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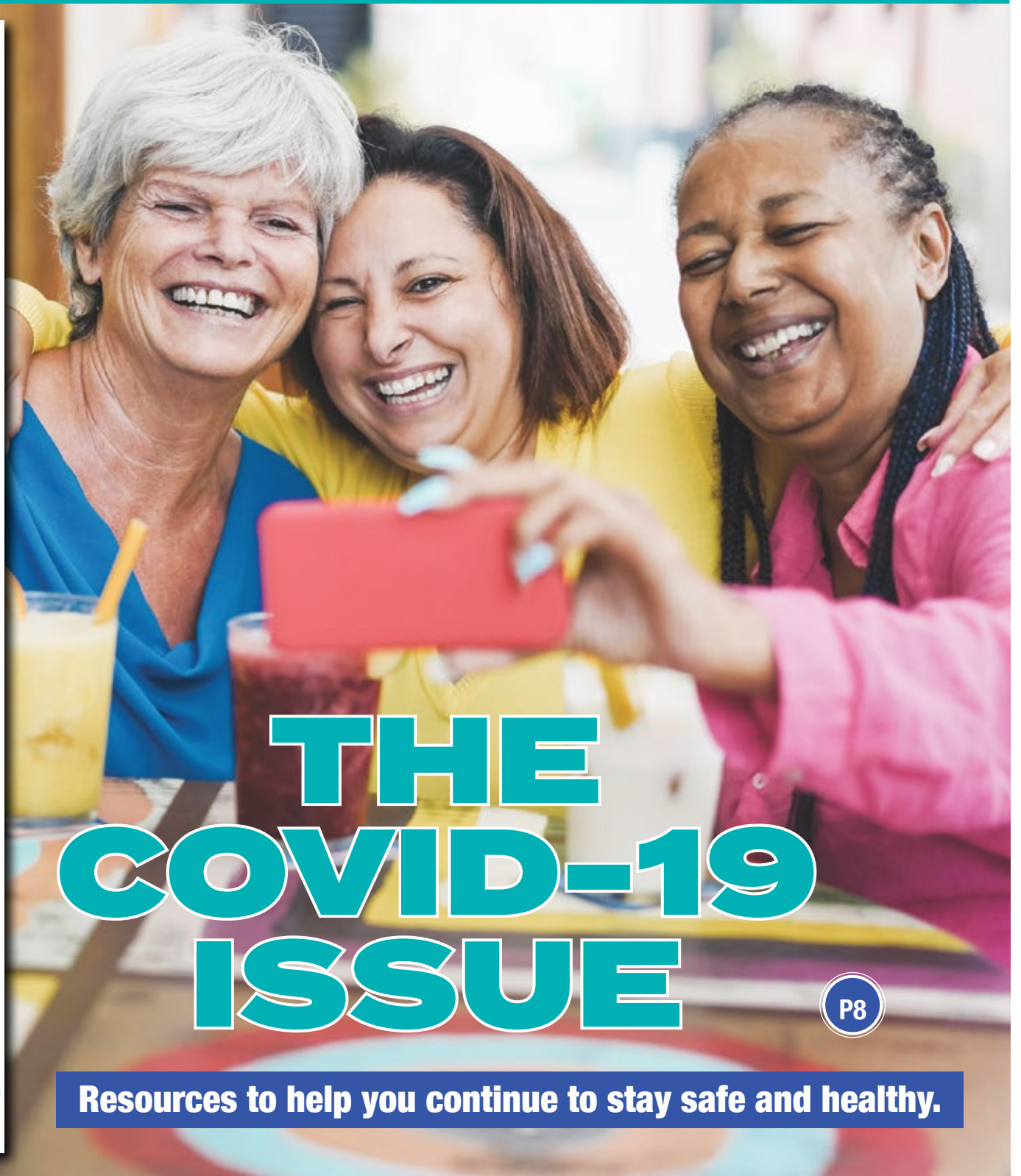


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# PCA

PHILADELPHIA CORPORATION FOR AGING

## WHAT IS PCA?

Philadelphia Corporation for Aging (PCA) is a nonprofit agency dedicated to serving Philadelphia's older adults and adults with disabilities. PCA publishes Milestones and 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](http://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:  
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Milestones is published monthly and distributed at more than 1,100 locations throughout Philadelphia, Lower Bucks and Eastern Montgomery counties.

**Check us out online: [pcaCares.org/Milestones](http://pcaCares.org/Milestones)**

**Editor:** Alicia M. Colombo  
215-765-9000, ext. 5081  
PCA, 642 N. Broad St.  
Philadelphia, PA 19130  
Email: [MilestonesNews@pcaCares.org](mailto:MilestonesNews@pcaCares.org)

**Advertising:** Teresa Heavens  
215-765-9000, ext. 5053  
Email: [Teresa.Heavens@pcaCares.org](mailto:Teresa.Heavens@pcaCares.org)

**Subscriptions & Distributions:**  
215-765-9000, ext. 5081  
Email: [MilestonesNews@pcaCares.org](mailto:MilestonesNews@pcaCares.org)  
Home delivery: \$12/year

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## Knowledge, resources are powerful

By Najja R. Orr, MBA, DBA,  
PCA president & CEO

It has been more than two years since the COVID-19 pandemic disrupted our lives. There is now widespread availability of health information, vaccines and testing kits to help prevent and contain the spread of COVID-19 within our community.

As you enjoy planned activities and gather to celebrate life's important moments this summer, it is important to remember that COVID-19 has not gone away. Though we are happy and grateful to return to some sense of pre-pandemic normalcy, a new outbreak of the disease's variant is present. Older adults, people with chronic health conditions and their caregivers should consider following the advice of the Centers for Disease Control and Prevention by speaking with their primary physician or another health care provider to learn if the COVID-19 vaccines and/or boosters could work for them.

One of the greatest lessons that we've learned from the pandemic is that knowledge is power. Information can create a safety net to get us through the toughest times. That's why we dedicated this month's issue of Milestones newspaper to bring you the latest resources and health information. We want to present information on the COVID-19 virus and share resources to assist with the pandemic's continued effects.

I'm extremely appreciative and fortunate to be a part of such a caring organization, where all the PCA family members continue to bestow daily acts of kindness, generosity and partnership as they have throughout the pandemic. Due to this continued commitment, we have not missed a beat in addressing the needs of older Philadelphians.

Since March 2020, PCA has distributed millions of home-delivered meals and grab-and-go meals at senior community centers throughout the city. Supporting many



of our consumers remotely during stay-at-home orders, PCA continued to operate its Helpline, investigate reports of suspected elder abuse, helped those who require our care management or service coordination supports, advocated for the rights and benefits of those whose need our voice, and many more activities.

At PCA, we know that older adults have an immense capacity for resilience. Our collective approach to supporting each other during the pandemic has been nothing short of inspiring. I encourage all of us to remain flexible and open to addressing new challenges the pandemic may still present. I am in awe of what we've accomplished together despite a global pandemic. Let's pledge to remain informed and diligent together.

PCA is here for you at 215-765-9040 or online at [pcaCares.org](http://pcaCares.org)

### Marriage equality

PCA's mission is to improve the quality of life for older Philadelphians and people with disabilities and to assist them in achieving their maximum levels of health, independence and productivity. Inherent in this mission is assuring that ALL groups of people have the same rights under the law. Marriage equality is one of those rights that must be protected for all citizens. Love has no race or sexual orientation.

That's why we support continued proactive steps to protect marriage rights for LGBTQ+ and interracial couples who are married. 🌈



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# City is tackling racial, ethnic disparities in COVID-19 care



By Jay Nachman

The findings are clear: In Philadelphia, nationally and around the world, people of color and older adults face greater challenges when confronted with COVID-19 than people in other communities.

An August 2020 report by the Philadelphia Department of Public Health (PDPH) stated, “In the U.S. and other countries, people from non-white racial and ethnic groups and older adults have suffered the greatest impact of COVID-19.”

Meanwhile, a January 2022 report by the Centers for Disease Control and Prevention (CDC) noted, “The COVID-19 pandemic has magnified longstanding health care and social inequities, resulting in disproportionately high COVID-19-associated illness and death among members of racial and ethnic minority groups.”

A deeper dive into the Philadelphia report reveals that more African American residents have been tested for COVID-19 than any other racial or ethnic group. As of Aug. 30, 2020, 100,871 of the 316,580 tests (32%) performed have been on African American residents. The highest COVID-19 infection, hospitalization and death rates in Philadelphia are among African Americans.

The report also states the overall rates of infections, hospitalizations and deaths among Latinx residents are second highest, after African Americans. It is noted that disparities in outcomes from COVID-19 between racial and ethnic groups result from the accumulated impact of centuries of systemic racism.

“As older adults are considered at high risk for severe outcomes from COVID, testing rates in these age groups have con-

sistently been the highest. This trend is in part driven by testing of residents of nursing homes. COVID-19-associated hospitalization and death rates have consistently been highest among those age 75 years and older,” according to the report.

The CDC report focused on “Racial and Ethnic Disparities in Receipt of Medications for Treatment of COVID-19,” noting, “Vaccines and preventive measures are the best defense against infection; post-infection, COVID-19 medications reduce morbidity and mortality and relieve strain on hospitals” and concluded, “Efforts to reduce racial and ethnic disparities with equitable outpatient COVID-19 treatment access, practices and supportive systems are urgently needed.”

Findings from the CDC also included, “A lower proportion of people of racial and ethnic minority groups received monoclo-

nal antibody (mAb) outpatient treatment for preventing severe COVID-19. This finding highlights disparities as a priority for intervention and can guide strategies aimed at more equitable COVID-19 outcomes. Policies, resources, and programs addressing the specific needs of served populations, institutions and places can accelerate progress toward health equity. Strategizing the equitable receipt of current and emerging outpatient treatments by reducing barriers to accessing treatment might prevent disparities in severe COVID-19 outcomes.”

Philadelphia quickly recognized the disparities in COVID-19 case rates, hospitalizations and deaths among Black and Latinx city residents. In June 2020, the PDPH convened a group of stakeholders who developed an Interim Racial Equity Response Plan.

“Since the beginning of the pandemic, it was quite evident that disparities among race and age groups existed,” said Gail Carter Hamilton, MSN, RN, CSN, PDPH’s chief racial equity officer. “Considering this concern, the health department is making its best effort to address these issues as they arise. Additionally, we can adapt and redirect quickly to address Philadelphia’s most vulnerable citizens. Overall, it is important to understand that the Philadelphia Department of Health is committed to ensuring that all Philadelphians have equal access and opportunity to receive timely and equitable COVID-19 supports and services.”

The city’s Racial Equity Response Plan addresses several key areas, including the following:

## Testing

To create widespread access to low-barrier testing, PDPH expanded testing

**Continued on page 14**

# Her triumph continues: Overcoming COVID-19

By Jay Nachman

Multi-talented Germantown resident Victoria Huggins Peurifoy, 70, is a poet, author, spoken-word artist, storyteller, photographer, soloist and public speaker.

She wasn't going to let a hard bout with COVID-19 prevent her from doing what she loves to do. The physically and mentally challenging experience of being hospitalized in November 2020 inspired her to write "The Triumph Continues: A COVID Story and Poetry," a book about experiencing coronavirus written to help medical professionals understand the patient's perspective.

Because COVID-19 patients could not have visitors, Peurifoy used technology to connect with the outside world. "My saving grace was Facebook, Google Duo and my children calling me," she said. "When they put me in the hospital, my daughter made sure I had my cell phone with me so I could communicate."

**Cause and the effects  
Will make people change?  
Change their hearts,  
Change their desires,  
Cause a new normal.**

~ Excerpt from "Cause and Effect," a poem by Victoria Hutchins Peurifoy

Her strong Christian faith has helped to keep her going through the most difficult times in her life. "I started talking to God ... and questioned, 'Why did you save me?'" said Peurifoy, a member of White Rock Baptist Church in Philadelphia. "The response was: 'Thy will be done.' So, God's will was for me to live and continue on to tell the story. He's not finished with me yet."

After being released from the hospital, she used her talents to help fill the



Photos courtesy of Victoria Huggins Peurifoy

**Victoria Huggins Peurifoy was hospitalized in November 2020 with severe complications from COVID-19. Today, at 70, she is thriving and living life to the fullest.**

time spent alone in isolation. "When I got home, there wasn't anything I could do but write," said Peurifoy, who retired from the Department of Treasury after a 35-year-career. "So, I was writing poems all during COVID. Some of the poems are written as a result of COVID, and being shut down and shut in. So, it comes from that place, too."

Now, almost three years later, Peurifoy still must battle with the lingering effects of the disease. She now takes voice therapy to help her control her singing voice patterns so she can hold notes.

"I am classified by the medical community as a 'long-hauler.' Since my hospitalization with COVID, I developed an upper respiratory infection that caused me to cough continuously and not be able to speak," she said.

But for the most part, Peurifoy, the mother of three and grandmother of eight (with another on the way) is continuing, undeterred, with her whirlwind

of activities.

She's picked up where she left off at Center in the Park, a PCA-funded senior community center in Germantown. Peurifoy has resumed leading the poetry and discussion group that she's facilitated there for 14 years. In addition, she is the co-founder of "The Best Day in My Life (So Far)," a story writing group at the center. Aside from her teaching activities,

she works as a ghost writer for "seasoned" citizens who want to document and share their life stories.

Peurifoy is also studying at Pierce College for a bachelor's degree in organizational leadership. She plans to graduate in June 2023.

"Anybody that's known me for a long time says, 'That girl's not letting any grass grow up under her feet.' I just have this propensity to do and go forward with my life," she said. "If I'm lucky, I've got 30 good years left in me, and I want to take advantage of it to the fullest."

## Triumph

**Revelry makes me sing,  
Ivory-colored joy. I was  
Undone, but COVID-19 has not won.  
Magnificent survival, I beat all odds.  
Praises be to God for a life restored.  
Happiness will remain.  
Thank you, Lord.**

~ An acrostic poem, written by Victoria Huggins Peurifoy, about her personal battle with coronavirus

Jay Nachman is a freelance writer in Philadelphia who tells stories for a variety of clients.

## Milestones wants to hear from YOU!

We welcome your story ideas, feedback and suggestions. (Story-specific comments or questions will be forwarded to the writer.) Submissions of letters or articles for publication must be signed and dated and include your address and phone number. Submission constitutes permission to edit and publish in any form or medium.

PCA reserves the right to not publish any submission; receipt may not be acknowledged; and submissions will not be returned.



Send ideas, comments & submissions to:  
Attn: Milestones Editor  
PCA, 642 N. Broad St.  
Philadelphia, PA 19130  
Email: milestonesnews@pcaCares.org

# PCA Helpline shares resources for older adults in Philadelphia



Each year, PCA connects more than 100,000 Philadelphians with the resources they need. PCA Helpline staff help older adults, caregivers and people living with disabilities benefit from many PCA programs by scheduling transportation services, taking reports of suspected elder abuse, making referrals for care management and home repairs, and administering crisis grants from the Emergency Fund for Older Philadelphians.

In addition, the PCA Helpline provides callers with information about re-

sources that are available outside of PCA. Whether referring callers to resources through the City of Philadelphia, community-based organizations or other supports, the PCA Helpline is always ready to provide the best information to meet a caller's needs, which can be anything from home-delivered meals, to legal services and/or financial benefits. When a Heat Health Emergency is declared for Philadelphia County, the PCA Helpline becomes the Heatline to counsel callers of all ages about precautions to take against the heat and detecting signs of heat stress.

**The PCA Helpline can be reached at 215-765-9040.** For general inquiries, call weekdays from 8:30 a.m. to 5 p.m. Confidential reports of suspected elder abuse can be made 24/7 to the PCA Helpline by pressing 1 when prompted.

Interpreter services are available for all callers. Individuals who are hard of hearing or deaf can reach the Helpline through its teletype (TTY) line at 215-765-9041. Information about a variety of resources, as well as a referral form for PCA services,

is available at [pcaCares.org](http://pcaCares.org).

Here are some of the most requested resources from the PCA Helpline that every older adult and caregiver should know.

## Affordable Housing

- **Project HOME** has worked for over 30 years to end chronic homelessness and alleviate poverty in Philadelphia. – 1515 Fairmount Ave., Philadelphia, PA 19130 | 215-232-7272 | [ProjectHOME.org](http://ProjectHOME.org)

- **Affordable Housing Centers of Pennsylvania** is a HUD-approved non-profit agency that provides housing counseling and financial literacy education to low- and moderate-income Pennsylvanians. – 846 N. Broad St., 1st Floor, Philadelphia, PA 19130 | 215-765-1221 | [ahcopa.org](http://ahcopa.org)

- **NewCourtland** provides a variety of housing options for older adults seeking to “age in place,” in their own homes and neighborhoods, for as long as possible. – 6970 Germantown Ave., Philadelphia, PA 19119 | 1-888-530-4913 | [NewCourtland.org](http://NewCourtland.org)

- **Federation Housing** provides much-needed affordable housing communities and services that empower low- and moderate-income older adults to live independently with an enhanced quality of life. – 8900 Roosevelt Blvd., Philadelphia, PA 19115 | 215-673-6446 | [FederationHousing.org](http://FederationHousing.org)

## Legal Services

- **Community Legal Services** provides free legal advice and representation to low-income residents of Philadelphia. – 1424 Chestnut St., Philadelphia, PA 19102 | 215-981-3700 | [clshila.org](http://clshila.org)

- **Philadelphia Commission on Human Relations** is the City of Philadelphia's official civil rights agency. – 601 Walnut St., Suite 300 South, Philadelphia, PA 19106 | 215-686-4670 | [phila.gov/departments/philadelphia-commission-on-human-relations](http://phila.gov/departments/philadelphia-commission-on-human-relations)

- **SeniorLAW Center** provides legal services to older Pennsylvanians. – 1500 JFK Blvd., Suite 1501, Philadelphia, PA 19102 | 215-988-1244 | [SeniorLawCenter.org](http://SeniorLawCenter.org)

## Financial benefits

- **Benefits Check Up** is a free service sponsored by the National Council on Aging that connects older adults with programs to help them afford food, utilities, medicine and more. – 251 S. 18th St., Suite 500, Arlington, VA 22202 | 1-800-794-6559 | [BenefitsCheckup.org](http://BenefitsCheckup.org)

- **Benefits Data Trust** is a free program that helps proactively connect Philadelphians on fixed incomes to critical benefits and services. – Center Square West, 1500 Market St., Suite 2800, Philadelphia, PA 19102 | 215-207-9100 | [bdtrust.org/benephilly](http://bdtrust.org/benephilly)

- **Philadelphia County Assistance Office** offers assistance and other services to individuals and families in need. – 801 Market St., Philadelphia, PA 19107 | 215-560-7226 | [www.compass.state.pa.us](http://www.compass.state.pa.us)

- **Property Tax/Rent Rebate Program** provides property tax or rent rebate benefits to eligible Pennsylvanians, 65 and older, through the Pennsylvania Department of Revenue. – Multiple Philadelphia locations | 1-888-222-9190 | [revenue.pa.gov/PTRR](http://revenue.pa.gov/PTRR) 🌞

## Crossword Puzzle Solution

(See page 15 for clues)



# Streamlining assistance for aging, disability communities

By Bill Conallen



community as independently as possible. PA Link consists of 15 service areas that collectively encompass all 67 counties in Pennsylvania.

Here in Philadelphia County, Philadelphia Corporation for Aging (PCA) has a significant role as a PA Link partner. In addition to services and programs offered, PCA offers

There's a nationwide initiative to streamline the way we assist older adults and adults with disabilities who need help accessing long-term services and supports. Generically known as aging and disability resource centers (ADRCs), they serve as a single point of entry into the long-term supports and services system for older adults and people with disabilities. In Pennsylvania, the ADRC program is named Pennsylvania Link to Aging and Disability Resources, commonly referred to as PA Link.

PA Link is dedicated to improving access to long-term care supports, expanding the use of community-based solutions, promoting consumer-directed decision making through person-centered counseling, and improving the quality of services regardless of an individual's age, physical or developmental disability, or ability to pay. PA Link takes a seamless, "no wrong door" approach to connecting individuals with services and supports. PA Link partners work together to connect consumers with all available resources related to care, medication, nutrition, insurance, housing, transportation and other supports that make it possible to continue to live the

person-centered counseling, a free service that connects older adults and adults with disabilities to public benefits and private resources. A trained counselor will assist with helping individuals to identify long-term services and supports available in the community, provide guidance to help secure services, and follow-up to make sure things are going as planned.

"Person centered counseling helps with identifying and navigating the vast array of long-term services and supports that are available," said PCA ADRC Coordinator Julie McNair. "The process is designed to help alleviate some of the frustrations many older adults, people with disabilities, their caregivers and family members experience when trying to access assistance."

**PA Link to Aging and Disability Resources can be reached by calling the PA Link's toll-free statewide helpline at 1-800-753-8827 or go to [aging.pa.gov/link](http://aging.pa.gov/link). For more information about PCA services or to schedule a person-centered counseling appointment, call the PCA Helpline at 215-765-9040.**

*Bill Conallen is the public relations specialist at Philadelphia Corporation for Aging.*

## When it comes to the COVID-19 vaccine, make sure you get a dose of information.



For many older adults and people with disabilities, it can be confusing to know the right decisions to make about the COVID-19 vaccines and boosters. The choice to get these are personal and the best thing to do is boost your knowledge about the vaccines. This way, you'll know the latest information so you feel more comfortable deciding what is right for you.

**So call your doctor or speak to your primary care provider today to learn more. You can also call the Philadelphia Department of Public Health at (215) 685-5488.**





iStock

## Vax | mask | test:

# COVID-19 information, resources from Philadelphia Department of Public Health

Getting vaccinated is the best way to protect yourself, family, loved ones and the community, according to the Philadelphia Department of Public Health (PDPH).

Among the three COVID-19 vaccines used in the United States, Pfizer-BioNTech or Moderna are preferred. In some situations, Johnson & Johnson's Janssen vaccine may be given. COVID-19 vaccines and booster shots are free to everyone living in the United States. If you have health insurance, vaccine providers may bill your insurance, but you can't be charged any money for the vaccination.

You should speak with your health care provider to discuss whether the vaccine and/or booster shots are recommended for you. The timing and guidelines for vaccine and boosters vary based on the type of vaccine, the person's age and chronic health conditions. The Centers for Disease Control and Prevention (CDC) has an online guide to staying up to date on your vaccines at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) (click on "Get vaccinated and boosted").

### Vaccination, booster shot locations

You can get vaccinated or boosted at a City Health Center in Philadelphia. Registered patients make an appointment at the times and locations below. If you are not a regular health center patient, you can get your vaccine during walk-in hours at the annex locations listed. For information

or to make an appointment, call 215-685-2933.

#### Philadelphia's City Health Centers:

- **Health Center 2:** 1700 S. Broad St., Unit 201 | Appointments: Mondays, Tuesdays, Wednesdays and Fridays, 8 a.m. to 12:30 p.m.
- **Health Center 4:** 4400 Haverford Ave. | Appointments: Mondays and Tuesdays, 8 a.m. to 12:30 p.m.
- **Health Center 9:** 131 E. Cheltenham Ave. | Appointments: Mondays, Thursdays and Fridays, 8 a.m. to 12:30 p.m.
- **Strawberry Mansion Health Center:** 2840 West Dauphin St. | Appointments: Mondays and Tuesdays, 8 a.m. to 12:30 p.m.
- **Health Center 3 Annex:** 4219 Chester Ave. | Walk-ins: Weekdays, 8 a.m. to 1 p.m.
- **Berks Street Annex:** 2001 W. Berks St. | Walk-ins: Weekdays, 8 a.m. to 1 p.m.
- **Health Center 6 Annex:** 301 W. Girard Ave. | Walk-ins: Weekdays, 8 a.m. to 1 p.m.
- **Health Center 10 Annex:** 2230 Cottman Ave. | Walk-ins: Weekdays, 8 a.m. to 1 p.m.

There are many other vaccine distribution locations, including pharmacies, clinics and health care providers that are not affiliated with PDPH. To locate additional vaccination sites, go to [vaccines.gov](https://vaccines.gov).

### At-home vaccination program

PDPH provides free in-home COVID-19 vaccines and booster shots to anyone, 12 and older, who has had trouble getting the shot because of disability, health issues, transportation access or other barriers. Caregivers and family members in the same home are also eligible for in-home vaccination. For information or to schedule an appointment, go to [bit.ly/homeboundvaccinephl](https://bit.ly/homeboundvaccinephl) or call 215-685-5488 (press 5 for interpretation services). Dial 711 for TRS/TTY assistance.

### COVID-19 testing

Philadelphia's Resource Hubs distribute at-home test kits and provide other resources. See below for locations and hours of operation.

- **Southwest Philadelphia:** Bethany Baptist Church | 5747 Warrington

Ave. | Weekdays: 10 a.m. to 6 p.m. | Saturdays: 9 a.m. to 1 p.m.

- **North Philadelphia:** Mi Salud Wellness Center | 200 E. Wyoming Ave. | Mondays and Thursdays, 8:30 a.m. to 4:30 p.m. | Tuesdays, 12-8 p.m. | Wednesdays and Fridays, 7 a.m. to 2 p.m.
- **Shoppes at LaSalle** | 5301 Chew Ave. | Mondays through Saturdays, 10:30 a.m. to 5:30 p.m.
- **South Philadelphia:** Mt. Enon Church | 500 Snyder Ave. | Weekdays, 11:30 a.m. to 6 p.m. | Saturdays, 9:30 a.m. to 4:30 p.m.
- **Whitman Plaza** | 330 Oregon Ave. | Sundays through Fridays, 11:30 a.m. to 6:30 p.m.
- **Mobile Testing Units:** A schedule of testing events that are open from 9 a.m. to 1 p.m. throughout the City is available at [phila.gov](https://phila.gov) (type "COVID testing" in the search box).

### In-Home COVID Support Program

Did you test positive for COVID-19? Or, have you been in close contact with someone who has COVID-19? Bounce Back Philly can provide up to 10 days of at-home support services, including delivery of groceries and essential items;

a care package with personal protective equipment and educational materials; connection to utility, housing and mental health support resources. For information, call 215-685-5488, weekdays from 8:30 a.m. to 5 p.m. Ask for the In-Home Support Program.

Source: Philadelphia Department of Public Health



# FAQs about COVID-19 booster shots for older adults

The Philadelphia Department of Public Health provides answers to some of the most frequently asked questions about vaccinations, booster shots and the pandemic.

## What is a booster shot?

A booster is an additional dose of vaccine that improves (boosts) your protection against COVID-19.

## Do boosters mean the vaccines don't work?

It is expected for some vaccines to lose strength over time, such as the tetanus vaccine. Other vaccines require regular doses, such as the annual flu vaccine. We all need a booster dose to keep up our protection against COVID-19. A booster reduces the chances of getting COVID-19 and can help prevent you from spreading the virus to others. Data also shows that people who are fully vaccinated and boosted are likely to have a mild case of COVID if they do catch it, and less likely to be hospitalized or develop complications.

## Aren't enough people vaccinated?

Even with so many people vaccinated in the Greater Philadelphia region, people are still getting COVID, passing it to others, and getting sick or dying from the disease. Older adults and people with



certain health conditions are more at risk of getting very sick due to COVID. The person you may pass COVID-19 to may not be able to fight off the virus and could become seriously ill.

## Isn't the pandemic over?

No, the pandemic isn't over. The number of people with COVID-19 can go back up, and new variants are still arising. The more people who are boosted and fully vaccinated, the less chance there is for the virus to pass from person to person.

## I already had COVID-19. Do I still need to get a booster?

According to the Philadelphia Department of Public Health, you should get a booster. Experts do not yet know how long you are protected from the virus after recovering from COVID-19. You can get COVID-19 more than once and a booster protects you from getting severely sick, if you do get the virus again.

## Who can get a booster dose?

- Anyone 12 or older who got a second dose of the Pfizer vaccine at least five

months ago.

- Anyone 18 or older who got a second dose of the Moderna vaccine at least five months ago, or who got the Johnson & Johnson (one-dose) vaccine at least two months ago.

## Where can I get a COVID-19 vaccine or booster dose?

Visit [www.vaccines.gov](http://www.vaccines.gov), [www.phila.gov/vaccine](http://www.phila.gov/vaccine) or call 215-685-5488 for vaccine locations. If getting to a clinic is challenging, sign up for the In-Home Vaccination Program for you and your caregiver at <https://bit.ly/homebound-vaccinephl> or call 215-685-5488.

## Are the City's vaccine clinics accessible?

All PDPH vaccine clinics are ADA accessible for people with disabilities. Free language interpretation and free door-to-door transportation is also available. For information call 215-586-3006 or visit [bit.ly/KnowB4Ugo](https://bit.ly/KnowB4Ugo).

## I lost my COVID-19 vaccine card. How can I replace it?

Request a copy of your vaccine record that can be used as a vaccine card at 215-685-5488 (press 5 for language interpretation or [bit.ly/LostVaxCardPHL](https://bit.ly/LostVaxCardPHL)).

*Source: Philadelphia Department of Public Health*

## Knowledge is power: Stay informed about COVID-19

- **Philadelphia Coronavirus Helpline: Open 24/7 at 1-800-722-7112 (press 9 for language interpretation)** – Speak with a medical professional about COVID-19 symptoms, exposure, vaccine, tests
- **Text COVIDPHL to 888-777** to receive COVID-19 updates on your phone
- **PDPH COVID-19 webpage: [phila.gov/COVID](http://phila.gov/COVID)**

# Milestones™ Events

August 2022

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

## AUGUST 2 NATIONAL NIGHT OUT

A community-police awareness event to enhance the relationship between neighbors & law enforcement while creating a sense of community.

Information: natw.org

## AUGUST 3 PILATES CLASS

Exercise class to stretch & strengthen your body. 9:30-10:15 a.m. Marconi Older Adult Center. 215-717-1980 | Cost: \$4



## THURSDAYS STARTING AUGUST 4 AFTERNOON YOGA ON THE DECK

In Touch Yoga presents a blend of physical yoga practice, breathwork & meditation, designed specifically for people to become more in touch with their bodies. Bring your own mat. 5:15-6:15 p.m. Lutheran Settlement House. 215-426-8610 | Free



## AUGUST 6 CELEBRATE ASIA

Celebrate the diversity in Philadelphia with a series of cultural festivals presented by PECO. Race Street Pier. 215-922-2FUN | Free

## AUGUST 6 COMMUNITY UNITY MUSIC FESTIVAL

Live performance. 12-6 p.m. Clark Park. 215-764-5345 | Free

## AUGUST 7 2ND STREET FESTIVAL

The 2nd Street Festival has grown into one of the largest annual street festivals in Philadelphia, spanning several blocks in Northern Liberties. 12-9 p.m. 2nd Street between Girard Avenue & Spring Garden Street. 2ndstfestival.org | Free



## AUGUST 7 ACANA AFRICAN FESTIVAL

Celebrate the diversity in Philadelphia with a series of cultural festivals presented by PECO. 2-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN | Free



## AUGUST 9 NUTRITION CLASSES

Fun & informative classes about living a healthier lifestyle. 12-1 p.m. New Kensington Development Corporation. Community Center at Visitation. 267-606-5927 | Free

## AUGUST 9 HEALING A DIVIDED NATION

Virtual educational program about how the Civil War revolutionized Western medicine. Experts tell differing views of the most dramatic stories in American history. Host: Free Library of Philadelphia. 7 p.m. freelibrary.org/calendar (Type "healing" in the "Keyword" box) | 215-686-5396

## **AUGUST 18** **THE BEATLES – FROM LIVERPOOL TO ABBEY ROAD**

Join '60s rock historian, Beatles scholar & storyteller for a discussion with music from Liverpool to Abbey Road. 7:30 p.m. Congregations of Shaare Shamayim. 215-677-1600 | Cost: \$40



## **AUGUST 18** **CHINESE FAN DANCE SHOWCASE**

11 a.m. Marconi Older Adult Center. 215-717-1980 | Free

## **AUGUST 20** **FESTIVAL OF INDIA**

Celebrate the diversity in Philadelphia with a series of cultural festivals presented by PECO. 12-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN | Free

## **AUGUST 21** **CARIBBEAN FESTIVAL**

Celebrate the diversity in Philadelphia with a series of cultural festivals presented by PECO. 12-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN | Free

## **AUGUST 21** **SENIOR CITIZENS DAY**

Information: [NationalToday.com/national-senior-citizens-day](http://NationalToday.com/national-senior-citizens-day)

## **AUGUST 23** **SENIOR FUN DAY IN THE PARK**

Food, games, music, line dancing & health screenings. Host: Philadelphia Park & Recreation Older Adult Services. 10 a.m. to 2 p.m. Fairmount Park Horticultural Center. Register: 215-685-2736 | Free

## **AUGUST 24** **DRIVERS SAFETY REFRESHER COURSE**

Most insurance companies provide a discount for completing the course. Presented by AARP. 10 a.m. to 2 p.m. Congregations of Shaare Shamayim. 215-677-1600 | Cost: \$20 for AARP members; \$25 for others



## **AUGUST 25** **INDOOR SHORE PARTY**

Celebrate the summer at a beach-themed dance party. 10:45 a.m. to 12 p.m. Marconi Older Adult Center. 215-717-1980 | Free



## **AUGUST 27** **FARMERS MARKET**

Shop for locally grown produce, meats & other goodies from area farmers & vendors. 10 a.m. to 2 p.m. 4300 Baltimore Ave. 215-764-5345 | Free

## **AUGUST 28** **ANNUAL UKRAINIAN FOLK FESTIVAL**

12-8 p.m. Ukrainian American Sports Center (in North Wales). 215-704-6144 | Free

# Telehealth has become the ‘norm’ for health care from home

Prior to the COVID-19 pandemic in March 2020, the use of telehealth (also known as telemedicine) services was not a common practice. Few people felt comfortable enough with technology to rely upon it for their health care. At that time, doctors and other health providers rarely offered appointments virtually, and insurance companies did not widely cover telehealth services.

But the pandemic has changed all that – for the better. The regular use of virtual health services began as a method to stop the spread of COVID-19. Telehealth, the distribution of health-related information and provision of services via electronic or telecommunication technologies, is now a widely recognized and commonly available option for convenient, cost-effective physical and mental health services. It allows patients and health care professionals

to connect for care, advice, education, intervention and monitoring without having to be in the same physical location.

Imagine this: You meet with your doctor from the convenience of your smartphone or personal computer, pay no additional costs, and, as always, leave the claim filing to the health care provider. That’s the benefit of telehealth – and it’s here to stay.

## What medical services are available through telehealth?

Insurance coverage and health provider services vary. Typically, telehealth can be used for medically reasonable services, including virtual appointments with doctors, nurse practitioners, clinical psychologists, physical and occupational therapists, and licensed clinical social workers. Preventive services are also



covered through telemedicine, including depression screenings, diabetes self-management training, medical nutrition therapy, and intensive behavioral therapy for cardiovascular disease or obesity. Telehealth coverage often extends to providers you’ve never seen before, both in and out of your home state.

Although telehealth services usually require both audio and video technology, you can use only the audio on your phone for certain evaluation and management services, such as periodic assessments and counseling sessions.

These days, it’s easier than ever to see your primary doctor or a specialist with the added benefit of telemedicine. The bonus of no additional cost or paperwork for you makes being well even brighter.

## Telehealth drawbacks

Telehealth is convenient and can be very effective for follow-up appointments and consultations, but it comes with various drawbacks. There are still tests and diagnoses that require an in-person visit with your healthcare provider.

Another drawback is a loss of personal connection. You can’t receive a gentle

pat on the shoulder through a computer screen.

The method for the telehealth appointment needs to be clearly explained to patients in advance. Some patients may not feel comfortable using video conferencing for an appointment. Others may prefer a phone call, but their physician is expecting a video chat.

## Tips for virtual appointments

The best way to have a successful telehealth appointment is to make sure you’re prepared.

Prior to the appointment, write down anything your physician should know, including current prescriptions and dosages and any new symptoms you have been experiencing.

Make a list of additional questions you want to ask your health care provider.

If you have a scheduled video telehealth appointment, make sure you are in a well-lit room and have a stable internet connection.

At the start of the appointment, ask your physician what to do in case you get disconnected from the telehealth call or video.

For privacy in the household, consider using headphones. 🌞

## Can you hear speech in background noise?

Temple University is seeking adults aged 60 to 85 to participate in a hearing research study. The focus of the study is to examine our ability to perceive and understand speech in noisy conditions. Testing will take place on the Temple University campus. Compensation provided for eligible participants.

**For more information, contact the Speech Perception and Cognition (SPAC) Lab  
215-204-1478 or [spaclab@temple.edu](mailto:spaclab@temple.edu)**

Speech Perception and Cognition Lab  
Jing Shen PhD, Principal Investigator

# Help for mental health issues is available

COVID-19 turned much of our world completely on its head, especially for Philadelphia's older residents. When social isolation, boredom, loss and fear coincide, depression and anxiety can be the result. If left untreated, these issues can have severe adverse effects on older adults.

Hopefully, the worst of the pandemic is behind us. Now is a good time to check-in on how you're feeling – mentally and emotionally. Philadelphia offers resources for older adults who need help with mental and/or behavioral health concerns.

**Horizon House** helps reduce isolation by utilizing peer support groups and provides activities and additional resources for people of all ages, including seniors, with mental health needs. 610-918-4907 | hhinc.org

**Jefferson Hospital Geriatric Psychiatry Program** is dedicated to the unique needs of older patients facing age-relat-

ed psychiatric, medical and neurological conditions like depression, dementia, and Parkinson's disease or stroke. 1020 S. 21st St. | 1-800-533-3669 | hospitals.jefferson.edu

**National Suicide Prevention Lifeline:** Call or text 988, 24/7, for mental or behavioral health crisis services.

Trained counselors located at 13 Pennsylvania crisis call centers can immediately provide phone-based support and/or connections to local resources. If needed, a counselor can activate a mobile mental health crisis team to arrive on-site; provide therapeutic interventions; and/or make referrals for outpatient services or transportation for further evaluation.

**Penn Geriatric Psychiatry** improves the mental health and well-being of older adults by identifying the nature and causes of common problems, to use the most advanced treatments to help restore mental

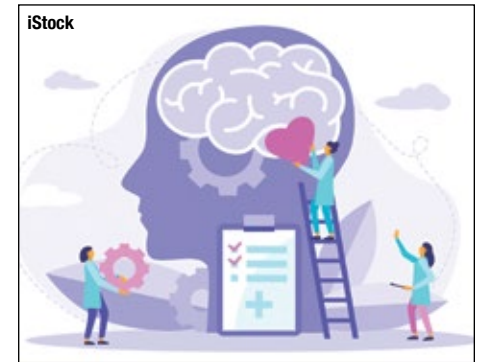
health and discover strategies to enhance resilience against stress late in life. 3615 Chestnut St. | 215-662-4508 | PennMedicine.org

**Pennsylvania Department of Human Services' PA Support & Referral Helpline:** 1-855-284-2494 (TTY: 724-631-5600)

**Philadelphia Area Older Adult Hoarding Task Force** helps older Philadelphians who suffer from hoarding and provides a host of additional resources for consideration. Adults 60-plus: 215-545-5728 | PhiladelphiaHoarding.org

**Philadelphia Corporation for Aging** provides a detailed list of mental health resources that caters to older adults at 215-765-9040 or [pcaCares.org/mental-health](http://pcaCares.org/mental-health).

**The Philadelphia Department of Behavioral Health and Intellectual Disability Services** provides 24/7 resources for individuals in need of mental health ser-



vices, regardless of the ability to pay. For a mental health emergency, contact the Crisis Hotline: 215-685-6440. For non-emergency help, uninsured or underinsured Philadelphia residents should call 215-685-5400 and Medicaid recipients can call 1-888-545-2600. For online behavioral health screening and resources: <https://HealthyMindsPhilly.org>.

**SAGE National LGBT Elder Hotline** delivers a host of advocacy connections, tools and supports locally and specifically for Philadelphia's LGBTQ older adults. 1-888-234-SAGE | [sageusa.org](http://sageusa.org) 🌈

## PCA CAREERS IN AGING SERVICES

*Make a Difference. Build a Career!*

Philadelphia Corporation for Aging  
642 N. Broad Street  
Philadelphia, PA 19130



### OPEN POSITIONS MAY INCLUDE:

- Accountant II
- Administrative Assistant | Secretary
- Assessment Worker
- Care Manager | CM Case Aide
- Desk Reviewer
- Director of Business Administration
- Firehouse Center Program Coordinator
- Fleet Mechanic
- Intake Worker Protective Services
- Meal Distribution Center Manager
- Older Adult Protective Services: Investigator | Nurse Investigator | Supervisor
- Quality Assurance Manager
- Scheduling Coordinator | Supervisor
- Senior Center Supervisor
- Senior Companion Program Manager
- Service Coordinator | SC Supervisor
- Share Housing Counselor
- Support Clerk
- Victim Support Program: Coordinator | Supervisor

### BENEFITS:

- Health Benefits
- 13 Paid Holidays
- Paid Sick/Vacation Leave
- Tuition Reimbursement

**APPLY ONLINE:** [pcaCares.org/careers](http://pcaCares.org/careers)

*Philadelphia Corporation for Aging (PCA) is the first place for older Philadelphians, and adults with disabilities, to turn for information and services to help maintain or improve the quality of their lives. Established in 1973, PCA is a private, nonprofit, nationally recognized Area Agency on Aging. One of the region's largest nonprofit organizations, PCA contracts with more than 200 community organizations to deliver services aimed at helping older Philadelphians and adults with disabilities achieve their maximum levels of health, independence and productivity. Through its work, PCA touches the lives of more than 140,000 individuals each year.*

## PA MEDI Helps Older Philadelphians Understand Health Insurance Options

While making health insurance and prescription drug coverage decisions, be sure to consider applying for **Extra Help (Low-income Subsidy)**

Informational and Enrollment events are being held throughout Philadelphia. Trained counselors are available to assist older Philadelphians in making informed decisions about their health insurance choices. Call one of the numbers provided below:

**Einstein Medical Center: 215-456-7600**  
**The Center for Advocacy for the Rights and Interests of the Elderly (CARIE): 215-545-5728**

To see what events are being held in your area:  
<http://pda-apprise.org/meetings>



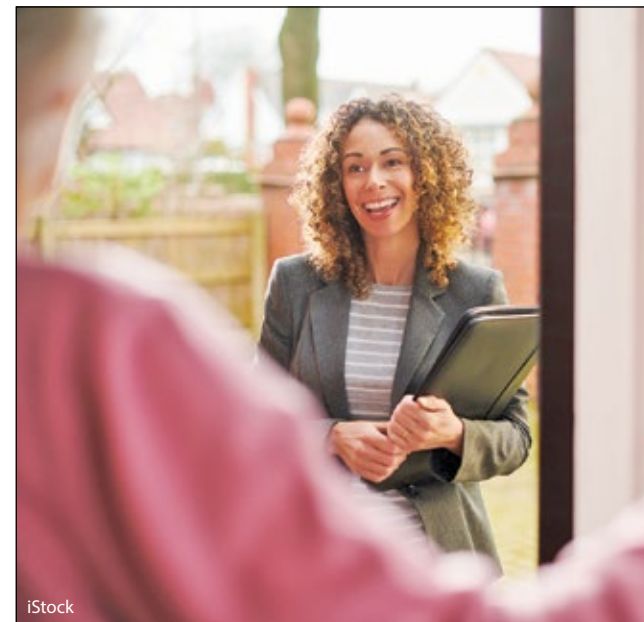
Funded wholly or in part by the  
 Administration for Community Living

PA MEDI is the State Insurance Assistance Program for Pennsylvanians 60 and older. The state Department of Aging created PA MEDI to help older adults understand their health insurance options and make the best decisions about their insurance needs.

## Disparities

• continued from page 4

opportunities in areas of high need through the COVID-19 Community Testing Program and the operation of two mobile testing units. To further expand testing, PDPH opened COVID-19 Testing Resource Hubs that distribute free COVID-19 test kits to residents. Sites were chosen in highly trafficked commercial corridors in areas of higher social vulnerability and with limited consistent rapid testing options. Hours/days vary to accommodate for work schedules with early morning or evening times once per week. Additionally, PDPH provides a supply of free test kits and N95 masks to community-based organizations and special event hosts for distribution to the public.



iStock

## Vaccination Support

The department continues to run about 10 clinics per week in low-vaccinated neighborhoods, which also correlates to communities of high social vulnerability. These clinics have shifted to be primarily pop-up and mobile clinics to focus on people who are experiencing homelessness. Vaccine data is regularly reviewed to ensure that clinics are held in the areas of most need. In addition, there is a matching process where community organizations, schools and faith-based agencies are connected with a vaccine provider to host on-site clinics.

Philadelphia is continually working to reduce community spread, with a focus on communities of color who are at highest risk, by disseminating messages around masking, social distancing and essential worker protections via mass media, community partnerships and community meetings. For more information on COVID-19 vaccination, testing and other resources, see pages 8-9.

## Outreach

Outreach and education are critical to ensuring ongoing community participation in Philadelphia's effort to end the pandemic. The City will continue to conduct community canvassing and outreach events and utilize mass communications strategies to ensure that important COVID-related information about vaccination, testing, masking and other containment measures is accurate, timely and accessible to all residents. The outreach team participates in 100 in-person events per month and now has more staff to meet the needs of the community.

## Bilingual call center

The PDPH has a dedicated Spanish COVID-19 hotline 215 (685-5488) that is staffed by fluent Spanish-speakers.

*Jay Nachman is a freelance writer in Philadelphia who tells stories for a variety of clients.*

## Health Brief

## Containing COVID in the community



The BA.5 subvariant of omicron is the latest summer wave of COVID-19 in the U.S., making up nearly 80% of new cases, according to the Centers for Disease Control and Prevention (CDC). BA.5 symptoms are similar to previous variants, including congestion, headaches, cough and fever, but may also include sore throat and hoarse voice.

People who are up to date on vaccines have much lower risk of severe illness and death from COVID-19, compared with unvaccinated people. When making decisions about prevention strategies and behaviors in addition to vaccination, individuals should consider the COVID-19 Community Level in their county. Go to [cdc.gov/COVID](https://www.cdc.gov/COVID) and scroll to the bottom of the page for the COVID-19 County Check to find community levels and prevention steps by county.

Layered prevention strategies — like staying up to date on vaccines, testing, good ventilation and wearing masks — can help to limit a person's chances of severe disease and reduce the potential for strain on the health care system. The CDC recommends using the county COVID-19 Community Levels — low, moderate or high — to help determine which COVID-19 prevention measures to use.

The CDC recommends the following prevention behaviors:

- Stay up to date with COVID-19 vaccines and boosters, as per your health provider's guidance.
- Maintain improved ventilation throughout indoor spaces when possible.

- If you are exposed to or have symptoms of COVID-19, follow CDC recommendations for isolation and quarantine. At all levels, people may choose to wear a mask based on personal preference and/or personal level of risk. People with symptoms, a positive test or exposure to someone with COVID-19 should wear a mask when around others or in public.
- If you are immunocompromised or at high risk for severe disease: Have a supply of home tests or a plan for rapid testing, if needed (see page 8 for resources). Talk to your health care provider about whether you are a candidate for treatments, like oral antivirals, pre-exposure prophylaxis (PrEP) and monoclonal antibodies (mAb).
- If you have household or social contact with someone at high risk for severe disease: Consider self-testing to detect infection before contact and/or consider wearing a mask when with them.
- At “medium” community level, people who are immunocompromised or at high risk for severe disease should consider wearing a mask or taking other precautions.
- At “high” community level: Everyone should wear a well-fitting mask indoors in public, regardless of vaccinations status. People who are immunocompromised or at high risk for severe disease should consider avoiding non-essential, indoor activities in public, and talk to their health care provider about wearing a mask and taking other precautions.

Some community settings, such as schools and high-risk residential settings, might include additional layers of prevention based on information and data about the characteristics of the setting. High-risk congregate settings, such as prison facilities and homeless shelters, and health care settings, such as hospitals and long-term care facilities, may implement added prevention strategies as needed in the event of a facility outbreak.

*U.S. Centers for Disease Control and Prevention*

## Crossword

**Solution:** *The solution can be found on page 6.*

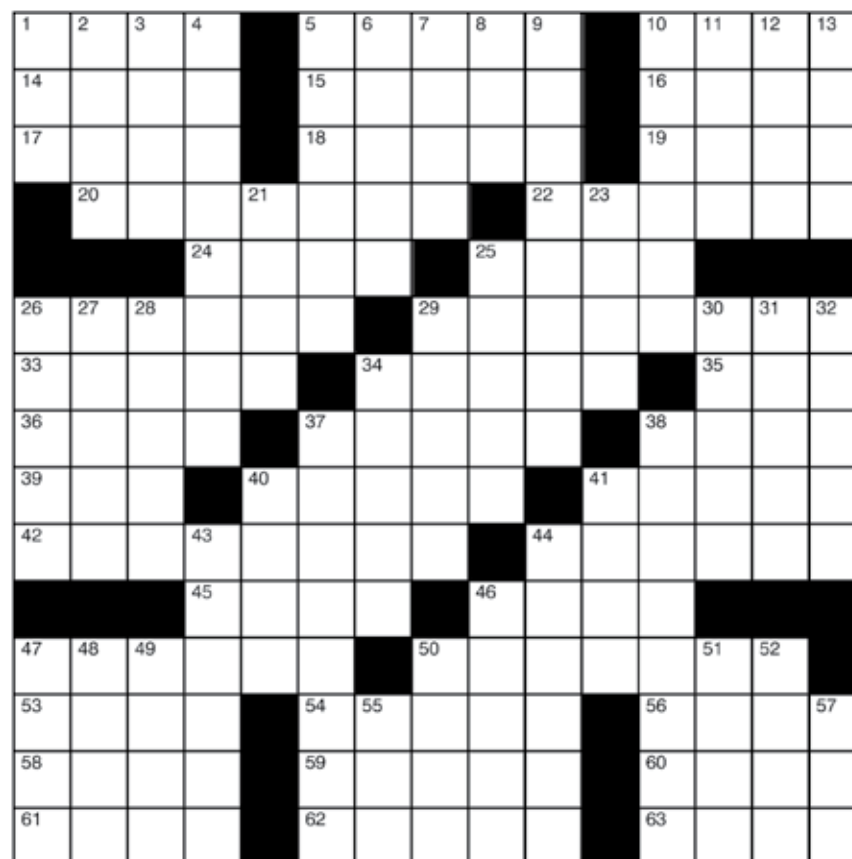
## Tell Tale

## Across

- |                          |                           |                                    |                               |
|--------------------------|---------------------------|------------------------------------|-------------------------------|
| 1 Gingrich, from Georgia | 25 Famous number          | 41 Before officer or pipe          | 54 It gives rise              |
| 5 Onset                  | 26 Messy                  | 42 “You can ___ about a man . . .” | 56 Controversial spray        |
| 10 Mrs. Hercules         | 29 Comic relief           | 44 Former Indian                   | 58 Hydrous magnesium silicate |
| 14 Lake or canal         | 33 Self-confidence        | 45 Level                           | 59 Babble                     |
| 15 Ill                   | 34 Ranee’s wraps          | 46 Big wind                        | 60 Number of muses            |
| 16 Near East airline     | 35 USN branch             | 47 Goal                            | 61 No other                   |
| 17 Work the soil         | 36 Team                   | 50 Hotel lobby fixture             | 62 Apodes catcher             |
| 18 Bay window            | 37 Two times              | 53 Mother of Romulus and Remus     | 63 Opposite of 26 Across      |
| 19 Curve-billed wader    | 38 Math. course           |                                    |                               |
| 20 Netted                | 39 That, for Tomasina     |                                    |                               |
| 22 Tie surgically        | 40 Indiana’s state flower |                                    |                               |
| 24 Observe               |                           |                                    |                               |

## Down

- |                             |                         |                           |                              |
|-----------------------------|-------------------------|---------------------------|------------------------------|
| 1 Seine                     | 11 End of a palindrome  | 30 Hourly                 | 44 Hesitate                  |
| 2 Red explorer              | 12 Taunt                | 31 Chilling               | 46 Beau follower             |
| 3 Legal document            | 13 Otherwise            | 32 African river          | 47 Aka Broz                  |
| 4 Project on the tube       | 21 Start of ADC         | 34 Faint                  | 48 King, of comedy           |
| 5 English floor             | 23 Finishes off         | 37 Prior to fax machine   | 49 Brook                     |
| 6 Hurlled                   | 25 Unstrained quality   | 38 Composer Georg Phillip | 50 False god                 |
| 7 Sere                      | 26 Disturb              | 40 Lay cobblestones       | 51 A golf position           |
| 8 Ruff lady                 | 27 Uproar               | 41 Senator from RI        | 52 Zola’s courtesan          |
| 9 Washington impossibility? | 28 Before basin or wave | 43 Similar to 3 Down      | 55 Palindromic word          |
| 10 Asset for a hoopster     | 29 Blemish              |                           | 57 Sometime follower of Gen. |





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