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PCA

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NEWS AND POSSIBILITIES FOR SENIORS

Milestones™

June 2020 • Free

IN THIS
ISSUE

SENIOR SEWISTS:

Masks project against COVID-19



P5

GET OUT:

Safely explore Philly parks



P6

A STARRY CAREER

Photographer captures celebrities, close up



P12

PHILADELPHIA: LOOKING FORWARD

Ensuring senior safety post-shutdown



Photo: Danya Henninger/Billy Penn

NEXT MONTH: THE SUMMER ISSUE

PCA

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WHAT IS PCA?

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

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- Transportation



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EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor

In my younger years, I was a victim of bullying. From its impact, I knew at an early age that I wanted to make a difference. These schoolyard experiences helped shape me into a staunch supporter of equal rights. Although, I didn't know that's what I was until I got older. As a child, I just thought that life would be much better if everybody just got along and was nice to each other.



“We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity.”

~ George Takei

When I grew into a teenager and young adult, I quickly became a supporter of rights for LGBT individuals. The mistreatment of LGBT people always struck me as especially cruel and unnecessary – very similar to how I felt about bullying. I wanted to stand up for people in the way that I wish people had supported me when I was younger.

Today, I stand with the LGBT community and wholeheartedly believe that everyone should have equal rights. To judge, name-call, isolate or even physically assault someone just because of their lifestyle is wrong.

There is absolutely no justification for hatred and violence.

How people treat others based on their lifestyle (or any other factor, for that matter) is always a decision. We have many problems in this world: rampant poverty and

homelessness, opioid addiction, senseless gun violence and murder, war, elder abuse, terrorism, and currently the dire public health and economic consequences of the COVID-19 pandemic. The list goes on and on.

But do you know what is NOT a problem to be solved? Two people who love each other and want to be together. LGBT inclusion benefits all of society. It brings us all closer to the true ideal of equality, where people are judged not based on their appearance, choices or lifestyle, but by their intellect, values and skills.

In a world where we can choose to be anything, I hope that you choose kindness. Choose love. Even if you must, choose to look the other way – just don't make hate your choice. 🌻

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PCA REMAINS UNITED IN ITS MISSION DURING COVID-19



Despite the challenges presented by the COVID-19 pandemic, PCA continues to deliver services to thousands of older adults in need through innovative methods, the adaptability of our staff and meaningful partnerships with outside organizations.

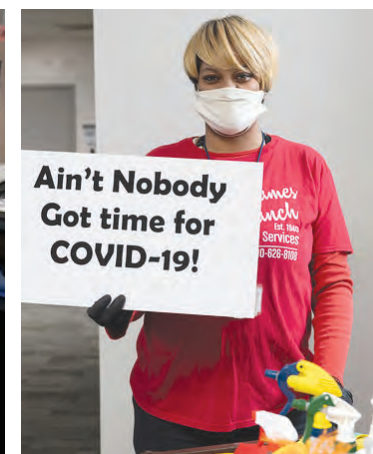
Many members of PCA's staff continue to work on-site, undertaking the necessary protective measures and maintaining social distancing to perform their duties. From those keeping operations running smoothly behind-the-scenes to our employees on the frontlines, I am profoundly moved by the efforts of every member of PCA during this trying time. I am grateful for their commitment as we could not serve older adults so effectively without it.

Thank you to our partners throughout the aging network, particularly the program staff throughout Philadelphia's senior centers, who have worked in spite of the city-wide shutdown to provide thousands of daily Grab-and-Go meals to older adults. I also want to thank our consumers for their patience and cooperation during this challenging time. Please know that your health and well-being is, and always will be, our highest priority.

As we continue to navigate this new normal, let's all keep wearing our masks, practicing social distancing and staying strong – together!

In gratitude,

Najja Orr
 President & CEO
 Philadelphia Corporation for Aging



New state of mind

Evgeni Tcherkassk



Regardless of age, everyone is concerned about COVID-19. But seniors, who it affects the most, have a great deal more to be concerned about.

Senior life in the aftermath of COVID-19

By Kerith Gabriel

Before COVID-19 and the statewide mandated stay-at-home orders that followed, most mornings found Ida Christian with quite the social calendar.

A typical week found the Mount Airy resident taking public transportation to get to a number of appointments – doctor’s visits, art classes at her nearby senior center and dinner with her son’s family at his Germantown home. Christian, 80, felt fortunate to still be in good health and of sound mind to do all the things she’s done for herself – independently. Like she’s done since she moved out of her parents’ North Philadelphia rowhome as a wide-eyed 19-year-old newlywed in 1959.

But mornings look a lot different for Christian in the aftermath of a pandemic in which she represents the most vulnerable population. Now, mornings find her sitting on the front porch, with a face mask on, contemplating what has happened.

“How did we get to this? I just don’t understand,” Christian says. “You can’t grow

up in a city all your life and be afraid of germs. But now I’m so concerned about everything I touch, how I interact with people, and how I go about getting the things I need. Plus, people don’t come around much anymore to talk in person, in fact, I think the [sanitation workers] are the only actual people I talk to each week in person. This has changed my entire life.”

From loneliness to food insecurity to a hit on finances, COVID-19 and the isolation it’s brought has hit older adults arguably the hardest. But there’s also the after-effects of how life will return to normal for many of these seniors. Even after restrictions are lifted, the virus will still be prevalent and older adults still remain the most affected. According to data from the Centers for Disease Control and Prevention, 8 out of 10 deaths from COVID-19 in the United States have been adults 65 and older. In Pennsylvania, at the time of this report, 28% of those who tested positive and accounted for highest numbers of fatalities were older adults, 65-plus.

Older adults like Ida Christian.

‘Not risking my life’

“People my age are getting this the worst. Even after this is over, it’s going to take a lot for me to get on a bus or get in someone’s car,” said Christian. “You just don’t know because people can have it and not even know they are a carrier. I think it’s going to be a real barrier for people like me [who are depended upon] to help the economy. I’d love to go to a restaurant or a shopping center, but until I can be sure I’m not risking my life, then I don’t know if I’ll go anywhere.”

These are questions currently being asked and evaluated by people who need Philadelphia’s economic engine to fire back up and rely on people from all demographics to serve as fuel. Jeff Guaracino, vice president of Visit Philadelphia, the city’s tourism board, notes that without a strategic approach, the reinvigoration is going to be a slow process that a city like Philly can’t afford to drag its feet on.

“It’s going to take an immense amount of marketing and assuring older people to venture out and do the things they used

to,” Guaracino said, “We’re talking smart and that pulls on what people really need to hear – but also we can assure them what will be done by businesses that, in turn, desperately need their support. There’s no one right answer but I think the consensus knows that the boomer generation is a strong force in our economy, so their sense of security will determine how rapidly they brave venturing out.”

The optics of just how safe it is going to be are a tall order, considering the senior population contracts and witnesses fatalities as a result. From nursing home living to residential treatment facilities, seniors have been just a part of what seems to be the 24-hour news cycle of COVID-19 as anything else.

And everyone from older adult advocates to State Senators are calling it out.

“It’s essentially putting [seniors] on an island where they essentially have to fend for themselves,” Pennsylvania Sen. Morgan Cephias said. “We’ve always talked about ensuring that our seniors were able to age in place [and] that means age in place with the necessary resources that they need – access to transportation, access to facilities and their ability to get to grocery stores. We have to make sure that those safety nets are working again and agreed upon from every facet.”

Cephias says if you want to help seniors, give them the tools to help themselves.

“I mean, this is a whole different conversation around the digital divide with our senior population,” she continued. “Ensuring they have a way to easily access information, help and resources to get them up to speed. Those are some of the things we are actually considering in Harrisburg, but we’re coming at it from a resource perspective.”

Whatever comes, Ida Christian hopes it arrives soon. She has a host of good years left to enjoy. “I don’t think this is gonna break me. I grew up in a house with three brothers; I’m tough,” she laughed. “All I can do is live through it, do the best I can and come out better on the other side.”

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

Senior sewists make masks to protect against COVID-19

By Barbara Sherf

Philadelphian Sandy Marea Folzer dusted off her grandmother's Singer sewing machine to join a group of 60 mostly senior women who united to help limit the spread of COVID-19. These senior "sewists" joined forces to make masks for hospitals, nursing homes and nonprofit organizations.

Folzer's sewing machine has a storied past. It was purchased during difficult times in 1927 by her grandmother, Marea Folzer, an immigrant who came from France to America around the turn of the century.

"My grandfather was a teacher and got cataracts," said Folzer, 81, from her Chestnut Hill home. "At that time there was no surgery [to correct cataracts], and he went blind. My grandmother then took up sewing full-time to help the family make

ends meet. For me, making the masks also gives me purpose."

An electric cord was added to the once-manual machine that Folzer now uses both ways, which comes in handy for mask-making.

"It's very simple, but some of those sewists have complained of breaking needles while sewing the masks," said Folzer, who is also a runner and was looking forward to participating in the Broad Street Run until the virus hit. "So when I come to a tricky part of sewing I can use [the sewing machine] manually to get around the complicated tasks."

Folzer is a project manager on one of three teams of 10 to 12 sewists, a newer team according to fellow project manager, Betsy Wallace, 68, who lives in Wynndoor.

"When you look at the word sewer, one might think of the drains for underground

water and waste matter, so we like to refer to ourselves as sewists," said Wallace. The combination of the words "sew" and "artist" describes someone who creates sewn works of art, including clothing.

Wallace remembers making clothes during high school and college. "I think our generation of women was probably the last to sew the majority of our own clothes," she said.

Montgomery County resident Marge Dailey, who also serves as the third sewing team project manager, got into the spirit when she saw a Facebook post by Ellen Stevenson of Flourtown. "I was thinking about how women rolled bandages every day during World War II and was looking for a way to help [fight coronavirus]," Dailey said from her Oreland home. "We have a big emphasis on supporting people in the medical field, but there are sewists

• continued on page 14



Sandy Folzer, 81, uses her grandmother's sewing machine to make masks for area hospitals, nursing homes and nonprofit organizations.

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Kaskey Park: M. Fischetti for Visit Philadelphia

Get out and safely explore the city's parks

By Alicia M. Colombo

Philadelphia boasts more than 10,000 acres of public land and waterways, including more than 150 neighborhood parks. A walk, bike ride or run can do wonders for your mental and physical health, especially now. All parks, athletic fields and trails remain open to visitors during the COVID-19 pandemic.

One of Philadelphia's most famous trails, Martin Luther King Jr. Drive, is making changes to accommodate people traffic. The drive will be closed to vehicular traffic from East Falls Bridge to Eakins

Oval until further notice. The 24-hour-a-day closure will allow trail users more space for social distancing.

Another welcome expansion to the city's recreational offerings was the re-opening of Parks & Rec's five golf courses and two driving ranges on May 1st. Until further notice, patrons and maintenance staff are required to practice safe social distancing. Advance reservations are required at the following city-owned golf courses. Contact each site for more information on operating procedures.

- **Cobbs Creek and Karakung Golf Courses** — 7900 Lansdowne Ave.; 215-877-8707
- **Walnut Lane Golf Club** — 800 Walnut Ln.; 215-482-3370
- **John F. Byrne Golf Club** — 9500 Leon St.; 215-632-8666
- **Juniata Golf Club** — 1391 Cayuga St.; 215-743-4060
- **Burholme Golf & Family Entertainment Center** — 401 Cottman Ave.; 215-742-2380 (Batting cages and miniature golf closed.)
- **Strawberry Green Driving Range** — 33rd St. & Oxford Ave; 215-235-9436 (Batting cages closed)

Before you go

The outdoor grounds are open, but all Parks & Rec buildings, including playgrounds, athletic courts and restrooms, are closed until further notice. This includes all recreation and older adult centers. Any Parks & Rec events and programs are canceled or postponed until further notice. Park maintenance operations, such as trash pickup, landscaping and turf management, will continue in a limited capacity and may be suspended at any time.

If you do decide to venture outdoors, be prepared to practice safe social distancing and follow the advice of the Philadelphia Department of Public Health:

- Do not go out if you are self-quarantining or do not feel well.
- Keep at least six feet away from other people.
- Bring hand sanitizer, since facilities to wash your hands may be closed.
- Do not use athletic courts and outdoor exercise equipment.
- Stay local. Visit your neighborhood park or one close to your home.
- Limit your park visits to one hour.
- Go at less popular times of day. Try visiting the park first thing in the morn-

ing. Parks may be busier during lunchtime or later in the day.

- Warmer days are not an invitation to start hanging out with friends outside. Walk alone or with members of your household.
- Learn when, why and how to wear a mask. Wear a scarf or bandana around your neck. Pull it up over your mouth and nose if you will be passing someone else and cannot maintain distance.
- Practice proper trail etiquette. Stay to the right; pass on the left. Announce yourself when passing by saying, "on your left."
- If you need to stop, move off the trail.
- Wash your hands for 20 seconds before going outside, and when you return home.
- Try not to touch commonly touched objects, like benches and handrails.
- Bring a water bottle to stay hydrated.
- Don't take part in group sports.
- Don't let your dog off-leash.

For more information and an interactive map of the city's parks, go to phila.gov/departments/philadelphia-parks-recreation.

Alicia M. Colombo is editor of Milestones.

Crossword puzzle solution

(See page 15 for clues.)

M	E	N	A		S	H	A	R	O	R	D	E	P	S
W	O	S		R	E	S	T	E	R		V	A	N	L
R	A	V		S	P	A	R	E		M	A	S	T	E
D	N	D		O	R	G	S	E	N	O	N	D	N	S
				O	N	O	N			N	I	L		
S				R	A	I				R	L			S
T				R	E	S	E			A	R	M		A
S				L	A	V				S	T	A	N	D
S				R	A	V				H	I	E		S
A				S	T	E				R		N	N	E
S										I	D	E		S
S				A	R	E				D	A	N		S
D				A	P	E				C	H	A	R	M
E				P	A	V				R	E	R		A
S				S	C	A				A	L	I	C	E



By Alicia M. Colombo

The mantra of COVID-19 has been: We're in this together, separately. This statement also perfectly describes our collective feelings of fear and despair. But these feelings are magnified amongst seniors.

"Across the board, people are nervous about going out and highly anxious," said Misa Romasco, director of geriatric counseling and vice president at Journey's Way. "They are afraid they are going to get sick and die. All you need to do is turn on your TV or radio, and you're going to hear that people over 65 are the most vulnerable [to the ill effects of coronavirus]. We have some center members who were getting grab-and-go meals from the center in March. Now, they are sending people out to pick the meals up for them."

According to Romasco, the Geriatric Counseling Service typically has a high no-show and cancel rate, even for in-home therapy sessions. "That's not happening now," she said. "People are reaching out and keeping their appointments. Those who receive in-home counseling don't have a lot of social connectivity. They just hear from their family and therapist. People are asking when the center is going to be open again [for regular socialization]. Unfortunately, we don't have an answer."

Social isolation is such a huge risk factor in developing depression among older adults, even under normal circumstances.

"In therapy, we work from where the person is at and with what they're experiencing," Romasco said. "Then we check that out with what's going on in the real world. Are their reactions justified? In this case, yes. We're all worried about this. I don't know if it helps to know that everyone is dealing with it. Don't personalize it. It's OK to share your feelings, but try not to dwell on the negative."

The good news is that there are things that you can do to lift your spirits at home. Among the most helpful tips is to focus on the positive. "Humor is important. It is a great coping mechanism," said Romasco, who suggests finding a productive distraction. "We are telling people at this time to do something they've always wanted to do or to try something that they haven't. We're suggesting they take up an old pastime that they'd stopped. Try to bake something, if you've never done it before."

People are finding interesting ways to socialize. "People are going out on their porches or their stoops and talking or yelling over to each other. It is the perfect distance for safe socialization," Romasco said. Her mother is almost 90 and lives in a retirement community in Delaware County. "They get people to come out on their patio or balcony to do exercise with the instructor down on the grass."

For anyone with a history of mental health issues, it's important to continue

• continued on page 14

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BEST BETS FOR ENTERTAINMENT

In keeping with last month's theme of suggested activities, Milestones staff offer their recommendations for additional media to keep your mind active and your stress at ease.



ROCK THE JUKEBOX

Milestones Editor Alicia M. Colombo is a self-proclaimed music lover of all genres, but oldies from the '50s-'60s and country from the '90s to today are her favorites. Here are a few recommendations from her rock music library. All of the artists and albums here are available in a variety of formats, including online streaming, digital downloads, and purchase on CD or vinyl.

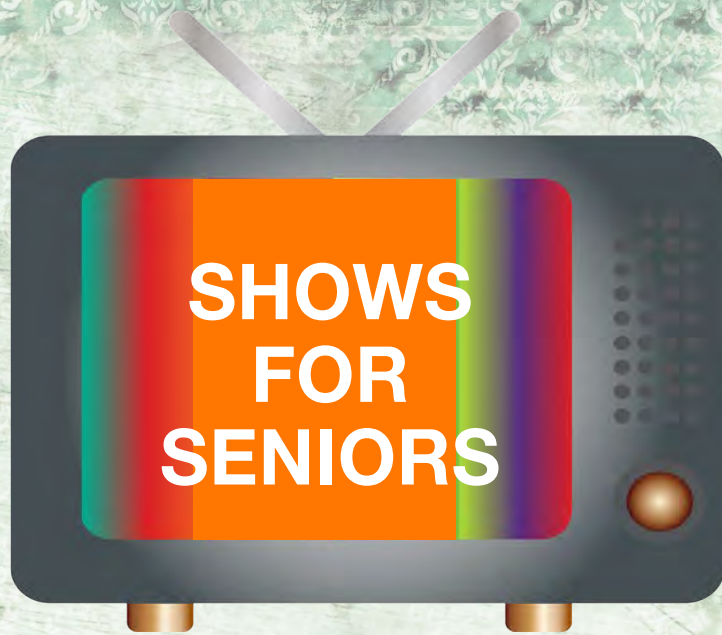
You can't go wrong with good old rock and roll! Billy Joel is one of the most prolific song writers and pianists of our time with a recording career that spans 30 years. At 71, he's still selling out arenas. His earlier albums from the late '70s, including **"The Stranger"** and **"52nd Street,"** may be his best work. However, don't overlook his recordings from the late '80s, most notably **"The Bridge"** and **"Storm Front."** For a "throwback" through rock 'n' roll history, check out his numerous live and compilation albums, including three greatest hits volumes.

For more classic rock, be sure to check out **"The Best of Rock 'n' Roll Hall of Fame & Museum Live."**

This massive compilation features 51 unique performances of classic hits by famed rock musicians, including Chuck Berry, Bruce Springsteen, Al Green, U2 and The Who.

The band Train has been rocking out since the early '90s with hits, including chart-toppers **"Drops of Jupiter," "Calling All Angels"** and **"Soul Sister."** They are certainly not hard rock, but also not too soft: The perfect mix of vocals and instrumentals. Train's notable albums include a greatest hits compilation, an homage to Led Zeppelin and my favorite, **"Save Me, San Francisco."**

If you like a mix of southern rock, blues and folk, give singer/songwriter/guitarist Edwin McCain a listen. His biggest hits include **"I Could Not Ask for More"** and **"I'll Be."** Beyond that, you won't find his music on the radio. He once opened for Hootie & The Blowfish, but never really made it to the "big time." Regardless, his talent is amazing and worthy of mention here. **"The Austin Sessions"** and **"Messenger"** are my two favorite albums.



Few things help pass the time more effectively than a good television program binge watch or a documentary to get informed. We've had the time to check out a couple ourselves and here's a few of the best out there now to consider.

NCIS (CBS)

There's a reason why this series is going into its 17th season. This action-drama looking at the real-life exploits of the Naval Criminal Investigative Service (NCIS) has brought both serious and comical issues at the forefront for people familiar with the various branches of the United States Armed Forces. Even if you're not familiar with the military, NCIS Special Agent Jethro Gibbs, played by actor Mark Harmon, provides a personality worth watching in its own right.

Marc Maron: End Times Fun (Netflix)

The hysterical Marc Maron and his relatively new Netflix special is fantastic at putting life after 50 into real perspective. Topics range from his children, who he claims grew up to be "nerds," to the amount of vitamins one has to take and the hustlers pushing the next best ones. Maron, 56, is laugh-out-loud funny in a way we all could desperately use right now.

Woodstock: Three Days that Defined a Generation (PBS)

A retelling of the concert festival that sparked the revolution of concert festivals to come. Woodstock, which took place on a small dairy farm in rural New York in the summer of 1969, would go on to change the way we looked at music, pop culture and people as being defined in a trope or box. This documentary accurately portrays the event with stunning video and photography you won't forget.

Jerry Seinfeld: 22 Hours to Live (Netflix)

We don't want to push comedians on you, but again, you need a laugh and the timeless Jerry Seinfeld is here to create one. In this 90-minute comedy special, Seinfeld, 66, really harkens back to his stand-up roots and is far from the sitcom actor vibe that made him a cult sensation. Depending on your humor level, some of his punchlines may be more of a chuckle than a hearty laugh, however, we do think you'll do both over the course of this one, making it well worth the time.

SURFING THE NET

Michael Hanisco, Milestones calendar editor and multimedia communications specialist at Philadelphia Corporation for Aging (PCA), shared some cool websites that he's discovered.

Virtual field trips

The COVID-19 pandemic has put field trips on hold for the time being, but that hasn't stopped our friends at Southwest Senior Center from tapping into their inner explorer. The center has been hosting virtual "field trips" on their Facebook page each Friday, sharing online resources that allow older adults and their families to explore some of our country's most famous cultural institutions from the comfort of home. Check out more of their weekly field trips at [Facebook.com/SouthwestSeniorCenter](https://www.facebook.com/SouthwestSeniorCenter).

For animal lovers

The San Diego Zoo's website features live camera feeds of some of their most popular exhibits. Virtual visitors can check in on penguins, tigers, koalas, giraffes and more with

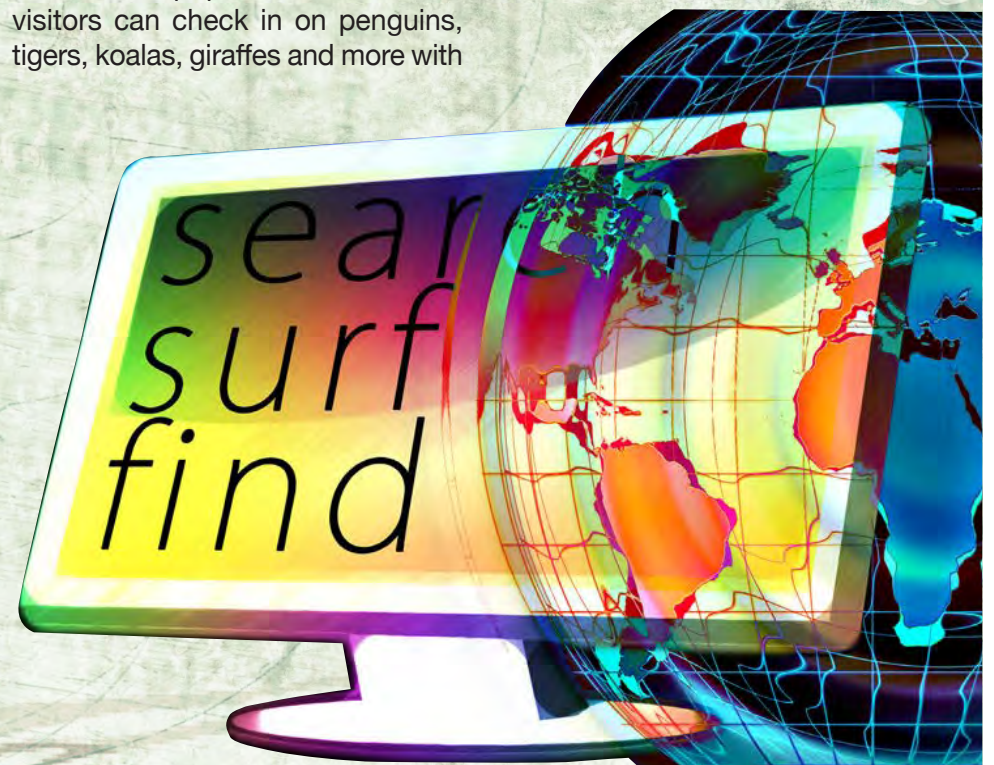
the click of a button. To start your animal adventure, visit the website [zoo.sandiegozoo.org/live-cams](https://www.sandiegozoo.org/live-cams).

For nature enthusiasts

The National Park Foundation has compiled a list of more than a dozen national parks offering virtual experiences during the pandemic. With a mix of pre-recorded video tours, live webcams and 360-degree photographs, visitors are in complete control of their experience. To get started, visit bit.ly/Virtual-Parks.

For appreciators of art

The Philadelphia Museum of Art allows visitors to view some of the institution's most famous pieces online. Virtual visitors can view works by artists like Rembrandt, Monet, Picasso, O'Keefe and many more. Search for an individual piece or view a curated collection by visiting bit.ly/MuseumOfArt.



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Recipe Box

Celebrate International Picnic Day

Philadelphia's parks are a great way to relax in the fresh air and practice social distancing. (See page 6.) While you're there, why not have a picnic? In observance of International Picnic Day on June 18, try these great twists on picnic staples.

Chimichurri Potato Salad

(Source: *Women's Day Kitchen*)

Ingredients:

2 lb. small new potatoes
3 tbsp. olive oil
2 tbsp. red wine vinegar
1 tbsp. Dijon mustard
1 lemon
1 small red chili pepper
4 scallions
½ cup fresh flat-leaf parsley,
roughly chopped
1 clove garlic
Kosher salt
Pepper

Directions:

Place the potatoes in a large pot, cover with cold water and bring to a boil. Add 2 teaspoons salt, reduce heat and simmer



until the potatoes are just tender, 10 to 15 minutes. Drain and run under cold water to cool.

Meanwhile, in a large bowl, whisk together the oil, vinegar, mustard, and ¼ teaspoon each salt and pepper. Peel four strips of lemon zest and finely slice.

Cut potatoes in half (or quarter if large). Add potatoes to dressing and gently toss to coat. Fold in lemon zest, chili, scallions, parsley and garlic.

Pressed Grilled Chicken Salad Sandwiches

(Source: *Women's Day*)

Ingredients:

1 tbsp. extra-virgin olive oil
2 tsp. curry powder
Kosher salt
4 large boneless, skinless chicken breasts (about 2 lbs.)
2 tbsp. sweet mango chutney
4 tsp. fresh lemon juice
¼ cup mayonnaise
2 stalks celery, finely chopped
2 scallions, finely chopped
½ c. red grapes, quartered
1 (1½-lb.) loaf crusty bread
2 cups baby spinach

Directions:

Heat grill to medium-high. In a large bowl, whisk together oil, curry and 1/2 teaspoon salt. Add chicken and toss to coat. In a small bowl, combine chutney

and 2 teaspoons lemon juice.

Grill chicken until cooked through, 6 to 7 minutes per side, basting with the chutney mixture during the last 2 minutes of cooking. Transfer chicken to a cutting board. Cut each breast in half lengthwise, then slice ¼" thick. In a large bowl, whisk together mayonnaise and remaining 2 teaspoons lemon juice. Fold in celery, scallions, grapes and cut-up chicken (along with any juices).

Cut bread in half lengthwise and scoop out the insides, leaving a ¾"-thick shell.

Line the bottom with spinach and top with chicken. Sandwich with the top half of the bread, wrap tightly in foil and press with a heavy pan for at least 1 hour or up to overnight in the refrigerator. Cut into thick pieces when ready to serve.



In the time of COVID-19, grandparent caregivers are feeling the strain

By Shannon Reyes

The impact of the COVID-19 pandemic has rippled through every aspect of daily life. Many are managing several roles simultaneously from within the home. These roles include full-time employee, homeschooler, domestic caretaker and caregiver. While the majority of the focus has been on younger families bearing the brunt of these compounding responsibilities, grandparents who are raising their grandchildren are also feeling the same strain.

In the city alone, more than 16,000 grandparents are the primary caregiver of their grandchildren, with 67% being younger than 60. These caregivers are not immune to the conflict of responsibilities, as many are still working.

Case manager Carolyn Davies, who works in the Caregiver Support Program (CSP) at Philadelphia Corporation for Aging (PCA), says a number of the grandparents she works with are employed at Walmart, so they are considered essential and must physically report to work. Davies currently oversees close to 40 cases at PCA, which includes the bulk of cases involving grandparents raising grandchildren.

Other obstacles grandparent caregivers are facing include navigating online classrooms and a curriculum that looks very different from when they were in school. For one thing, most schoolchildren are using small laptops or Chromebooks to complete schoolwork. "They're having difficulty with the Chromebooks, so as a result they're calling on older children or neighbors to help," said Francine Williamson, another CSP case manager who also handles cases involving grandparents.

Williamson and Davies are both seeing many of the grandparents reach out to family and friends in the community to mitigate some of the struggles they are facing, including enlisting them to do grocery

shopping or running out for supplies.

"The greatest conflict is that many [grandparents] are in an age bracket that is most susceptible to the negative health effects related to COVID-19," Davies said. "So for them, one of the greatest obstacles is accessing resources when they are [among the] most vulnerable."

Williamson adds that food is especially crucial for these families as having the children home all day means that more food is being consumed. Fortunately, guidelines of the CSP allow grandparents to receive reimbursement for hiring outside help.

"In keeping with the Pennsylvania Department for Aging guidelines, CSP care managers and grandparent caregivers are working together to come up with some creative ways to utilize the funding," Williamson said. "This has really helped grandparents to be a caregiver to grandchildren during this time."

Through the CSP, reimbursements can be issued for hiring others to grocery shop or run errands, if the grandparent does not feel comfortable going out to stores. Williamson also notes that grandparents are receiving reimbursement for purchases related to protecting their families against COVID-19, including hand sanitizer, gloves and face masks, which can help offset additional food costs. Payments for babysitters are also eligible for reimbursement, since it is especially important for grandparents to take time for themselves.

"Grandparents are constantly stepping up to the plate," Davies said. "And right now, not only are they acting as full-time teachers, they're also now acting as full-time playmates, which can really expel some energy."

Caregivers are always susceptible to burnout, but with school-aged children at home all day, grandparents are even more at risk. CSP has initiated bi-weekly check-in calls with grandparents to provide increased support during these times. During



these calls, Williamson says she always asks about family members or other support systems who can pitch in to help with caregiving responsibilities. It is especially important for grandparent caregivers to ask for help when they feel that they are being pushed to their limits.

"Sometimes, we think we are not good enough, but it's important to call someone and talk through those feelings," Davies

said. "It's okay if you're stressed right now. It's okay to ask for help and to take a few minutes for yourself."

For more resources and information about PCA's Caregiver Support Program, please call the Helpline at 215-765-9040 or go to pcaCares.org/caregivers.

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

SeniorLAW Center continues advocacy for older adults during the COVID-19 pandemic

While physical offices are closed, services are being provided remotely to those impacted by the crisis. Areas of law include: fraud/bank account issues, illegal lockouts/evictions, COVID-19 scams, emergency custody and protections from abuse,

elder abuse, social security/income, and utility shutoffs.

For information or assistance:
215-988-1242 (Philadelphia)
1-877-727-7529 (Pennsylvania)
SeniorLAWCenter.org

Photographer's starry career capturing musicians, celebrities

By Jay Nachman

During Scott Weiner's last semester at Temple University in 1976, he decided to write a paper on concert photography for his final exam and to try to get a picture published in *The Philadelphia Inquirer*.

So, Weiner headed down to the Spectrum and took photographs of musician Leon Rus-

sell, who was performing that night with his wife Mary, in his dressing room.

He can't remember how it happened (who can blame him, it was more than 40 years ago), but the photograph was published in the *Inquirer* the next day. The other photographs were bought by Russell's label, A & M Records, for \$25 each. "I thought I was collecting gold nuggets," Weiner said.

That was the serendipitous start to a photography career that has seen Weiner, now 69, take pictures of musicians from Aerosmith to ZZ Top, and just about everyone in between. His career has also encompassed shooting scores of actors, authors, presidents and even a pope.

It's led to all kinds of weird and won-

derful encounters for Weiner, who was the staff photographer for Philadelphia's Live 8 concert in July 2005 and for Friday Morning Quarterback, the so-called bible of the music industry. He's asked Ozzy Osbourne to chew on a rubber bat for a photograph; discussed Fiats with Darryl Hall (of Hall & Oates) after discovering they had each recently bought one; and called out for President Jimmy Carter to give him a peace sign for a picture. The former president complied with the request. He has plenty of other stories from the sex, drugs and rock 'n' roll era that are not fit to print.

And, he has Tina Turner to thank for his fondness for arugula and goat cheese salad. At lunch together while she was

doing a record promotion tour in the city, Turner ordered it and Weiner had no idea what it was. So, she insisted that he order the same thing. "She said I would love it and I did," he recalled. "I eat it to this very day."

He's also had a few exhibitions of his work, including one at Philadelphia International Airport, tilted "I'm in Philly." For 10 years, in secret, after an assignment, Weiner asked the celebrities he was photographing to hold up a handmade sign that read: "I'm in Philly." In all, there were about 50 portraits in the exhibition.

According to Weiner, one way in which the industry has changed, and not for the better, is the limited access to musicians that photographers now have. When The Who played at JFK Stadium in 1981, he climbed up on top of the scaffolding without anyone stopping him and photographed the concert from up high.

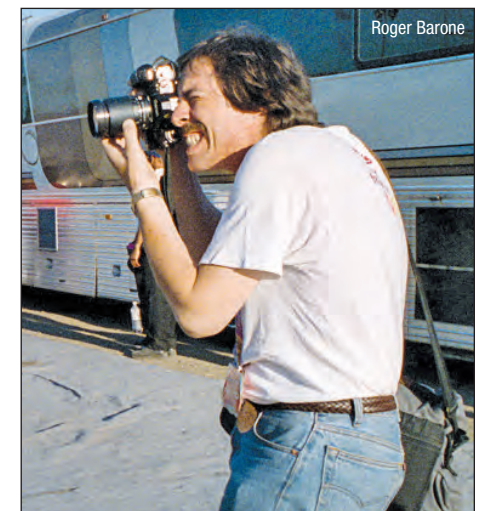
When he began his career, Weiner said, he used to be able to roam backstage before a show and then take as many photographs as he wanted from the front of the audience. Now, photographers are only able to photograph two, maybe three, of the first songs by a band from the front. Major stars only allow photog-

raphers to take a few pictures from the back of the room.

"I used to love that last shot when the band would gather at the front of the stage and hold their hands up in celebration," he said.



Photos: Scott Weiner



Roger Barone

Photographer Scott Weiner, pictured above in 2006 at the Vans Warped Tour in Camden, N.J., has photographed hundreds of celebrities, including (top, left to right) Sylvester Stallone, President Jimmy Carter, Jon Bon Jovi and Ozzy Osbourne.

He still loves his job, though "I love the art of it," Weiner said. "I just don't take a picture with the artist. I try and make my pictures stand out in a lineup."

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

Milestones readers: Send us your picks for "The Best Of" Issue

We're seeking seniors submissions for a future issue to feature "The Best Of" everything senior-related. Tell us what's best about being a senior! You can also share your picks for leisure activity, Philadelphia restaurant or food, and more. Whatever you think is "The Best," we want to hear about it! Email brief submissions to MilestonesNews@pcaCares.org by Friday, June 12. Be sure to include your name and contact information.

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Senior sewists

• continued from page 5

who are also making masks for people in homeless shelters and food pantries, as well as others who are on the front lines."

A retired hospital administrator, Stevenson, 72, started the local mask making by putting out a call to her 400-member Indivisible Social Justice group shortly after the virus took hold.

"People want to do something. We will do what we can, and we should do what we can," Stevenson said. "The masks aren't for sale, but any donations would go into making more masks."

Ken Yang, managing director of Penn Asian Senior Services in North Philadelphia, recently received 50 masks, mostly for caregivers who are still going into homes to help seniors. "The quality and craftsmanship is really impressive," Yang said. "Safety is the paramount issue,

but the masks are also reusable and are eco-friendly. They can be hand-washed at night, air dried and ready for use the next day. We are very grateful to Ellen and her sewing teams for their work and time and [for dedicating] themselves to this cause."

As of mid-May, these senior sewists have already made more than 1,300 masks, which have been donated to Temple University Hospital, Bryn Mawr Hospital, Children's Hospital of Philadelphia, St. Christopher's Hospital for Children and Chestnut Hill Hospital.

To get involved or make a donation, email Ellen Stevenson at pegactivists@gmail.com. Donations can also be sent to Stevenson at 18 Rose Lane, Flourtown, PA 19031 or made online at <https://paypal.me/pools/c/8o5w9QHBTg>.

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

Feeling down?

• continued from page 7

your recommended therapy, medications and doctor's appointments. "If you have to go in [to see a doctor] and can't do it over the phone, go in. Don't postpone treatment," Romasco said.

Take CARE

Psychiatrist Prakash Masand M.D., founder of the Centers of Psychiatric Excellence (COPE), has developed the CARE acronym, which is a helpful method to support mental health and well-being during these unprecedented times.

Connections: Connect with family and friends by phone or video chat. Social interaction is extremely important to mental health and has been lacking throughout quarantining.

Attitude: Remember, this too shall pass. Focus on the positive and think about all the things you have to look forward to when all of this is over.

Reach out: Pick up the phone and call someone who you haven't spoken with in

a while. If you need help, ask for it.

Exercise: Exercise is a natural antidepressant. Anything that gets you moving and gets the blood flowing has tremendous physical health and psychological health benefits.

Alicia M. Colombo is editor of Milestones.

Mental health supports

The Geriatric Counseling Service of Journey's Way serves older adults in Northwest and North Central Philadelphia and is taking new referrals at 215-487-1990.

The toll-free Mental Health Support & Referral Helpline will continue to operate 24/7 throughout this public health crisis at 855-284-2494 (TTY: 724-631-5600) for Pennsylvanians struggling with anxiety, mental health challenges or other difficult emotions due to the COVID-19 crisis.

Health Brief

New research suggests Chinese exercise proven aid for sedentary life



As you read this, a collaboration of both health professors and faculty at the University of Texas are close to proving that the ancient Chinese practice of qi gong can greatly contribute to the health and vitality of older adults.

The study, titled "Function Improvement Exercises for Older Sedentary Community-Dwelling Latino Residents," is in the pilot phase to enhance both the physical and cognitive function of seniors. Since February, roughly 60 seniors have taken part in the study by exercising inside senior and community centers.

Even since COVID-19 closed many of the centers in the study, researchers continued working with many of these same seniors. Despite the stress that comes with social isolation and despair for the future, the older adults that have made qi gong part of their routine have seen positive results.

"Qi gong exercises are low-impact, low-cost and low-to-moderate-intensity physical activities that can be practiced safely by all ages with minimum space and equipment requirements," said Zenong

Yin, public health professor in the College for Health, Community and Policy at the University of Texas. "The movements are a combination of stretches, balancing, bearing of body weight and eye-hand coordination. Controlled breathing is integrated into each movement."

Yin and the staff working on the project have begun tracking the stress level of the participants through routine check-in calls. They say participants are cognizant of their stress levels, but qi gong has been effective at providing some relief. The end result for Yin and his team is proving that a little-known, yet ancient, mind-body exercise can have positive effects – at the right time.

"The seniors [in the program] have reported an increased level of stress," Yin said. "Research has shown that mind-body exercise can reduce the level of stress and improve the immune function, so we will be able to explore if the mind-body exercise can help to lower the level of stress and its harm on seniors."

Source: UTSA.edu

Crossword

On Your Feet

Solution

The solution can be found on page 6.

Across

- 1 Home of Ruth
- 5 Woody Allen film
- 10 Strikebreaker
- 14 Invisible emanation
- 15 Summer TV fare
- 16 Overlay
- 17 Belgian river
- 18 Kind of bracelet
- 19 Mimicked
- 20 Leaders of movements
- 23 Notion: Fr.
- 24 Fr. holy woman
- 25 Certain fishing lure
- 29 Saint born in Avila
- 33 Eagle's high-rise
- 34 Hasten
- 35 Abyssinian vizier
- 36 Showy catches
- 41 Play part
- 42 Branch
- 43 Appliance button
- 44 Perpendicularly
- 47 ___ of the Lost Ark
- 49 Nothing
- 50 CA lake
- 51 Maintain a position
- 59 English anthem composer
- 60 Haste makes it
- 61 Mast
- 62 Natalie's sibling
- 63 Organic compound
- 64 Indefinite number
- 65 Raced
- 66 Pride sounds
- 67 Once more

Down

- 1 Home-run leader Willie
- 2 Expel
- 3 Region
- 4 Farm building
- 5 Shopping passage
- 6 MacNeil's Newshour partner
- 7 Moslem decree
- 8 Street feature
- 9 Caught in a net
- 10 Not as fat
- 11 Ann or Cod
- 12 State
- 13 Chambermaid's concerns
- 21 Had a banquet
- 22 See 21 Down
- 25 Adventure stories
- 26 Canary's need
- 27 Furious
- 28 Author Anais
- 29 Can material
- 30 Delete
- 31 One who declares
- 32 Second bananas, for short
- 34 Radio operator
- 37 Not as ruddy
- 38 Essay
- 39 Previous
- 40 Guided
- 45 Set of nine
- 46 Disencumber
- 47 List
- 48 Enrages
- 50 Diplomat Perle
- 51 Mineo and Bando
- 52 Snare
- 53 Actress Bancroft
- 54 Nose: comb. form
- 55 Greek mountain
- 56 Second word of fairy tale
- 57 Reputation
- 58 Sketched

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