

A Publication of



PHILADELPHIA CORPORATION FOR AGING

NEWS AND POSSIBILITIES FOR SENIORS

Milestones™

March 2020 • Free

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PHILADELPHIA CORPORATION FOR AGING

WHAT IS PCA?

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

- Care in the home
- Home-delivered meals
- Home repairs and modifications
- Protective services
- Senior centers
- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



- Ombudsman services
- Health education
- Information and referral

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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: pcaMilestones.org.

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

EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor



As I write this month's column, the world is still reeling from the sudden, tragic death of Kobe Bryant. I didn't follow his career or know details about his life, yet, I do know that he was one of the best to ever play the sport. Just hearing news stories rattle off all his records and accolades made my head spin.

.....
**"You're only given one little spark of madness.
 You mustn't lose it." ~ Robin Williams**

Fans and athletes all over the world mourn the loss of the man, the athlete, the legend that is Kobe Bryant. Even though I am not a basketball fan, I can relate to the pain of losing a beloved icon.

Five years ago, I went through it myself when Robin Williams died. This zany, lovable man brought a smile to my face every time I saw him on TV or in the movies. He lit up a room just by walking into it. Beyond being a comedic genius and an incomparable actor, he had the enviable quality of being likable by all. I wanted to be that person. There were few things in life that I could rely on to bring me happiness 100% of the time. Robin Williams was it, until the moment I learned that he had died.

Some people may think it's silly to mourn the loss of someone you never knew. But even if you've never met, the person was still a part of your life.

hope that our wildest dreams could be achieved, if we never stopped believing and worked hard enough.

Their death forces us to confront reality and our own mortality. We see "stars" as infallible, untouchable, unstoppable beings. Death changes that perception and forces us to face a harsh reality for which we were not prepared. Even celebrities are human. No amount of fame or fortune can buy a long life that's free from illness or pain. When someone we've idolized dies, we can no longer escape into a safe world of entertainment – a "bubble" that shields us from the harsh realities of life.

When the initial shock and sadness wears off, we are left with a spark that has been ignited in ourselves. The best way to carry on a role model's legacy is to live our lives so we may be an inspiration to others.

Why do people grieve celebrities?

Their work helped us get through difficult times in our lives. Often, we grew up watching them and cheering them on, sharing the joy in their successes and making excuses for their failures. After all, they were our idols and could do no wrong – at least, not in our eyes.

Their success inspired our dreams and modeled possibility. We saw something in them that we wanted for ourselves. They gave us motivation and the



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Meet the mayor's new executive director on aging, Nora Dowd Eisenhower

By Kerith Gabriel

Nora Dowd Eisenhower has been around the block.

Caring for the needs of older adults at the local, state and federal level in both private and public sectors, Eisenhower has spent much of her life in service to America's senior population. She has served as senior vice president of economic security at National Council on Aging (NCOA), secretary of the Pennsylvania Department of Aging and AARP state director for Pennsylvania. She's called both Harrisburg and Washington, D.C. home. Now, Eisenhower will put all her extensive knowledge to use for the City of Philadelphia.

Her return to Philadelphia comes on the heels of Mayor Jim Kenney appointing Eisenhower as executive director for the Mayor's Commission on Aging (MCOA), an extension of the Health and Human Services cabinet. The commission serves the 14-member Board of Directors at Philadelphia Corporation for Aging, which provides numerous programs, services and resources for older Philadelphians.

Milestones sat down with Eisenhower recently and asked about her plans in this new role, the look of today's older adults and the misconceptions that come with them, and what she's doing when she doesn't have the well-being of Philadelphia's older adults on her brain.

Why has it always been your goal to mind the needs of older adults?

I learned about the special needs of older people when I worked at the Pennsylvania Attorney General's Office as a young lawyer. Many older consumers came into the office looking for help with home improvement contractors who failed to deliver on their promises. These older Philadelphians loved their neighborhoods and they were concerned with maintaining their older homes so they could remain in them for many years. Many of the concerns raised by older consumers are like those raised by young consumers and include managing household expenses on a budget.

What challenges are older adults facing here in Philadelphia?

The challenges facing older people have not changed all that much over the years. We still have concerns about housing, transportation and access to walkable green spaces. One thing that has changed is that we, and others around the world, are living longer – some call this the longevity bonus. MCOA is currently working with a committed group of partners to improve our great city and make it more livable for all ages.

What's the biggest misconception about adults as we age in 2020?

Aging today is not the same as it was for our parents. Improvements in health and



Kerith Gabriel

wellness have prolonged the time we can expect to live longer and productive lives. We all must catch up with that reality and understand its implications so we can enjoy our lives with our loved ones.

What attracted you to this role?

Mayor Kenney has articulated a vision that recognizes Philadelphia is growing and expanding in many ways. It is currently experiencing a new trend of consistent job and population growth, and we must harness its momentum to ensure that the benefits of this success reach people in every neighborhood of the city. Growing with equity presents us with many opportunities for our future. Above all, we share a responsibility to ensure these opportu-

nities reach everyone in our city, across all ages and abilities. It is this kind of approach to governing that is exciting to me and I look forward to working with many committed partners, like PCA, AARP and others, to make it happen.

When you're not working on senior issues, what relaxes you?

I have always wanted to get back to Philadelphia. I appreciate being able to live and work in my hometown now and find that walking in Center City and spending time with my family and friends in Chestnut Hill are the things I enjoy and hope to continue doing for a long time.

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

Research Participants Needed

Participate in a study about how older adults understand language.

Participants must be:

65-80 years old • Native English speaker • No neurological history

The study involves 1 session at Temple University, lasting 1 – 1 ½ hours.

Participants will be compensated for their time.

For more information, contact Dr. Gayle DeDe:

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

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| <input type="checkbox"/> Cooking with Shayna
Something from Nothing! Fast, from Scratch
Shayna Marmar | <input type="checkbox"/> Scams in the Modern World
Explore various scams that are targeting seniors
Karen Chenoweth, MSW |
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A life well lived: Writing your own obituary
Kyle Tevlin | <input type="checkbox"/> Funky Dance Yoga
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Mary DiMeglio |
| | <input type="checkbox"/> Brainteasers and Mathemagic
Build brain power and learn math tricks
Angela McIver |

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Mail to PCA Education Day, 642 N. Broad St., Philadelphia, PA 19130 or email to events@pcaCares.org.

Every effort will be made to place you in the classes you select. Registration confirmation will be sent one week prior to the event.





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[Women's History Month | March]

Celebrate 100 years of women voters by doing your part

By Alex Nagy

As we head to the voting booths later this year to cast our ballots in the 2020 presidential primaries and general election, it's easy to take for granted the fact that we live in a free, democratic society.

However, many have had to fight since America's conception for equal rights. A major victory in gender equality came on Aug. 18, 1920, when women officially gained the right to vote in the U.S. with the ratification of the 19th Amendment to the U.S. Constitution.

The 100-year anniversary of this landmark decision happens to come at a crucial time for American voters. In the 2018 midterm elections, 55% of eligible women voters cast their ballot, according to the Pew Research Center. Although this is an increase in turn out from previous elections, it's still important that more women voters show up to prove that their voices matter.

"We believe in the power of women to create a more perfect democracy," said Samantha Apgar, secretary of the League of Women Voters (LWV) of Philadelphia.

LWV was founded in 1920 by Carrie Chapman Catt as a national, nonpartisan organization dedicated to empowering women voters. Members of the organization provide meaningful resources for getting women involved in their area's elections. Each local league focuses on issues unique to its region, which are decided by its board members. For 2020, Philadelphia's league will be promoting the importance of voter registration and census participation, according to Apgar.

"Instead of giving advice, myself and my fellow LWV members are trying to lead through action, and to show people that their vote matters," Apgar said.

Members of LWV reach out to Philadelphians with helpful voting information through their own events and programs,



The Library of Congress
Suffragists, including these women in an early 19th-century parade, rallied for equal rights.

as well as by partnering with other organizations. Vote411 is an initiative launched by LWV that is a one-stop source for women to learn about voter registration, ballot information and local issues. For voting resources, go to lwvphilly.org.

Knowing the history of the women's suffrage movement is critical in being aware of how far the fight for gender equality has come. After all, 1920 truly wasn't too long ago. Before the 19th Amendment was ratified, activists led a fight for over 70 years to grant women the right to vote. The Seneca Falls Convention in 1848 marked the beginning of the women's suffrage movement. Until 1920, women voted illegally — among other acts of protest — and were thrown in prison where they refused to work, Apgar said.

Even 100 years after women were granted the right to vote, the fight for total equality isn't over yet. "We've come a long way, and we have a long way to go," Apgar said. "I think it's important to know that it's a fight worth fighting."

You can make your voice heard by casting your ballot this year. Your participation contributes to the nearly 200-year-long fight for all women to have a role in electing our country's leaders and deciding its policies that affect us all.

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

#SeniorsCount

Your guide to Census 2020



Census FAQs:

Speak up, be counted

People think that the U.S. census, conducted every 10 years, is merely a count of how many people reside in America – and it is. But it's also how federal, state and local government receives funding to help people in the community. This is why everyone counts – especially older Philadelphians.

However, since so little is known about the U.S. census, Philadelphia Corporation for Aging (PCA) is providing this cheat sheet so you know what to expect and who to call with questions.

When is the U.S. census?

In March, every home will receive an invitation by mail to participate in the census. National Census Day is Wednesday, April 1, 2020.

Why does the census matter?

The data from the census is how \$675 billion in federal public funding gets distributed to support programs for health care, food security, education, housing, transportation, community development and more. At last census count, Pennsylvania received \$26.8 billion of that funding. It also decides the number of seats a state receives in the House of Representatives and the remapping of legislative districts.

How do U.S. census dollars benefit older Pennsylvanians?

Much of the funding supports Medicare (Part B), Medicaid, housing assistance payments, Housing Choice voucher programs, SNAP benefits and vocational rehabilitation grants, to name a few.

Does everyone count?

YES! The census is designed to cover the entire country and everyone living within it. That count is based on where you're living as of April. Whether you live in your own home, a group or nursing home, with friends or relatives, or are experiencing homelessness, you matter.

Census is the time to make

By Shannon Reyes

The purpose of the U.S. census is to count the people and to collect vital data about the households in our nation. Questions on the census often include demographic information, such as race, age, income and living arrangements. It's mandated by the U.S. Constitution, but the census means much more.

This information plays a large part in determining a state's representation in Congress, as delegates from each state are determined based on the state's population. Since the census is collected every 10 years, census data will also determine the next decade of federal spending, policies and decision-making.

"On the city level, we will receive \$21,000 per individual over the next 10 years," says Katie Young, planning manager for Philadelphia Corporation for Aging (PCA). "Underserved people help to drive the city's grant funding."

Organizations serving older adults can request those funds from the city to help meet the needs of those they serve. That's why senior centers have made it a priority to get older adults counted.

"We are really pushing the census, this year," says Renee Cunningham, executive director of Center in the Park, located in Germantown. "Older adults are historically and chronically underrepresented, as are African Americans and people in this area of the city, in general."



1790
The first year
the U.S. census
was taken.

All people living in the U.S., whether citizens or not, are required to complete the census. However, several factors influence participation, including common misconceptions about its purpose and concerns about who has access to the information. Recent news, including the Trump Administration's proposal to add an immigration question to the census, has caused a chilling effect among undocumented residents. In June, the Supreme Court blocked the citizenship question from being included in the 2020 census.

"There's a lot of fear in immigrant communities around trust in the federal government," Young says. "In this particular political climate, they have a strong desire to remain anonymous."

This is particularly disappointing because such communities can greatly benefit from the funds that are appropriated as a result of census information.



\$2,100
The loss of potential
dollars per Philadelphian
per year for every
person not counted
in the U.S. census.



\$26.8
The number in billions
Pennsylvania receives
annually in funding,
fueled by dollars coming
from the census.

SeniorsCount in Philadelphia



95 The percentage of households that will receive a census form in the mail.

However, the U.S. Census Bureau asks all people to consider completing it online.

Under Title 13 of the U.S. Code, the U.S. Census Bureau cannot release any information that identifies a specific individual. Census employees and contractors are sworn for life to protect the information they process and risk facing up to \$250,000 and/or up to five years in prison if they disclose any identifying information. The U.S. Census Bureau is prohibited from sharing information that could identify individuals with other federal, state or local agencies, such as Immigration and Customs Enforcement (ICE).

The U.S. Census Bureau is also required to keep all personal data private and secure, as they push for residents to fill out their census online this year. Details on how to submit online will be included in the census invitations. In addition to using a securely encrypted website, the U.S. Census Bureau also houses a team

of cybersecurity experts and works with the federal intelligence cyber community and industry experts to monitor and protect online data.

"There are places that people can go to get help with completing the census online," Cunningham says. "And, if you fill it out online, you won't have to worry about someone coming to your door."

To lessen the apprehension around filling out the census online, Center in the Park is partnering with Generations on Line, an online nonprofit that provides digital tools to help older adults familiarize themselves with navigating the internet. Tools for completing the census on a computer or mobile device can be found at GenerationsOnLine.com.

In addition to online protections, the U.S. Census Bureau has also taken precautions to protect participants from fraud. In areas in which the census identifies low population counts, enumerators are deployed to canvass neighborhoods. The census taker or field representative will present an ID badge that includes their name, their photograph, a U.S. Department of Commerce watermark and an expiration date. Those who do suspect fraud can call 800-923-8282.

What if I'm not a U.S. citizen?

It doesn't matter to the census. Under Title 13 of the U.S. Code, the U.S. Census Bureau is not allowed to release information which would identify any person's identity. Census employees are sworn for life to not disseminate information.

Does everyone in my family need to take it?

It depends. The census counts everyone in your household as of April 1. Only the head of the household or a person living alone will complete the census form.

Is the census online this year?

Yes, everyone is encouraged to fill out the census online. A team of cybersecurity experts will ensure the data you provide online is safe. You can also complete the census by U.S. mail, by phone or in-person with a certified U.S. census employee.

If someone comes to my house, how do I ensure they are with the U.S. Census Bureau?

The form they use will mimic the one you would fill out on census.gov and only asks basic questions. If someone asks for things like your Social Security number, bank or credit card information, donations, or your political affiliation, that person is not a U.S. census taker.

When should I respond?

This year's census is brief. You are requested to complete it as soon as possible. In May, census workers will begin visiting homes that haven't responded.

Where can I learn more?

For questions pertaining to older adults in Pennsylvania, visit pa.gov/census and census.gov. Locally, the City of Philadelphia has started the "Philly Counts 2020" initiative with more resources for city assistance in completing the U.S. census. Older Philadelphians can log onto phila.gov/programs/philly-counts-2020 or call 215-686-1776. You can also follow census news on Facebook, Twitter and Instagram.

There are ways to get involved as an employee, a volunteer or sit on a subcommittee doing the actual count. Learn more on the Philly Counts 2020 website.

Milestones™ *Calendar*

March 2020

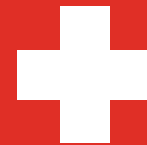
Send your calendar items to
MilestonesNews@pcaCares.org
by the 25th of the month
(for publication in month after next).

Questions? 215-765-9000, ext. 5081

8
Mar

Red Cross Blood Drive

8:30 a.m. to
1:30 p.m.
Congregations
of Shaare
Shamayim.
215-677-1600.



Lunar New Year Celebration

The Rail Park. Noon to 3 p.m.
215-620-0059. Rain date: 3/9

Census Training

Become a volunteer census
champion & learn how to
answer questions about the
2020 census. 5-6:30 p.m.
Overbrook Park Library.
Register: [phila.gov/programs/
philly-counts-2020](http://phila.gov/programs/philly-counts-2020)

Yiddish Culture Club

Learn about the Yiddish
culture & language. Light
lunch provided. Noon.
Congregations of Shaare
Shamayim. 215-677-1600. \$2.

1
Mar

Opening Day at Franklin Square

Kickoff the season with a
carousel ride, Philly mini
golf & food from Square
Burger. 10 a.m. to 7 p.m.
Franklin Square.
215-629-4026.

Philadelphia Flower Show: Riviera Holiday



8 a.m. to 9 p.m. Pa.
Convention Center.
Tickets: 215-988-8800.
TheFlowerShow.com.
(Through March 8).

4
Mar

Choral Arts 'Out of the Deep' Spring Concert

One-hour concert followed
by complimentary wine
reception. 7 p.m.
St. Clement's Church.
267-240-2586.
Pay what you wish.

5
Mar

Purim Party

Celebrate Purim with friends
& entertainer Greg Albert.
11:45 a.m. to 1:45 p.m.
KleinLife: Northeast
Philadelphia. 215-698-7300. \$4.

7
Mar

Concert: Celtic Women & Friends

Traditional Irish, Scottish &
American tunes with a classical
twist. 4 p.m. Andorra Library.
215-685-2552.

Philly Craft Beer Festival

The Navy Yard.
1:30-5 p.m.
PhillyCraftBeerFest.com
\$12-\$75

10
Mar



Women's History Month



15
Mar

250th Philly St. Patrick's Day Parade

11 a.m. to 3 p.m. The parade marches down Market Street from City Hall to Penn's Landing. Televised on FOX29 at noon. PhiladelphiaStPatsParade.com.

17
Mar

St. Patrick's Day

Dining Around Town: Ocean Harbor Chinese Restaurant

11:30 a.m. Philadelphia Senior Center – Avenue of the Arts. Register: 215-545-5879. Pay for your own lunch.

18
Mar

Scams & Fraud Prevention

1:30 p.m. Philadelphia Senior Center – Avenue of the Arts. 215-546-5879.

20
Mar

Free Tax Help from AARP

Volunteers will assist with tax preparation. Appointments needed. 10 a.m. to 3 p.m. Fumo Family Library. Register: 215-803-6402.

22
Mar

Amici Opera Company Presents Bellini's 'Norma'

4 p.m. Dock Woods Living Branches Community. Tickets: \$20. 215-224-0257.

23
Mar

Jewish Memoirs

A discussion of Jewish history through personal memoirs. 12:45 p.m. KleinLife: Northeast Philadelphia. 215-698-7300

1979: The Year that Upended the Middle East

Buntzie Ellis Churchill discusses the major political & religious events that still affect the Middle East. Noon. Parkway Central Library. 215-686-5322.

26
Mar

The Golden Age

Lecturer Herb Kaufman discusses music of the 1930s & 40s & its affect on daily life in the United States. 1 p.m. KleinLife: Northeast Philadelphia. 215-698-7300. \$5.

28
Mar

AARP CAREversations: Family Caregiving.

Bring your letter or project for free tips. 5-7 p.m. Whitman Library. 215-685-1754.

Financial Wellness Day

Free tax preparation & resources for financial planning. No appointment needed. 9 a.m. to 3 p.m. Parkway Central Library. 215-686-5322.

'The Mayor of PCA' honored for lifetime achievement

By Shannon Reyes

Among the near 500 employees of Philadelphia Corporation for Aging (PCA), it's difficult to find one who is unfamiliar with its vice president of operations, Louis Colbert. It is even more difficult to find someone who doesn't smile at the mere mention of his name. During his tenure, Colbert has garnered the affectionate nickname, "the Mayor of PCA," due to his uncanny ability to connect with people and his infectious laugh. It is also most likely what has caused him to be immensely successful as an aging community advocate for close to 40 years.

Colbert's dedication and service to seniors garnered him attention from the American Society on Aging (ASA), which will honor him later this month with its 2020 ASA Award at its 2020 Aging in America Conference in Atlanta, Georgia. The award recognizes an individual who has made an outstanding and ongoing contribution to aging-related service, research, administration or advocacy on the national level and creates visibility for the field of aging and ASA.

"It was a tremendous honor," Colbert said. "When you think about all the pro-

fessionals out here in the field and out of all of them, you get selected for this ASA award. I was very humbled by it."

Colbert's celebrated career in aging began when he entered the field in 1976. At the time, he had just begun to work with older adult populations as a social work field placement from Temple University at the Area Agency on Aging (AAA) for Delaware County (COSA). After graduating from Temple, he was hired by COSA, dedicating six years there. Colbert found the next step in his path, by way of PCA as assistant director of program management. In his first eight years at PCA, Colbert became a familiar name around the agency. In 1991, Colbert re-joined COSA, serving as deputy director and later director, for a total of 22 years. He returned to PCA in 2013 as vice president of operations.

"I like working at the AAAs, because you're able to interact with people; you're able to identify programs; you're able to identify gaps in services; and you're able to advocate," Colbert said.

Throughout his life's work, Colbert has been a long-time champion of caregivers, especially advocating for caregiving men and caregivers of color. He attributes that passion to his parents.

"We lived in a duplex in Media. There were two widowed ladies next door. My father shoveled their snow and my mother always fixed two extra plates of dinner for them every night," Colbert said. "Caregiving and service has always been a part of me because of my parents."

Colbert had helped to care for his grandmother as a child and later assumed caregiving responsibilities for both his father and mother. In her later years, Colbert's mother began to decline and was very fortunate to have remained in her home until her passing, thanks to Delaware County's LIFE program and

the dedication of Colbert, his siblings and extended family. His daily schedule entailed leaving from work at 4 p.m. every day to take care of her.

"It was through those experiences I began to appreciate the differences in caregiving; in women, in men and in communities of color," Colbert said.

He admits that it took almost a year after caring for his mother to truly recognize himself as a "caregiver," something he finds very common among African American communities. Since caring for older parents and adults is deeply integrated in African American communities, it is often viewed as something "that you just do," according to Colbert.

With a first-hand perspective, he helped to further dialogue about caregiving for older adults on both a local and national level. Facilitating the Alzheimer's Caregiver Support Group at his local church, Pinn Memorial Baptist Church in Wynnefield, for 15 years. Colbert was instrumental in the filming of that group for a documentary by AARP, "African American Male Caregivers." He has also been featured in dozens of articles and delivered many presentations about male caregivers functioning in communities of color.

"I also felt that it was important in my career to bring a minority perspective to whatever arena I was in," Colbert said. "I think the whole ability to represent communities of color no matter where I am, at the state level or with providers, is crucial and very important because sometimes that voice is not well represented."

In addition to being an advocate, Colbert is also committed to mentoring up-and-coming generations of professionals in the field of aging. As an adjunct professor at Lincoln University, Colbert is able to impart his experience on new generations of students in the field of



Louis Colbert, vice president of operations at Philadelphia Corporation for Aging, will receive the 2020 ASA Award from the American Society on Aging.

gerontology.

"In my younger career, I had the benefit of having some fantastic mentors," Colbert said. "They were just dynamic in terms of allowing you to be expansive in your thinking to addressing problems and not placing blame. They also understood that change happens; it may not happen as soon as you think, but it does happen. And I come from a mindset that it is our responsibility to give back."

Just at COSA alone, Colbert was supervisor for more than 30 students including the current serving director, deputy director and director of planning.

The ASA Award also acknowledges Colbert's distinguished leadership with the organization. For 15 years, Colbert was on the ASA board and was chair of the ASA board of directors from 2013-2015. During that time, Colbert initiated the ASA National Diversity Summit, which helps to shed light on older adults with diverse identities, and worked extensively on the New Ventures in Leadership Program.

For more information on ASA and the conference, visit asaging.org.

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

Crossword puzzle solution

(See page 15 for clues.)



Ask the Expert Home Safety Tips

QUESTION:

I often hear that I should replace the batteries in my smoke and carbon monoxide detectors each daylight saving time. Why is that important? What other measures should I take to make sure my detectors are functioning properly?

ANSWER:

Many health and safety organizations recommend checking your detectors' batteries during daylight saving time, since "fall back" and "spring forward" occur six months apart. These biannual reminders help to ensure your detectors are working properly, in the event of a fire or carbon monoxide leak.

In the city of Philadelphia, all homes are required to have a smoke detector in every bedroom of the house, as well as on every level of the house. To ensure the detectors are working properly, residents are encouraged to test their detectors once a month, which can be done by pressing the "test" button on the exterior cover of the detector. When you

do this, you should hear a beep or chirping noise, which indicates that your detector is working properly. It is also recommended that a carbon monoxide detector be centrally located within the vicinity of all bedrooms. An additional detector(s) should be located near the gas or oil heating unit and gas hot water tank.

It is also important to note that most smoke and carbon monoxide detectors only have about a 10-year shelf life. Therefore, it's also important to check the date on your detectors to make sure they are still within their recommended lifespan. If the detector is older than 10 years, it is recommended

that the detector be replaced, even if it is still operational.

At PCA, the Senior Housing Assistance Repair Program (SHARP) helps older adult remain safely in their homes through in-home assessments, modifications and repairs. All homes are fully inspected for safety and accessibility, which includes all smoke and carbon monoxide detectors. On average, the SHARP program services about 50 homes per month. Of those homes, 75% are typically fitted with a carbon monoxide detector.

Those who wish to learn more about SHARP services can call PCA's Helpline at 215-765-9040 or visit pcaCares.org.



Mark Myers is PCA's director of facility operations and housing programs.

It's your turn!

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

Milestones Editor, PCA
642 N. Broad St.
Philadelphia, PA 19130

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"Colors" by Gloria Davis

Celebrate Arts & Aging!

CALL FOR ARTISTS

Presented by
Philadelphia Corporation for Aging

Submission deadline:
Wednesday, March 25

Celebrate Arts & Aging

is a month-long citywide celebration held each May featuring exhibitions of extraordinary original artwork by artists aged 55 and older from across the Greater Philadelphia Region.

To get involved or for more information on the application process, submission guidelines, display locations and more, visit: pcaCares.org/SeniorArt or call 215-765-9000 ext. 5052



[Women's History Month | March]

Not even the clothes on their backs

By Dorothy Stanaitis

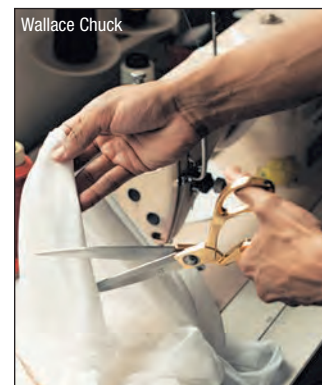
On a sunny Philadelphia afternoon in 1762, Mary Smith and Sarah Milton smiled at each other across the lovely tea table. They had good reason to smile. The plans that they had worked on for such a long time had finally come to fruition, and they were ready to open their new business.

As sisters-in-law, they had both lived under the constrictions of *couverture*, a principle of common law developed in the Middle Ages, still followed in the colony, based in the legal fiction that husband and wife were one and that one was represented by the husband. As married women, or "*femes covert*," they were unable to swear in court, write a will, sign a contract, control any wages they might earn or own any property at all — not even the clothes on their backs. A woman's husband was the ruler and custodian of her property.

After Smith and Milton both became widows, they were free of *couverture*, which only applied to married women. It was possible for them to own property and earn their own living, and they had an idea for the perfect venture.

Women's fashions were changing, and the style of whale bone corsets was on the way out. The difficult job of inserting the boning required the strength of men. But the new fashions featured mantuas, a more loosely draped style of gown that didn't need a man's strength. The two ladies were accomplished seamstresses and decided to open a dressmaking shop.

The location of Philadelphia's Elfreth's Alley, the nation's oldest residential street, was convenient. So, the women bought a house, #126, in the middle of the block for 300 pounds — about \$390 U.S. dollars today. They set up the front room as their showroom, a place where they could consult with the wealthy cus-



Wallace Chuck

tomers they hoped to attract.

Women of limited means could also use a dressmaker. Since all clothing was made by hand and cloth was quite expensive, one slip of the scissors could ruin an entire garment. Those women could have their dresses cut

and pinned, then they would take them home and do the sewing themselves. They wouldn't be entertained with tea served in china cups, but they wouldn't run the risk of ruining a dress, either.

The two industrious widows ran a very successful dressmaking business, unburdened by the constriction of *couverture*. But sadly, married women in the United States had to wait more than 200 years for that same freedom. It wasn't until the late 19th century that there was any substantial modification to *couverture*.

Up until 1966, a wife was even prevented from incurring major financial obligations for which her husband would be liable. That year, the Supreme Court finally struck down *couverture*, stating that "the institution of control is obsolete." At that time, *couverture* had still existed in 11 states. Then, in 1979, Louisiana was the last state to strike down the "Head and Master" laws that permitted a husband to have final say regarding all jointly owned property.

Mary Smith and Sarah Milton's former dress shop is now part of the Elfreth's Alley Museum, 124-126 Elfreth's Alley, which is open for tours, April through October, Friday through Sunday from noon to 5 p.m. Examples of mantuas and other period clothing are on display, as well the women's bedrooms and kitchen. For more information, call 215-574-0560 or go to ElfrethsAlley.org.

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

Health Brief

Spring forward: Refresh your health goals with these simple tips

It may not feel like it at the moment, but old man winter is preparing to pack it up for another year.

What this means is longer days, more sun and warmer temperatures – all of which are the perfect recipe to remain active longer. But this isn’t a reminder to exercise and eat better, that’s obvious. This is a reminder of the little things we can all do, but don’t. And why we should make them a priority.

Don’t mess with your sleep

Eight to nine hours of sleep a night is recommended. But that doesn’t mean with the television on or even a night light. In fact, scientists say that for the best sleep it’s important to keep your nest as quiet and as dark as possible. According to Dr. Deepak Chopra, meditating a few minutes before bedtime might bring more restful sleep.

Plan and prioritize – every day

You’ll have more sun come spring, which means more time for you. If you use a checklist to plan your day, make sure to put some “me time” on that list to develop a hobby, get involved in your community or for something as simple a reminder to drink more water. Researchers say that the little things you can do to provide yourself with more self-love contribute to having a happier, more fulfilling life.

Sunscreen is your friend

Whether you’re preparing to only go a few blocks or you’re headed out for a long day, sun protection is vital. A study proved that an ultra-high SPF (100 or more) is the best protection you can get. Dr. Joshua Zeichner, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City, tells his patients that sunscreen “is an in-



surance policy to provide the best protection [for your skin] for the longest period of time.” You may have heard that sunscreen seeps into your bloodstream, but more research needs to be done. It’s best to continue using sunblock.

Seize the day

The increased sunlight in the morning come spring is a bonus for your body’s sleep clock, or as neurologist Dr. Josna Adusumilli refers to it, one’s “circadian pacemaker.” He also notes that the more you can focus on programming when you wake up, the sooner your body’s calling for your true bedtime will naturally come into place.

Move around

You may not be able to walk thousands of steps, but whatever you can move – move it as much as possible. Enhanced movement stimulates blood flow which is great for almost every part of your body, including keeping the pigmentation of skin rosy, vibrant and looking fresh for years to come.

Source: Time.com

Crossword

Around the world

Across

- 1 Generate

7 Power tool

13 Touring car

14 Not X, NC-17 or anything else

16 Mediterranean landmark

18 Large mammal

19 Upright piece between windows

20 Corroded

21 Satirical looks

23 To a man

24 Russian country house

26 A Johnson

27 Commencement

29 Word with cow or water

30 Disobedient

32 Rubbers

34 Human chaser

35 Sports assn.

36 Peace pipe

40 Jottings

44 Danish measure

45 Reciprocate

47 Fortitude

48 Smooths

50 Make lace

51 Kapok

52 I love, to Livy

53 Boarish

56 Petrolatum, e.g.

57 Area off FL

60 Voided a bequest

61 Stored greens

62 Flowers

63 Oozed

Down

- 1 Intestinal ill

2 Clamorous

3 Exclamation of fright

4 Isotopes

5 Soybean curd

6 Greenwich’ locale

7 Celebration

8 Japanese pill box

9 Splendid

10 Actor Mineo

11 Hard case

12 Pull through

13 A curriculum

15 Phobic states

17 Infirmities

22 Readied for replay

25 Relieve

27 Edict

28 Gould’s detective

31 Point

33 Swiss river

36 Melon

37 Shady walk

38 Character in *The Raven, et al.*

39 Foursomes

40 Lampoons

41 Twist and turn

42 Defamed

43 Dried out

46 Agreement

49 Froth

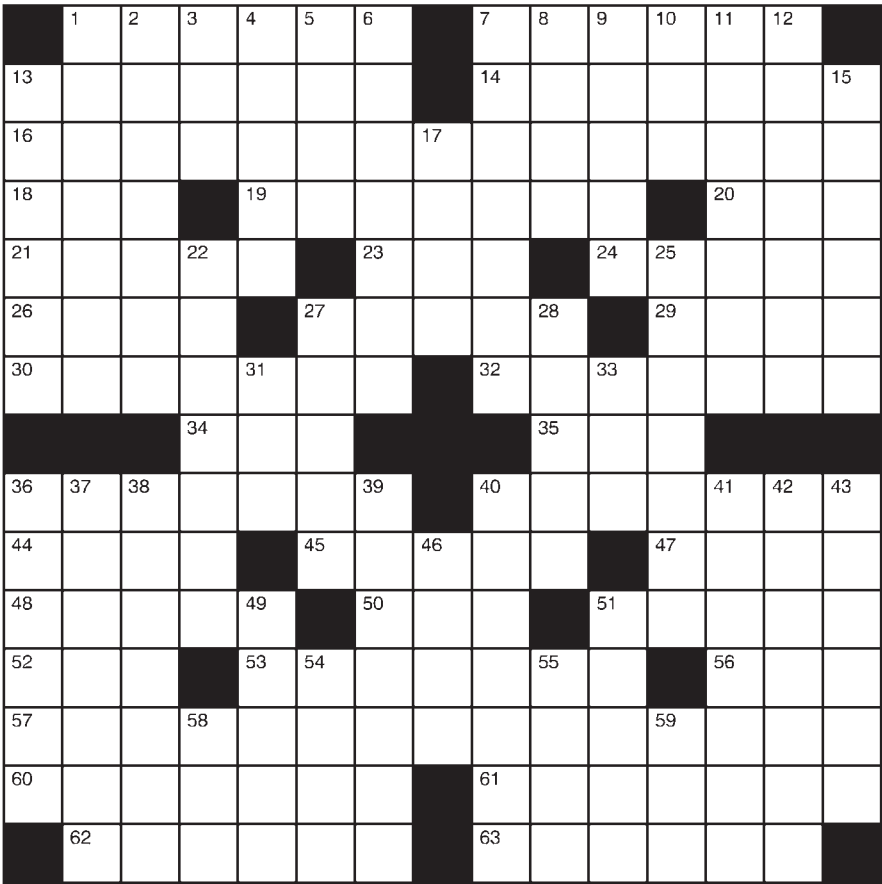
51 ___ fire

54 European river, mostly in Poland

55 Thayer’s Mudville group

58 Gathered

59 Hit the bottle





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