon House** | 215-336-3511; 1920 S. 20th St.; Weekdays, 9 a.m. to 6 p.m.
- **Germantown Ave. Crisis Ministry** | 215-843-2340; 35 W. Cheltenham Ave.; Mon.-Wed, 9 a.m. to 2 p.m.
- **Greater Philadelphia Asian Service Center** | 215-456-0308; 4943 N. 5th St.; Mon.-Thurs., 9 a.m. to 2 p.m.; Fri., 9 a.m. to 1 p.m.
- **HACE CDC** | 215-437-7867; 4907 Frankford Ave.; Weekdays, 8:30 a.m. to 5 p.m.
- **HACE Frankford** | 215.426.1405; 167 W. Allegheny Ave.; Weekdays, 8:30 a.m. to 5 p.m.
- **Hunting Park Neighborhood Advisory Committee** | 215-225-5560; 3760 N. Delhi St.; Mon.-Wed., 9:30-11:30 a.m.
- **Nicetown CDC** | 215-329-1825; 4300 Germantown Ave.; Weekdays, 9 a.m. to 5:30 p.m.
- **People's Emergency Center** | 267-



Thinkstock

777-5854; 325 N. 39th St; Weekdays, 9 a.m. to 6 p.m.

- **Southwest CDC** | 215-729-0800; 6328 Paschell Ave.; Weekdays, 9 a.m. to 4:30 p.m.
- **Strawberry Mansion CDC** | 215-235-7505; 2829 W. Diamond St.; Weekdays, 9 a.m. to 5:30 p.m.
- **United Communities** | 215-468-1645; 2029 S. 8th St.; Weekdays, 9 a.m. to 5 p.m.
- **Urban League Of Philadelphia** | 215-985-3220; 121 S. Broad St.; Weekdays, 9 a.m. to 5 p.m.
- **We Never Say Never** | 215-452-0440; 4427 Lancaster Ave.; Weekdays, 9 a.m. to 5 p.m.

Direct oil assistance is available for low-income Philadelphia residents who are unable to afford the cost of an oil delivery. The maximum assistance available for this program is 200 gallons of oil.

Households are eligible for assistance once every 12 months. For information about oil assistance, contact Monique Alexander at 215-814-6832 or email at moniquealexander@uesfacts.org.

Water Conservation Housing Stabilization Program helps low-income people with high water usage and high arrears reduce their bills and avoid a water shutoff through conservation methods. The program provides financial assistance to pay off past due bills; plumbing repairs and modifications to help decrease water usage; and in-home water conservation education.

For more information about UESF programs, call 215-972-5170 or go to UESFacts.org.

Alicia M. Colombo is editor of Milestones.



Medicare open enrollment for 2020 ends Dec. 7!

Have you reviewed your current Medicare coverage and selected a plan for next year? If not, make sure you do by Dec. 7 to assure that your desired coverage begins on Jan. 1.

Should you need help making a decision or enrolling in coverage, contact any of the following:

- Medicare – 1-800-MEDICARE or Medicare.gov.
- APPRISE – Free health insurance counseling available to anyone who qualifies for Medicare. Call the PCA Helpline at 215-765-9040 for details.



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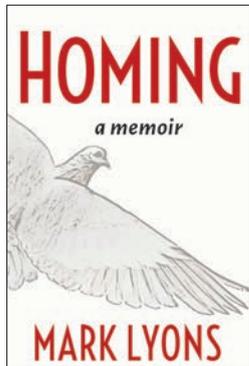
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Book Review

'Homing' memoir details healing, forgiveness of aging

By Constance Garcia-Barrio



In his just-released courageous memoir, 'Homing,' Mark Lyons, 76, of Mt. Airy, recalls his childhood in southern California when he used to take shortcuts to school

through fragrant orange groves humming with bees. "Sometimes my friends and I fired green oranges at each other to try to knock one another into irrigation ditches," Lyons said in an interview. "Those orchards were a magical, mystical place to me."

In 1957, when he'd just turned 14, his family life imploded. "My mother had what they called a nervous breakdown [that year]," Lyons wrote. "Breakdown: like a car that rolls to a stop, one last gasp of a cylinder ... Ultimately, she was unsalvageable, beyond repair."

Although his mother, then 42, a once-vibrant woman who launched a community theatre and starred in plays, lived to 79, he had lost her. She became a recluse in the family's suburban home on the edge of Orange County. In a way, Lyons lost his father, too. "We couldn't even play a game of catch on the lawn because my mother would call my father back in the house, claiming that she needed something," Lyons recalled.

Lyons faced even darker times when his mother became sexually obsessed with him. In 'Homing,' Lyons recalls the sickening moment at 14 when his father delivered the message:

"She's afraid she is going to ask you to do something horrible," his father said.

"Like what?"

"Like take down your pants ... and let

her see you ... Or let her touch you."

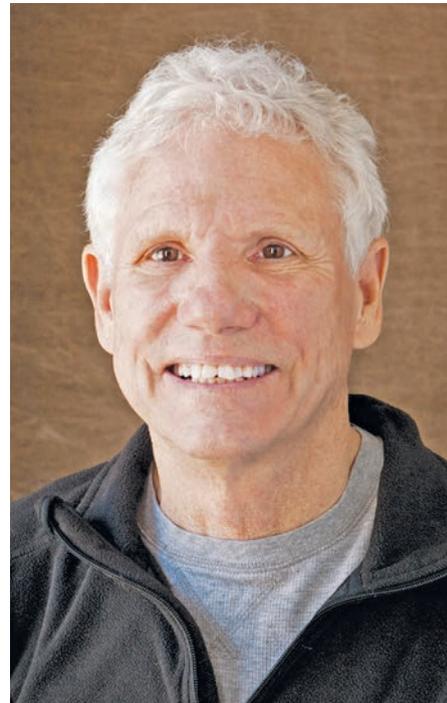
That sexual contact never happened, but sometimes Lyons' father ordered him out of the house to avoid triggering his mother. "When I felt especially lonely or enraged, I would go to my friend's garage to help him rebuild his old Studebaker," Lyons said. "[Then again], I would go to the pigeon coop where I trained my birds to home. I understood them better than I understood people. In some ways, I felt more at home with them."

Despite escaping home at 17, family life scarred Lyons. He became a successful physician assistant, but relationships proved excruciating. "I would get into relationships with women that were intense and meaningful to both of us, and then I would pull the plug," he said. "I was afraid of repeating the suffocating and destructive relationship I saw my parents live out."

Therapy in his 30s helped, but didn't bring complete resolution. "I still felt enmeshed with my mother, even after she died," Lyons said. "In my 50s I began a memoir to reclaim my childhood and resolve my relationship with my mother."

That memoir became 'Homing,' which was published by Philadelphia's Open Door Books and is available for purchase at local independent bookstores and via the website NewDoorBooks.com. 'Homing' focuses on healing and the forgiveness that may come with aging. "I think my memoir addresses an issue that is not uncommon in many families – how mental illness changes everyone forever," Lyons said.

"At 42, I learned to love Jeane Anne [Lyons's wife of 34 years], to tackle being with someone without recoiling and returning to the black hole of loneliness. Of course, it was not easy, but I never left and I never will. I have learned to embrace the boy who grew up lonely, the boy who in some way I will always be."



'Homing' author Mark Lyons

'Homing' takes on the taboo of incest. Such honesty may be especially difficult for men, according to the National Association of Adult Survivors of Child Abuse. A frequent response to abuse by survivors is to handle it "by ourselves," the association notes. 'Homing' may lead to more frank and healing conversations.

Lyons, who is director of the Philadelphia Storytelling Project, has also written a collection of short stories, titled 'Brief Eulogies at Roadside Shrines,' and other noteworthy books. He will give a reading at the book launch for 'Homing' Sunday, Nov 24, from 4-6 p.m., sponsored by Big Blue Marble Bookstore at Nexus, 520 Carpenter Lane, in Mt. Airy. It's free and open to the public, and refreshments will be served. Another author event is scheduled for Thursday, Dec. 5, at 7 p.m., at Narberth Bookshop, 221 Haverford Ave. in Narberth.

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

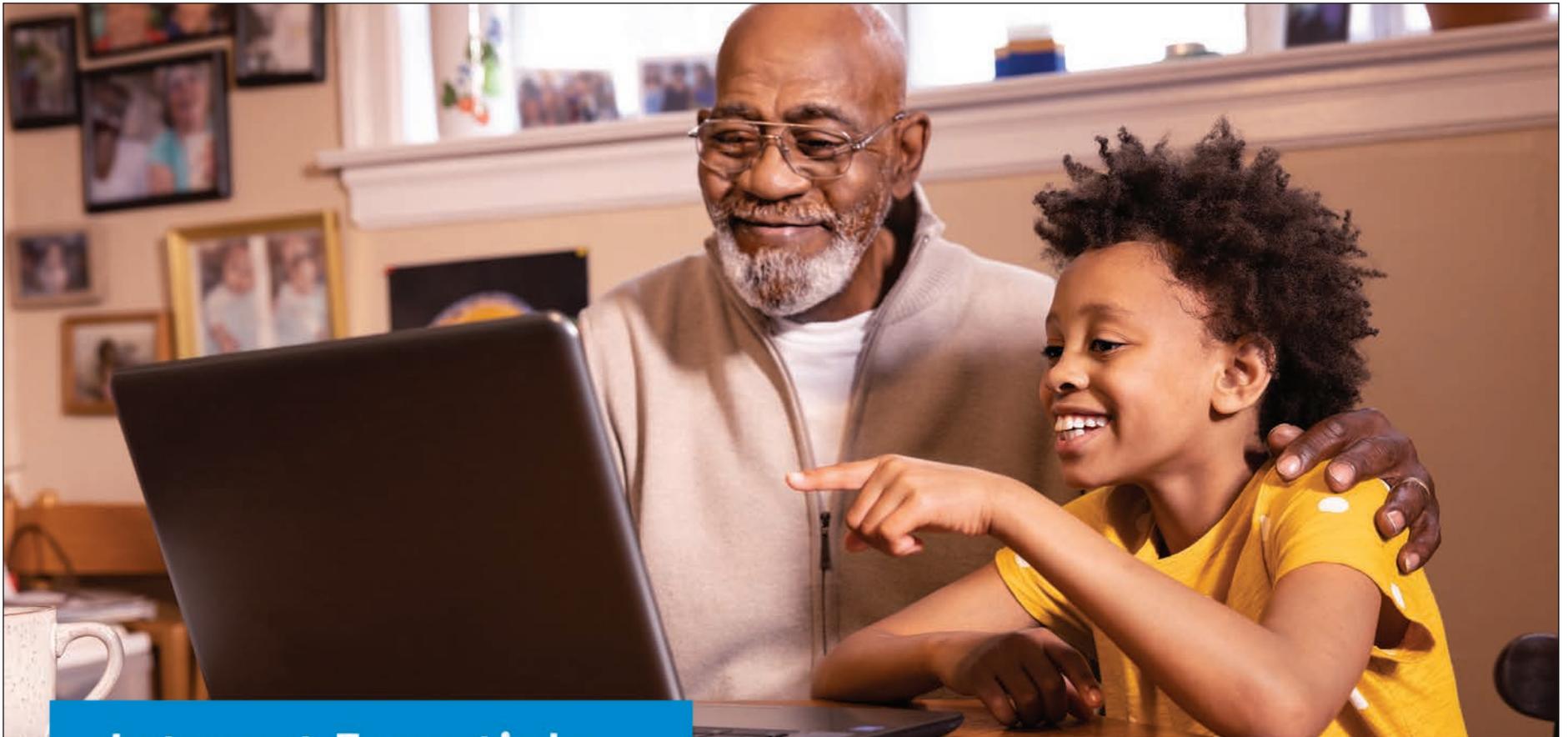
Resources for mental health, sexual abuse

For many seniors, both mental illness and sexual abuse remain hush-hush topics. Yet, psychologists recommend finding ways to discuss these issues, as this may improve physical and emotional health. Here are some thoughts and resources to consider.

Don't give up. Older adults can heal from sexual abuse. "Healing from childhood sexual abuse is possible at any point in life," wrote Debra Rose Wilson, Ph.D., a professor of nursing at Walden University in Minneapolis. Your physician may be able to refer you to a therapist. You can also call the free, confidential National Sexual Assault Hotline, available 24/7, at 1-800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Mental illness affects families. Dealing with a family member's mental illness often involves learning, self-awareness and getting peer support, many experts believe. Mental Health Partnerships offers educational support groups and workshops to teach key skills and address issues that may affect people whose loved ones suffer from major depression, bipolar disorder, schizophrenia or other mental health disorders. Workshops are free, but registration is required. For information or to register, contact licensed family therapist Edie Mannion at 267-507-3863 or emannion@mhphope.org.

Forgiveness is key to healing. We may carry anger for years over childhood abuse, noted Al Martin, M.D. "Forgiveness should not be understood as condoning ... or agreeing with what happened," said Martin in his blog. "Forgiveness is an acceptance of what has happened. It is freeing yourself from the anger and resentment that occupies part of your heart. Forgiveness benefits the forgiver by getting rid of the deleterious effects of holding on to anger and resentment."



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November 2019

Lung and Pancreatic Cancer Awareness Month

National

National Alzheimer's Disease Awareness Month

SUNDAY

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(Fall Back)

3

Piano & Violin Concert. 5 p.m.
Congregations of Shaare Shamayim.
Register: 215-677-1600. \$

Sundays on Stage: East Meets West.
2 p.m. Parkway Central Library.
215-686-5322.

MONDAY

AARP Two-Day Driver Education Course. 10:30 a.m. to 2:30 p.m.
Congregations of Shaare Shamayim.
Register: 215-677-1600. (Continues Nov. 5)

Recycle Art Class. 10-11:30 a.m. Center in the Park. Register: 215-848-7722. \$

4

TUESDAY

ELECTION DAY

5

Smartphone Basics. Learn the ins & outs of using your phone. 11:30 a.m. Charles L. Durham Library. Register: 215-685-7436.

10

Walk to End Alzheimer's. 10 a.m. Citizens Bank Park. 215-399-9155. Register: al.org/delval/walk. \$

VETERANS DAY

11

Veterans Pinning & Recognition Ceremony. Noon. Center in the Park. Register: 215-848-7722.

Fire Prevention Workshop. 10 a.m. Center in the Park. Register: 215-848-7722.

12

Learn Chinese. Basic phrases. 10 a.m. Marconi Older Adult Program. 215-218-0800.

Trip: Hunterdon Hills Playhouse. 9:15 a.m. to 3:30 p.m. PSC - Ave. of the Arts. Register: 215-546-5879. \$

17

Tour Walnut Street Theatre. An exclusive one-hour tour of one of America's oldest theaters. 12:15 p.m. Register: 215-574-3550. \$

Community Conversation with the 16th District. Join officers from the Phila. Police Dept. for conversation over pizza. Noon. Charles L. Durham Library. 215-685-7436.

18

Home Readiness. Learn how to prepare your home for emergencies. 11 a.m. Marconi Older Adult Program. 215-218-0800.

Positivity Through Art. 2 p.m. KleinLife: NE Phila. 215-698-7300. (Tuesdays through Dec. 10)

19

Rosie the Riveter. 1 p.m. KleinLife: NE Phila. 215-698-7300. \$

Seasonal Workshops. Weatherization, 10 a.m. Skin & Hair Care, 12:15 p.m. Center in the Park. RSVP: 215-848-7722.

24

Philadelphia Marathon. Cheer on 30,000 runners at the start/finish line of this 26.2-mile race. 7 a.m. start. Benjamin Franklin Parkway. PhiladelphiaMarathon.com.

25

Learn to Use E-Books. Discover how to use your e-reader & borrow books, magazines & movies from the library's collection. Welsh Road Library. 215-685-0498.

26

Developing an Attitude of Gratitude. Group reflection, discussion & prayer focused on the process of aging. 10 a.m. to 1:30 p.m. Cranaleith Spiritual Center. Register: 215-934-6206. \$

Thanksgiving Luncheon. 11 a.m. to 1 p.m. Center in the Park. Register: 215-848-7722. \$

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:

ATTN: Milestones Editor
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.

Family Caregivers Month

WEDNESDAY

Older Adult Lunch. Make & enjoy a delicious plant-based lunch with Chef Char Nolan. 1 p.m. South Phila. Library. Register: 215-685-1866.

Veterans Celebration & November Birthday Party. Featuring Frankford High School Color Guard & guest speaker. 10:30 a.m. to 1:30 p.m. KleinLife: NE Phila. 215-698-7300.

Giants of the 1950s: Nat King Cole. Music critic Tom Moon discusses the legendary singer & entertainer. 11 a.m. Parkway Central Library. 215-686-5331.

Sit & Stitch. An informal evening of needlecrafts. All levels welcome. 6 p.m. South Phila. Library. 215-685-1866.

Advisory Council Bake Sale Fundraiser. 9 a.m. Center in the Park. 215-848-7722. \$

Giants of the 1950s: Adlai Stevenson. 11 a.m. Parkway Central Library. 215-686-5331.

Thanksgiving Luncheon. 11:30 a.m. to 1:30 p.m. KleinLife: NE Phila. 215-698-7300. \$

Friends of the Nicetown-Tioga Library. Meet your neighbors & help decide the future programming at this branch. 6 p.m. Nicetown-Tioga Library. 215-685-9790.

THURSDAY

Demystifying the Origins of the Church's Treasures & Traditions. 7-9 p.m. Holy Family University. Register: 267-341-3407.

Intro to Mindfulness Meditation. Learn to reduce pain & increase energy. 10:30 a.m. Lovett Memorial Library. 215-685-2095.

Holiday Lights Festival: Opening Day. 6 p.m. Franklin Square. 215-629-4026. (Through Dec. 31)

Computer Class: Free Library Online Resources. Space limited. 11 a.m. Greater Olney Library. Register: 215-685-2845.

100th Thanksgiving Day Parade. 8:30 a.m. to noon. Benjamin Franklin Parkway. Also televised. Details: 6abc.com.

FRIDAY

Line Dance Extravaganza. Wear your Halloween costume (optional). Noon to 4 p.m. Carousel House Recreation Center. 215-685-3514. \$

Painting with Acrylics. All levels welcome. 1-3 p.m. Journey's Way. Register: 215-487-1750. (Mondays through Nov. 22) \$

Fire & Ice: Grand Opening Celebration. Ice skating, shopping & holiday lights. 5:30 p.m. Dilworth Park. 215-440-5500. (Nov. 9, noon to 2 p.m.)

Shabbat Dinner Honoring Veterans. 6 p.m. Congregations of Shaare Shamayim. Register: 215-677-1600. \$

Senior Expo. Vendors, giveaways & raffles. 10 a.m. to noon. Journey's Way. 215-487-1750.

Thanksgiving Celebration. 10:30 a.m. St. Edmonds Senior Community Center. 215-790-9530.

Holiday Garden Railway: Opening Day. 10 a.m. to 4 p.m. Morris Arboretum. 215-247-5777. \$ (Through Dec. 31)

Macy's Light Show & Wanamaker Organ Concert: Opening Day. Every 2 hours: 10 a.m. to 8 p.m. Macy's Center City. 215-241-9000. (Through Dec. 31)

SATURDAY

Crochet with Gigi. Supplies provided. 11 a.m. Logan Library. 215-685-9156.

Blood Drive. 9 a.m. to 2 p.m. New Covenant Church – Sanctuary Narthex. Register: 1-800-RedCross, code: NCCDRIVE.

Planning for Retirement. A six-step process for a successful retirement. 10:30 a.m. to noon. NE Regional Library. 215-685-0522.

Harvest Wreath-Making Workshop. Learn to build & decorate an autumnal wreath from scratch. Noon to 2 p.m. Greensgrow Farms. Register: 215-427-2780, ext. 5. \$

One-on-One Computer Class. Learn how to type or get help with Microsoft Word. 11 a.m. Fumo Family Library. Register: 215-685-1758.

Philadelphia Flute Quartet. Concert of works by local composers. 2 p.m. Parkway Central Library. 215-686-5322.

Final Day to Redeem 2019 Senior Farmers Market Nutrition Program Produce Vouchers. (Note: Vouchers are no longer available.) Redemption information: 215-765-9040.

For the Ages

Lasting legacies: Philly seniors impart timely wisdom on today's youth

By Kerith Gabriel

A life well lived has certainly seen the absolute best and worst of society.

If you stop to think about most of America's living senior population, we're talking about a contingent that has lived through at least one World War, numerous large scale civil rights injustices, various economic windfalls and multiple changes in all phases of government.

Specifically in Philadelphia, the older adult population is comprised of a collective who have seen drastic neighborhood changes for better or worse – depending on whom you ask. What all of these life occurrences forged in one way or another are different beliefs in world view, but perhaps more importantly how we as humans interact with different people on a whole.

This became the topic of conversation while a Milestones reporter sat in during a recent crochet circle at Lutheran Settlement House, located in the heart of Fishtown. Members of the group were asked one question:

What piece of advice would you like to leave for your grandchild or today's generation?

BARBARA JANE MOREHEAD, 81, FISHTOWN



"I would tell them that there is a supreme importance to education. I didn't go back to college until I was 52, and it was the best thing I did in my life. I would also tell them to just be kind and to just treat people how you wish to be treated. We live in a world where people just don't want to be nice anymore and I just don't get it. I have a 7-year-old great-grandson, Alexander, and he's my world. I would tell him that being kind over anything else is one of the best things he can do with his life. I'm really upset about the way things are [in today's world], and I would hope that his generation is one that doesn't live that way."

DEBBIE WILSON, 61, EAST KENSINGTON



"I would tell my grandson to be kind to everyone. The color of a person's skin does not matter; it's what's inside that counts. Anybody can be mean and nasty and up to no good, that is not something based on race. Also, be kind to the elderly. If you're on a bus and there's no room, give them a seat. Hold the door; ask if they need help. I saw a picture on Facebook of an older lady standing on the subway and no one offered her a seat, in fact they didn't even recognize her because they were all on their phones not paying attention. I don't care how advanced technology got, I would teach my grandkids to never be like that."

MICHELE CALUP, 68, FISHTOWN



"I've always been involved with the community and what I would say is to keep that momentum going. Get involved in your neighborhood; get involved with what's going on around you. It's good to be involved because it shows a sense of pride and that you care more. If you're out there sweeping streets or cleaning up a park, you're making it better not just for yourself but for your neighbors and for visitors, too. I'm telling you, I've been doing it for a long time and there is an amazing sense of pride when you commit to take part in something like that. When you get involved, trust me it's a much better community."

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

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For more information, contact Dr. Gayle DeDe:

215-204-2453 or gayle.dede@temple.edu

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Caregiving

• continued from page 1

In 2018, the program assisted more than 750 caregivers with a range of services, including financial assistance, education and training, and care management.

"The goal of the program is to relieve the caregiver through financial resources and respite," Clark said. "It's to give them a break."

This relief includes reimbursement for care expenses, developing a caregiver plan, referrals to caregiver support services and educational workshops on caregiving. For those raising grandchildren, the same benefits are offered, as well as financial reimbursement for child care, after-school programs/extracurricular activities and assistive devices.

For those who are looking to learn more, PCA's Caregiver Support Program will hold its next Caregiver Workshop on Thursday, Nov. 21 from 9:30 a.m. to 2 p.m. at PCA, 642 N. Broad St. The workshop will feature presentations on being curious, asking questions about care and will provide information and strategies to assist in deci-

sion making, methods to navigate health/social systems, and exploring care options. The event, which is free and open to the public, will also feature wellness activities for caregivers, including a Qigong workshop to improve mindfulness. To register for the workshop, contact Cheryl Clark at 215-765-9000, ext. 5300 or Cheryl.Clark@pcaCares.org.

Health and wellness is especially important for caregivers, who frequently put their own mental and physical needs last. "It is always part of our focus," Clark said. "We believe that you have to take care to give care."

In addition to taking care of oneself, Clark recommends a few things every caregiver can do to alleviate challenges:

- **Don't quit your job right away.** Have a discussion with your boss or a human resources representative about your situation. Talk to them about alternatives to quitting your job, such as working part time, flexing time, taking family medical leave (FMLA) or telecommuting.
- **Talk to family and friends.** Speak to fellow friends at work or in your support network to find out ways they were able to juggle work and provide caregiving responsibilities.
- **Speak with your loved one.** Have an open and honest discussion about your loved one's expectations of care and about alternative ways that care may be provided through programs, such as PCA's Caregiver Support program and other long-term services available in the community.
- **Create a plan of care.** Create a care plan with family members or other informal supports to assist in providing care and stick to the plan. Consider all options including adult day centers, companions and personal care aides.
- **Consult with a financial advisor.** Be sure to review your retirement/pension benefits, which may be impacted, before you decide to stop working. Things to consider include health insurance and the impact on income. There are free services available that

can assist individuals with lower incomes. Your employer's employment assistance program representative can also provide financial resource assistance.

- **Always set aside time for yourself.** Make sure your plan involves time for yourself to stave off burnout. Review your plan on a regular basis to assure it changes as your needs change.

Clark also stresses that while it is important to care for a loved one, a caregiver must always address their own needs as well. The most fundamental needs, such as eating and sleeping, will make a significant difference in how a caregiver is able to care. She recommends participating in activities that preserve physical and mental health, such as exercising and gardening.

For more information on PCA's Caregiver Support Program, visit pcaCares.org/caregivers or call the PCA Helpline at 215-765-9040.

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

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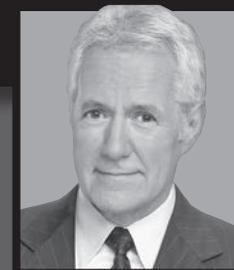
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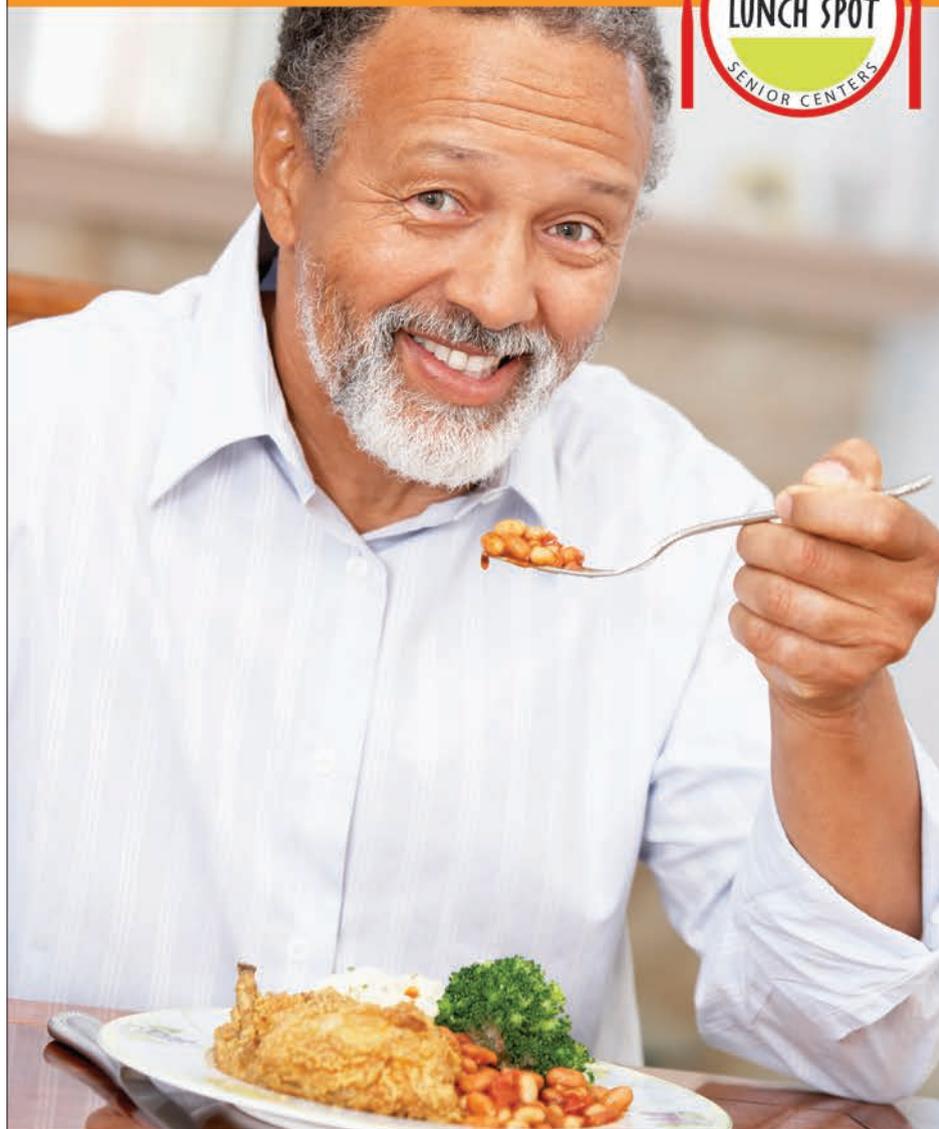
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Recipe Box

Fall harvest recipes

Double-Pumpkin Cornbread with Red Onion *(Servings: 10)*

Try this savory twist on traditional sweet cornbread that's also a unique way to enjoy pumpkin.

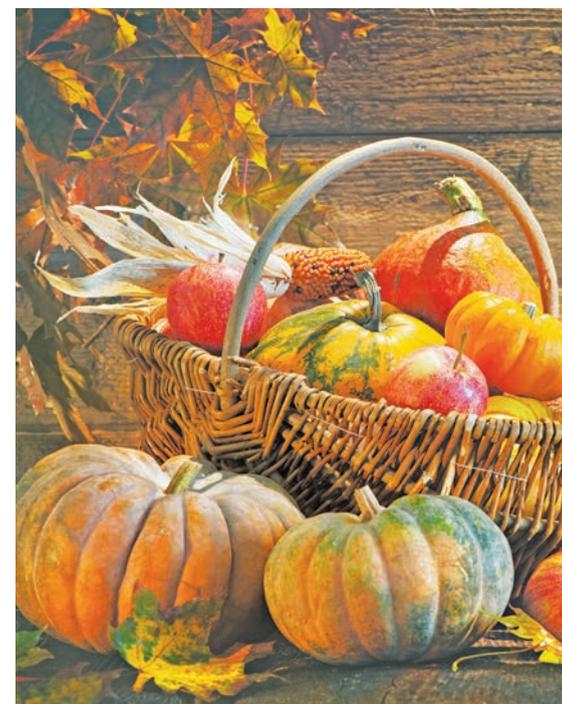
Ingredients:

2 cups all-purpose flour
2 cups yellow cornmeal
1 ½ tbsp. baking powder
1 tsp. kosher salt
1 cup whole milk
8 oz. cream cheese, at room temp
1 can (15 ozs.) pumpkin puree
2 tbsp. honey, plus more for serving
½ cup (1 stick) unsalted butter, melted
½ small red onion, thinly sliced
¼ cup pepitas (pumpkin seeds)

Directions:

Place 12-inch cast-iron skillet in oven and heat oven to 400° F.

Meanwhile, in large bowl, combine flour, cornmeal, baking powder and salt.



In medium bowl, whisk together milk, cream cheese, pumpkin, honey and 7 tablespoons butter. Add to cornmeal mixture and mix until just combined.

Remove skillet from oven and brush bottom and sides with remaining 1 tablespoon butter.

Pour batter into heated skillet. Top with onion and pepitas. Bake until toothpick inserted in center comes out clean, 25 to 30 minutes. Serve with drizzled honey, if desired.

Source: Good Housekeeping

Sautéed Swiss Chard with Garlic and Lemon *(Servings: 4)*

Swiss chard, or simply chard, is a leafy, green vegetable that's related to beets and spinach. It is rich in vitamins A, C and K; magnesium; iron; and potassium. Chard can be steamed or sautéed, like in the recipe here. It's also great in soups, stews, casseroles, frittatas and quiches.

Ingredients:

2 tbsp. olive oil
4 garlic cloves, thinly sliced
1 tsp. crushed red pepper flakes
2 large bunches Swiss chard, ribs and stems removed and reserved, leaves torn into 2-inch pieces (about 12 cups)
2 tbsp. fresh lemon juice
Kosher salt
Freshly ground black pepper

Directions:

Heat oil in a large skillet over medium heat. Cook garlic until golden brown, about 2 minutes. Add red pepper flakes and half of the Swiss chard, season with salt and pepper. Cook until wilted, about 4 minutes. Add lemon juice and remaining Swiss chard and cook, tossing, just until all chard is wilted, about 1 minute. Season with salt and pepper to taste.

Source: Bon Appétit

Centenarian

• continued from page 1

my father went to get a chicken. He cut the head off and it kept running before it fell. Poor chicken."

The image of that chicken has been etched in Kennedy's memory for decades.

Kennedy also remembers the joys of a simple life. Her mother would buy ice for a dime to put in their ice box since they did not have a refrigerator. All the neighborhood kids eagerly awaited the ice man's arrival. When he'd go into a house to deliver the ice, Kennedy and her friends would run to the back of the truck and snap off tiny chips of ice to enjoy.

"It was such a treat," Kennedy recalls. "Would the kids care for that kind of treat today?"

Probably not.

Kennedy believes today's youth are "wonderful," citing her 17 grandchildren and 19 great-grandchildren, ranging in age from 3 to 15, as examples.

However, she feels kids today might be more spoiled than they were back in her day.

Humble beginnings

Kennedy's family was poor. Her mother would heat up a large pot of hot water on a wood stove to pour in the tub for baths. Kennedy's father bathed first and then the four kids would take turns, all using the same water. There was an outhouse in the backyard and a small potty inside the house for the children to use at night or when it got too cold.

The family was fortunate enough to have a car. Kennedy's mother, the first woman to drive in the neighborhood, had to crank the engine.

Kennedy attended Olney High School, but she and her sister dropped out to get jobs to support the family. Kennedy's first job was working at Artcraft Silk Hosiery Mills on Erie Avenue – for \$10 a week.

Eventually, she got a job at Brewster's Navy Airfield in Warminster, installing radios on the planes. "The money was so good," Kennedy says. "I got \$30 a week." At the time, it was not socially appropriate for women to wear slacks in public. But Kennedy could on the job, since she

had to climb up and down the planes.

Kennedy's oldest brother Charles, who served overseas in the Navy during World War II, let her use his Chevy. Kennedy quickly learned to drive and only had one accident, when she tried to cross Olney Avenue and a trolley hit the front of the car, causing damage to the bumper.

"I had to fix it before my brothers returned from war," Kennedy says. "It was \$33 to repair. That was so much money back then."

Then and now

Philadelphia has changed a lot since Kennedy moved from Olney to the Northeast around the mid-1960s. A few years ago, her family drove her through the old neighborhood. "All my children and grandchildren left Philadelphia," Kennedy says. "It has changed a lot."

Her family parish, Incarnation Church, sits shuttered on 5th Street. The shops she grew up with are no longer there and people don't have chickens or peach trees in their backyards anymore.

Today, Kennedy enjoys her friends at her retirement community, Holy Redeemer Lafayette, in Northeast Philadelphia. She has a cell phone and is thrilled her family can reach her any time, day or night. When asked what she misses about the "good old days," Kennedy has a simple answer. "I miss being able to run out and shop, cook, bake, and invite the whole family over for dinner," Kennedy says. "I always made birthday cakes for everyone." She credits her baking skills to the time spent with her mother in the kitchen. Her mother was known for her famous apple strudels, baked with a crust so thin you could read a newspaper underneath. The secret to a long life, according to Kennedy, is happiness and vegetables.

Her father, who always made sure the family ate fresh fruits and vegetables, lived to 105. Kennedy's sister lived to 100 and her brothers to their mid-90s.

"I have a wonderful life, wonderful children and a wonderful family," she says.

Mary Anna Rodabaugh is a writer, editor and writing coach.



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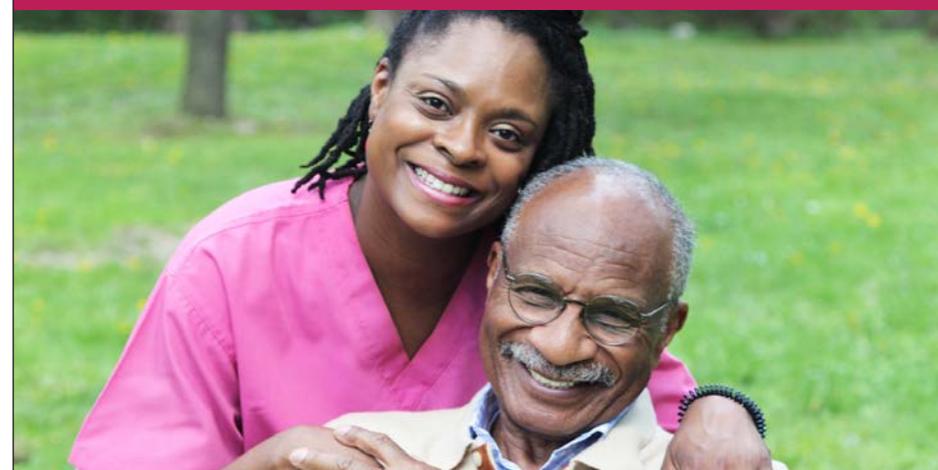
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Crisis averted: How a service contract came to this homeowner's rescue

By M.L. Polak

Last spring, I had a credit for a \$55 service call from Philadelphia Gas Works' "check and adjust" heater maintenance program. It would change my life in ways I would never have suspected.

For seniors on limited incomes, like me, who are homeowners "aging in place," one of the great debates of home maintenance is the question of service contracts – are they really worth it? Year after year, you're probably pouring hundreds of dollars down the proverbial drain, and for what, when instead you could have taken a trip to Paris with the same money?

I've owned my home since 1992, a small brick center city row-house dating back to the 1850s – yes, almost 200 years old, and historically certified. Each year, I've gotten the gas company's parts and labor plan, which at more than \$125 to protect my heating system, including furnace and hot water heater, could be considered costly. Under extreme budget constraints this past heating season, I considered dropping that coverage, but practicality – and sanity – prevailed.

Last May, I realized part of my paid-for PGW service contract was still unused –

a new \$55 heater maintenance program called "check and adjust" that entitled me to one check-up visit from a repair person. As it turned out, when I called, the program was in its last week of the season (before the PGW service department switched to adjusting customers' air conditioning systems), and they had to squeeze me in before heater coverage elapsed.

So they sent out a supervisor who stayed in my basement for more than an hour – never a good sign. Eventually, he came back upstairs. I was sitting on the front stoop, waiting for the news. How bad could it be, I wondered to myself. They were just here two months ago for routine maintenance.

The good news, he said, is that you still have heat – your furnace works, though the motor should be replaced soon, but not now – because there's an emergency. You have a gas leak, and I need to notify all your adjoining neighbors immediately, and if we can't reach them, we must break down their front doors to get to their basements to see if they also have gas leaks.



Pixabay

Whew! It took several seconds for that to sink in. Fortunately, everyone they had to reach was home, except one of my next-door neighbors they eventually tracked down working out of town, and no one else had gas in their basement.

I was floored. I had smelled no gas. Plus they had just been there six weeks earlier.

As it turns out, although my basement was filled with gas vapors that showed up on the supervisor's detection device, the actual gas leak was not in the gas pipes inside my house, but in the ground outside my house.

For the next 17 hours, round-the-clock crews were at work in front of my house. First they disconnected my gas service in my basement. Then, using jackhammers, shovels and pickaxes, they dug a deep hole in the cement sidewalk in front of my house, adjacent to the spot where the city had removed a huge ginkgo tree the year before. They had difficulty accessing the gas pipes

because the tree's roots complicated underground access.

Then they dug an even larger hole in the street in front of my house, thanks to 17 hours of jackhammers and pickaxes and meticulous labor. And then I was ready for the next stage – reinstallation of functional gas service in my basement, meaning, the next day, another PGW worker returned to poke a new hole in my basement wall so he could reconnect all the pipes.

Eventually, they showed me a chunk of pipe with a massive crack. One of the workers asked me, "How old do you think the gas infrastructure is?"

"Oh, 100 years old, give or take," I guessed.

"Eighteen ninety-eight," the fellow replied. "And it's like that all over the city."

I wasn't surprised. That's Philadelphia – cute, colonial and crumbling.

M.L. Polak writes, edits, draws cartoons and gardens in Philadelphia.

Milestones wants to hear from YOU!

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Send comments & submissions to:

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PCA, 642 N. Broad St.

Philadelphia, PA 19130

Email: MilestonesNews@pcaCares.org

Health Brief

Asking the difficult questions in advance of your surgery

Regardless of age, having surgery can be a daunting task. There's the preparation, fear of the unknown, the worry of anesthesia and all of the after-care concerns that may not be made clear by hospital professionals.

Now, imagine all of that stress compounded by the fact that complications tend to increase as we get older. According to the latest U.S. Census numbers, 10,000 people turn 65 every day in America. Additionally, 40% of America's older population account for all annual inpatient operations, 33% of those are outpatient procedures.

In July, the American College of Surgeons (ACS) introduced the Geriatric Surgery Verification program, or GSV. The new endeavor is to ensure that physicians and surgeons take a more intrinsic look at patient outcomes among the aging adult population. Through GSV, the presentation of 30 new surgical standards are implementation tools hospitals can use to ensure the best possible pre- and post-surgical care is enacted for senior patients.

As it pertains to patients, GSV is primarily focused on:

- The improvement of communication between patients and surgical staff.
- Better screening for geriatric vulnerabilities.
- Ensuring hospitals have geriatric-friendly rooms complete with staff who understand older patient needs.
- Better management of medications.

While all of this is to ensure that pa-



Jafar Ahmed

tients have the most information before making the decision that surgery is the ultimate outcome, it's also important for older adults to have consultations with both physicians recommending surgeries and even with surgical teams themselves before going under.

Questions regarding ample time to review paperwork and ask questions, choosing a surrogate or guardian as a decision-maker, and how they are listed in patient medical records need to be explained. Also, for more serious surgeries that could lead to intensive or long-term hospital care, questions regarding situations such as blood transfusions, dialysis, CPR or mechanical ventilation should all be topics of discussion.

Also, tell your doctor any plans for after surgery, including the life you'd like to live and things you'd like to do over the rest of your life. Questions like these offer insight to both surgeons and physicians and impress upon them to provide optimal care for patients who strive to live well long after they leave the hospital.

Sources: American College of Surgeons; Kaiser Health News

Crossword

Timely

Across

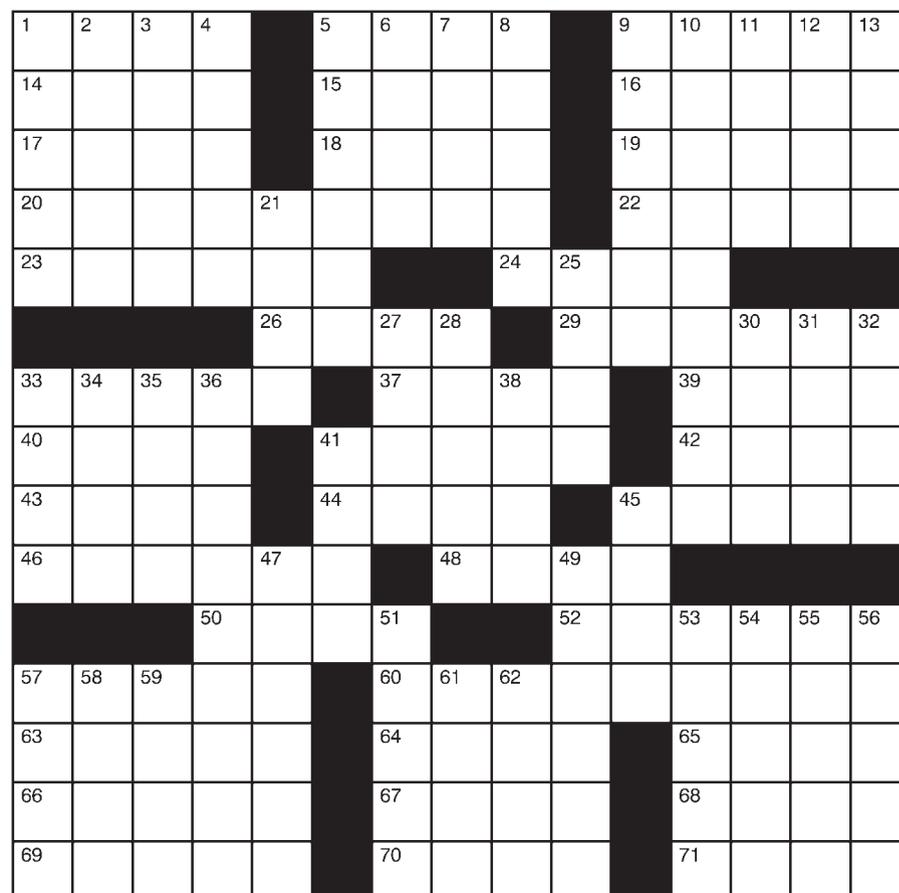
- | | | | |
|-------------------------|------------------------|-----------------------------------|----------------------------------|
| 1 How sad! | 23 Great plain | 43 "___ o'clock scholar" | 63 Peanuts character |
| 5 Speaker's spot | 24 Ibex milieu | 44 Catty | 64 Miner's daughter |
| 9 Certain Israeli | 26 Mine car | 45 Imparts | 65 <i>Diary of ___ Housewife</i> |
| 14 Exertion | 29 Aft | 46 Threaten | 66 Pindar or Keats |
| 15 Plat unit | 33 Beliefs | 48 Wall Street institution | 67 Trauma |
| 16 Champagne glass | 37 Jet engine housings | 50 Coffee-makers | 68 Succotash item |
| 17 Valentine figure | 39 Neighborhood | 52 Share top billing | 69 Mama's caveats |
| 18 Dingle | 40 Etna emission | 57 Sandy beach | 70 GI's service |
| 19 Small type | 41 Akron export | 60 First archbishop of Canterbury | 71 "This other ___ . . ." |
| 20 Time to think school | 42 Flash Gordon's foe | | |
| 22 Softened | | | |

Down

- | | | | |
|-------------------------|--|--------------------------|------------------------------|
| 1 He played Max Smart | 11 Blurt out | 33 Gweduc | 51 Director Guitry |
| 2 Restraint | 12 Observance | 34 Make comparisons | 53 Hackneyed |
| 3 Battery must | 13 Mimicked | 35 Unvarying | 54 Like Milquetoast |
| 4 Subway staple | 21 Can do | 36 Burt Reynolds TV role | 55 What's in ___? |
| 5 Obelus | 25 Colleen | 38 Naysay | 56 Fortification feature |
| 6 Rights org. | 27 Cap-___ | 41 Feds | 57 Trudge |
| 7 Infuriates | 28 See 30 Down | 45 Gorcey and McKern | 58 Liner's pool |
| 8 Actress Berger | 30 With 28 Down, <i>Happy Days</i> actress | 47 Wave tops | 59 Have ___ with: stand well |
| 9 Impresses deeply | 31 Tear apart | 49 Like some ponds | 61 Pop finish |
| 10 City on the Kennebec | 32 Harps on | | 62 Coccus |

Solution

The solution can be found on page 4.





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