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FOR OLDER ADULTS
IN THE AGE OF
COVID-19
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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:

- 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.

EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor



As I write this column, the news is constantly buzzing with stories related to the novel coronavirus, or COVID-19. This unprecedented worldwide pandemic has temporarily changed our daily lives and activities.

All events and group gatherings have been cancelled. Most public places have been closed, including senior centers, libraries, schools, entertainment venues and non-essential retail outlets. To provide you with information regarding COVID-19, we have decided to replace this month's calendar with a COVID-19 Senior Resource Guide (pages 8-9).

It's important to remain calm during these challenging times. Remember, this is only temporary. On that note, you'll notice that some information in this issue may not be relevant just yet. But, at some point, the world WILL open up again. And, when it does, I'm sure you will be ready and willing to jump at the chance to engage with people again.

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**Desperate times call for desperate measures.
But, fear not, for this, too, shall pass!**

.....

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

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

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If COVID-19 has taught us anything, it's that at times of crisis we must put our trust in others. It is vital that you obtain information from a trusted source, such as the U.S. Centers for Disease Control and Prevention (CDC); local, state and federal government officials (health.pa.gov); and your health care provider(s). Please do not spread unproven rumors or believe everything you read on the internet. I do not recall any official government or health care source telling the public to buy toilet paper in mass quantities, yet it happened.

The daily reminders that public health officials have stressed are good advice to prevent the spread of any disease and infection, but are especially effective with COVID-19:

- **Wash your hands** with soap and water for at least 20 seconds. (Sing "Happy Birthday" twice.) Use hand sanitizer, only if soap and water are not available.
- **Cover any coughs or sneezes** with your elbow, not your hands.

- **Do not touch your face**, after touching a surface.
- **Clean surfaces frequently.**
- **If you are sick, stay home.** If you have questions about your health, please contact your health care provider.

The key message from all reputable sources is clear: **Stay calm, stay home and stay safe.**

During times of social distancing, whether brought on by public health concerns, bad weather or other circumstances, many of us crave personal contact and engagement. "If you know an older adult who will be missing out on normal social engagement, or who is isolated, I ask that you reach out to them by phone or video conferencing technologies, like FaceTime," said Pennsylvania's Secretary of Aging of Aging Robert Torres. "Understand how much a few minutes of your time means to an older adult living alone. You can make a difference to reduce social isolation, even while practicing social distancing. 🌻"



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It's time to get back to the garden

Age is no deterrent to getting down and dirty – in the garden

By Jay Nachman

Even budding urban gardeners who have no place to plant at home can still “get dirty.” Eight PCA-funded senior community centers have gardens, where older adults can help plant, cultivate and pick vegetables and herbs. There are also more than 150 community gardens in the region affiliated with the Pennsylvania Horticultural Society.

Every summer, Eldredge Ragsdale plants a variety of vegetables in his 10-by-20 plot in Mount Airy, which he also helps manage. “There’s nothing I don’t like about gardening,” he said. “I like being in nature. It’s a part of every summer. I just get into my garden.”

Cabbage, squash and cucumbers are just part of his garden’s annual bounty. “Just

to see it grow and develop, that’s the satisfying thing,” said Ragsdale, 77, Germantown.

Area horticultural experts have plenty of tips that allow gardeners to keep their green thumbs intact as they age. “What you want to do is either find ways to get down to the garden or bring the garden up to you,” said Sally McCabe, the associate director of community education at the Pennsylvania Horticultural Society.

For those with flexibility and bending issues who want to continue working in the soil, McCabe recommends using a long-handled tool like a hoe, which can be used for shaping, weeding and trowling. A long-handled tool can also be used as a walking aid in the garden. Another tip for senior gardeners is to use a chair, putting it as low as possible to the ground. A chair

with arms makes it easier to get up, she said.

To combat flagging energy levels, it’s important to only make one trip out to your garden. A nice, functional tool belt or a wheeled cart can help you carry all the necessary items at once, according to McCabe. “If you are not steady on your feet, a wheelbarrow with one wheel is going to be an issue,” she said. A two-wheeled cart can also be used to help maintain balance. “We use old tools in new ways.”

For bringing the garden up to you, window boxes and small containers are a great solution. Dana Kalins, of Plants, Etc. in Fairmount, said, “I suggest growing herbs and vegetables on a windowsill because the height makes it easy for people to access year-round. And the herbs and vegetables can be used in the meals you make.”

Hyacinth Ekeleme, 72, of Southwest Philadelphia, said, “I don’t have much of a yard, so I put containers on my porch.” While her porch is for growing herbs, she devotes the small space in her backyard to vegetables.

Ekeleme has only been gardening for the last four years or so. Her interest was prompted when she began attending classes at PCA’s Southwest Senior Center, which has a garden club. The classes help Ekeleme consider which vegetables to grow, as well as learn which plants thrive during the season and other gardening tips.

Tomatoes are always a staple. Other vegetables she has grown include cucumbers and peppers. One year, Ekeleme grew carrots with great success. But the next year, the harvest wasn’t as bountiful.

“Whenever I get enough of anything, I share the bounty with family and friends,” she said.

With spring here, Ekeleme is eager to get her seeds in the ground and tend to her crops. “I have a green thumb, but it’s a little greener than it used to be,” she said.

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

Philadelphia is ripe with community gardens

Many PCA-funded senior community centers have gardens that seniors can help cultivate. Here are the centers where you can find them:

- Norris Square Senior Community Center
2121 N. Howard St., 215-423-7241
- PCA’s Southwest Senior Center
6916 Elmwood Ave., 215-937-1880
- PCA’s Firehouse Active Adult Center
5331 Haverford Ave., 215-472-6188
- South Philadelphia Older Adult Center
1430 E. Passyunk Ave., 215-685-1697
- Juniata Park Older Adult Center
1251 E. Sedgley Ave., 215-685-1490
- Philadelphia Senior Center – Avenue of the Arts & Asian Pacific Resource Center
509 S. Broad St., 215-546-5879
- Lutheran Settlement House Sr Center
1340 Frankford Ave., 215-426-9610
- KleinLife: Northeast Philadelphia
10100 Jamison Ave., 215-698-7300

New PCA President and CEO Najja Orr talks about his vision

By Kerith Gabriel

Najja Orr sat up tall in his chair, started to speak and then paused.

The posturing was in response to a question that could determine the future of Philadelphia Corporation for Aging (PCA), the largest Area Agency on Aging (AAA) in the state and the fourth largest in the country:

What is your collaborative vision for PCA and what it could become?

The pause was not because Orr was blindsided; this has been a question on his mind since he joined the agency in 2017 as its chief strategy officer. It was because he was planning the best way to answer a question on the minds of everyone associated with the agency – staff, providers and partners.

“We’re the largest AAA in the state,” Orr began. “We should consider ways to increase our use of metrics and analytics to support our position when it comes to aging. What’s the end story? How do [serving 2.3 or 2.4 million meals] improve health outcomes? How does that improve social determinants of health? How does that decrease hospitalizations?”

This sort of intrinsic thinking is obvious to anyone who has met Orr. He’s a technical brain first, imagining almost everything in analytical terms. However, he’s creative when it comes to his desire to have collaboration at the forefront when it comes to PCA endeavors.

“To me, the best plans and visions will not come to fruition unless everyone is on board and wants to see it succeed,” said Orr. “Taking a look at how are we collaborating and communicating internally and externally; are we considering the right

partnerships. [At the end of the day], it’s about looking at how we learn from each experience and say, OK, we did a great job there, how can we do it better?”

Orr has been working and growing in the aging network for nearly 20 years. A graduate of Morehouse College, he received an MBA from Drexel University and is currently a doctoral candidate at Temple University. He spent 15 years at the AAA in Bucks County, where he left as its executive director, before joining PCA in 2017. Since then, he’s led the charge on ensuring PCA’s efforts make an impact beyond the number of programs and services the agency provides.

His passion for ensuring older adults live full and enriching lives isn’t newfound. However, working with older adults wasn’t Orr’s first choice. “When I first started working in social services, this wasn’t the

• continued on page 14



“We should consider ways to increase our use of metrics and analytics to support our position when it comes to aging.”

— New PCA president and CEO Najja Orr

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Are federal poverty guidelines hurting older Philadelphians?

By Shannon Reyes

When determining eligibility for services and government support programs, federal poverty guidelines are used as the standard of measure. These figures are based on the U.S. Census Bureau's poverty threshold and are intended to act as a baseline for the minimum household income needed to survive.

But these guidelines often ignore other contributing factors of poverty, since they only take into account family size and age. Geographical cost-of-living, which is not considered, varies greatly – even within the same state. Consider the cost of rent in Philadelphia, as compared to rural parts of Pennsylvania. So, instead of

directing government supports to reach those in greatest need, the federal poverty guidelines may actually create a barrier for those who struggle to make ends meet.

“Not meeting the income limits by just a few dollars will prevent seniors from getting what they need,” said Michelle Wilkins, social services manager for Martin Luther King Older Adult Center, located at 2100 W. Cecil B. Moore Avenue. “Unfortunately this happens more often than one may think.” Many of the older adults she serves receive only \$900 a month in Social Security or Supplemental Security Income.

A more inclusive financial stability tool, The Elder Economic Security Standard Index, was developed to determine the

yearly household income needed for older adults to comfortably age in place. Researchers looked at regional data reports, comparable to the census, that accounted for daily living costs, including housing, health care, food, and transportation, for both single and coupled older adults. The index also factors in the couple or individual's homeowner and health status, since these largely contribute to costs.

The index is housed at elderindex.org, where anyone can run a simulation to see what is needed to be financially stable in a given locality. For instance, a Philadelphia couple 65-plus who are renters in good health would need a yearly income of close to \$36k to be considered economically secure. That amount is about 208%

of the U.S. Department of Human Services 2020 federal poverty guidelines for a household of two.

Karen Becker is all too familiar with the struggles of older adults who need assistance with enrolling in benefits and entitlement programs. As assistant director of senior centers and in-home support for

“Not meeting the income limits by just a few dollars will prevent seniors from getting what they need.”

— Michelle Wilkins, social services manager for Martin Luther King Older Adult Center

Catholic Housing and Community Services, she oversees four senior centers in Philadelphia. “[Seniors] that find themselves ineligible for benefits and entitlements [because their income exceeds the federal poverty guidelines] are often our most difficult cases,” Becker said. “I think there are unrealistic expectations that nonprofits will fill the gap in need, but unfortunately, nonprofits have limits.”

Becker explains that often individuals are referred to hunger relief or economic development organizations, but seldom can these resources provide assistance to the extent as many benefit and entitlement programs.

Such programs typically have income limits falling between 130%-160% of the poverty guidelines. For instance, the cut off to receive Medicaid benefits in Pennsylvania is currently at 133% of the federal poverty guidelines or \$16,611 for a household of one. According to information provided by the U.S. Census Bureau, there are 39,144 adults over 60 who are living between 133% -199% of the federal poverty guidelines. These adults would not be able to receive Medicaid benefits, but according to the Elder Economic Security Standard Index, still do not bring

• continued on page 14

SCAM ALERT!

The IRS is not calling!

It's tax time, and scammers are on the prowl! Every spring, the popular Internal Revenue Service (IRS) scam resurfaces. It has many forms, but generally scammers call to tell unsuspecting victims they owe back taxes and penalties to the IRS. Sometimes, scammers claim a deceased relative owed a large debt to the IRS.

The scammers threaten arrest, home foreclosure or deportation, unless the phony tax bill is paid promptly through a money transfer, certified check or gift card. If an initial payment is made, the scammer often calls back to demand more money, based on "further review of tax records." As long as the victim is complying, the scammer will continue to insist that more money is owed.

According to the U.S. Senate Special Committee on Aging Fraud Hotline, seniors have lost as much as \$120,000 to the IRS Scam.

Watch for IRS scam warning signs:

- **Caller ID "spoof":** Scammers can change your caller ID to display area code 202 (Washington, D.C.), the name of your local police department or the Internal Revenue Service.
- **Cold calls:** The IRS will always mail a bill to a taxpayer before calling about taxes owed. The IRS doesn't contact taxpayers by email, text message or social media to request personal or financial information
- **Demands and threats:** Taxpayers will have the opportunity to question or appeal the amount owed. Immediate payment will never be required, and

the IRS will never threaten to have a taxpayer arrested.

- **Special payment requests:** The IRS will never ask for a credit or debit card over the phone, nor will it require a taxpayer to use a prepaid debit or gift card to pay a tax debt.

If you receive a suspicious call of any nature, don't give out any personal information. Just hang up. For more information about IRS scams, go to irs.gov/newsroom/tax-scams-consumer-alerts. To report suspicious activity, call 855-303-9470.

How to prevent telephone fraud

The Philadelphia Police Department's Victim Services Unit receives an ongoing increase in reports of non-violent crimes involving telephone fraud, identity theft and financial victimization against senior citizens. Telephone-based fraud includes identity theft, gaining access to a person's bank account or credit cards, and scamming money from a victim while posing as a charity.

Criminals will pose as representatives from the government to attempt to extract any information about one's identity, including address, social security number, and bank and credit information.

Tracy Lewis, a police officer with the Victim Services Unit, offered methods for seniors to protect themselves from fraud-based crimes. "Never answer your telephone unless you know who is calling," she advises. If your phone does not have caller identification, she suggests letting an unidentified caller leave a voice message.

Evangelina Iavarone



This allows a person to screen the caller first and avoids the risk getting caught up in a line of questioning and false information from the fraudulent caller.

If you do get on the phone with somebody you don't know or who claims to be from a legitimate organization, never give your personal information out until you can verify the caller's identity.

Lewis encourages seniors who have been

victims of telephone fraud to contact the Victims Services Unit at 215-685-1158 to make a report. The unit can help victims of financial fraud to recover stolen funds, as well as provide resources to navigate the administrative process for handling identity theft and other types of financial crime.

This is the first in a series of Scam Alerts targeting our nation's seniors.

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 comments & submissions to:

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

Email: MilestonesNews@pcaCares.org



COVID-19 SENIOR RESOURCE GUIDE

Every day, Americans are being told that, courtesy of the novel coronavirus (COVID-19), their way of life will remain altered drastically for the foreseeable future. Perhaps that sits the toughest with older adults, who have the highest risk of severe illness or death from the virus.

By the time you read this article, the landscape might have changed considerably from the way it looked just 48 hours prior. However, there are some surefire things to know when it comes to the virus in addition to the resources for other adults here in the Greater Philadelphia Region. We hope that you use this as a guide on smart techniques to ensure you remain in the best possible health.

As it stands, PCA, as an essential business, is doing all it can to continue our continuity of services to the communities we serve. But we'll list the other resources you can trust when it comes to getting the updates you need.



Isolation or Quarantine? An Explanation

In this time of uncertainty, even the things we are doing to protect ourselves from COVID-19 can seem confusing. For example, many people confuse having to quarantine vs. having to self-isolate. According to the U.S. Centers for Disease Control and Prevention (CDC), while both protect the public and prevent exposure, here's the difference:

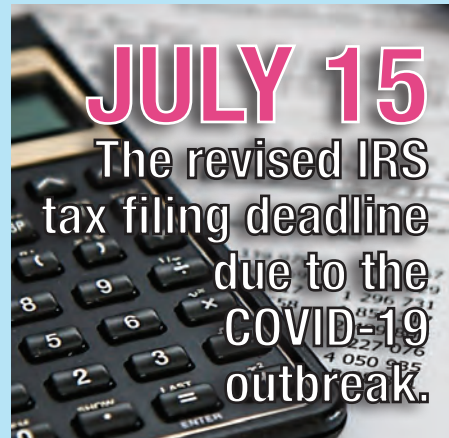
- Isolation separates sick people with a contagious disease from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

The reason city and state governments are enacting stay-at-home orders is simply to slow down the rate of infection and lower the upward curve of more and more people needing hospitals due to COVID-19. Many hospitals have run out of supplies and even more have limited access to lifesaving equipment, like nebulizers and respirators, to help with the airway issues caused from the virus.

Additionally, if you're feeling well or not experiencing symptoms, the CDC also recommends refraining from wearing a mask.

DID YOU KNOW?

The word quarantine hails from the Italian and Latin word *quarantina*, which means 40 days. According to CDC.gov, Italy was the first country to institute the practice at their shipping ports in the 1300s.



Getting Supplies

The good news is that there are a host of websites that work with supermarkets to deliver food right to your door. It's highly recommended that seniors utilize these methods first, before considering venturing out of your house. Some supermarkets are changing their hours to accommodate older adults and the immunocompromised. One such supermarket in our region is Giant, which has special hours from 6-7 a.m. daily to assist those consumers.

More stores are expected to follow with restricted shopping hours and online delivery services. Additionally, PCA has committed to continuing its home-delivered meal program to its current income-eligible consumers. PCA is also sponsoring grab-and-go lunches for a select number of senior community centers and satellite meal sites in Philadelphia. For a list of centers, visit pcaCares.org/seniorcenters and be sure to contact the facility before going out for meals.



Financial Support

For seniors, focusing on recognizing scams is also essential. The Pennsylvania Department of Banking and Securities (DoBS) has the following advice for seniors in addition to the support to help those in need.

Anyone can contact DoBS at 1-800-PA-BANKS or 1-800-722-2657 to ask questions or file complaints about financial transactions, companies, or products. Additionally, we urge people to contact PCA to report any form of elder abuse, including financial exploitation, by calling the PCA Helpline 24/7 at 215-765-9040.

Bill or credit card support:

At this time both the state of Pennsylvania and the federal government have urged institutions to relax their policies on collections and credit ratings during the COVID-19 crisis. In terms of utilities,

an emergency order prohibiting utility terminations by electric, natural gas, water, wastewater, telecommunication and steam utilities under the Pennsylvania Public Utility Commission is in effect for the duration of the COVID-19 emergency shutdown.

Mortgage or rental assistance:

For seniors who live alone, it's important to let a lending agency or landlord know as soon as you can if you plan to experience any financial hardships. Additionally, PCA's Helpline is here to assist income-eligible older adults who need emergency relief assistance.

For additional help, contact:

- Mortgage: consumerfinance.gov/consumer-tools/mortgages
- Rental properties: hud.gov/topics/rental_assistance

\$2 TRILLION

The number of federal dollars released to lend to small and large businesses and local governments dealing with the fallout of COVID-19.

20

The number of seconds one should wash hands for with soap and water. Don't have either? A hand sanitizer with at least 60% alcohol is sufficient.



Testing Criteria

For Philadelphia residents, a Community-Based Testing Site at Citizens Bank Park is open to the public, from 2-6 p.m. daily. However, there is eligibility criteria for both admission and testing, due to limited testing capacity. The city's Department of Public Health is restricting eligibility for testing at this site to the following groups of people:

- People over 50 AND displaying symptoms consistent with COVID-19.
- Health care workers with direct patient contact who are displaying symptoms consistent with COVID-19, including hospital and doctor's office staff, nursing home staff, Emergency Medical Services personnel, and home health care staff.



Stay Informed

Governmental agencies have been providing region-specific information for residents daily. Additionally, PCA is routinely updating information for consumers, caregivers and providers via pcaCares.org. PCA-related inquiries can also be fielded to our Helpline at 215-765-9040.

Pennsylvania updates:

- From Gov. Tom Wolf: governor.pa.gov/live
- Pennsylvania Department of Aging updates: aging.pa.gov/service-provider-quicklinks/covid-19
- Department of Health updates: health.pa.gov

City of Philadelphia updates:

- Social media: [Twitter.com/phlpublichealth](https://twitter.com/phlpublichealth)
- Digital: Phila.gov/PHLgovTV
- Television: Comcast: channels 64 and 1164; Verizon: channels 40 and 41

Violent crime in Philadelphia: What is being done to prevent it?

By Beth Goldner

The statistics for violent crime in Philadelphia are staggering. In 2019, there were 374 homicides, 974 rapes, 5,626 robberies and 8,151 aggravated assaults in the city. As of March 24, there were already 87 homicides. The Philadelphia Police Department (PPD) has a strong, comprehensive program to fight and prevent crime. Older adults should be aware of what is being done – and what they can do – to ensure their safety.

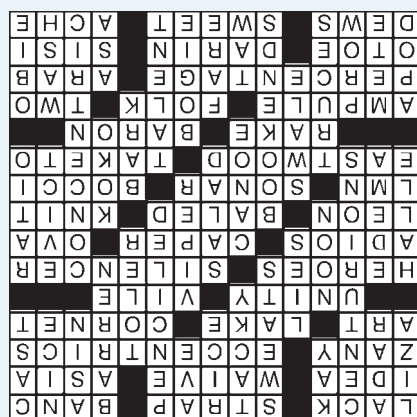
Keep yourself safe

A critical step to avoid violent crimes, such as assault or muggings, is to remain alert in public. "Always have situational awareness," says police officer Tracy Lewis, PPD Victim Services Unit. Take note of the details of your surroundings and the people who are near you. If you are in a situation, whether outdoors or in a building, and anything feels funny or "off," don't ignore your intuition. Go to a safe and well-populated area immediately. Although this simple advice for preventing physical crime seems obvious, we take for granted that violent crime can occur anywhere and at any time.

The National Crime Prevention Council also makes recommendations that seem obvious and simple, but need to be made a habit to effectively protect yourself from

Crossword puzzle solution

(See page 15 for clues.)



crime. For example, don't carry a lot of cash. Instead, take only what you would need for the day. Park in well-lit areas and always lock your doors. Also, never be afraid to shout or yell aloud if you think somebody is following you. As Lewis says, "Who cares if people think you're rude?" When your safety is in question, it doesn't matter what others may think.

Older adults, especially those who live alone, should always let a friend or family member know their whereabouts. "Tell people where you are going," Lewis says, even if you are only going out for the afternoon for an appointment or shopping or to meet a friend for lunch. Lewis suggests leaving a voicemail or sending a text to a friend or loved one about where you are going. She stressed that this is not about a person losing independence or autonomy. Time is of the essence if an older adult has wound up in a vulnerable situation and needs help.

Violent crime prevention, response

One of the most important initiatives

by the City of Philadelphia to combat violent crime, particularly gun violence, is a multi-tiered set of strategies known as Philadelphia Police Department Violent Crime Response, or #PPDVCR. The following are some of the most important components of #PPDVCR:

- Foot patrol officers literally have their feet on the ground in the city. They patrol with the dual strategy to deter crime and engage with the community in a positive way.
- Bicycle patrol officers join the hordes of Philadelphia bicyclists to provide neighborhood-based community policing and help develop tactical strategies to prevent and respond to violent crime.
- The “Hot-Spot” Patrol focuses on fighting violent in four districts: 22nd, 24th, 25th and 39th Districts. According to the PPD website, “The strategy promotes community engagement, information gathering and analysis, a shooting response protocol, tactical

deployment, warrant service, partnerships with federal agencies, social media monitoring, and identification of nuisance establishments."

- Community engagement is facilitated within each city patrol district by specially dedicated police officers who offer support, crime prevention strategies and assistance to crime victims.

In addition, it's vital that you stay informed. Do you know which district you live in? If not, you can find out and learn about everything from recent crimes to missing persons at PhillyPolice.com/districts. More information is available from PPD's Victims Services Unit at 215-685-1158, PhillyPolice.com and [Twitter.com/PPDVictimSrvcs](https://twitter.com/PPDVictimSrvcs). Lewis encourages seniors to attend their district's monthly meetings to find out what's happening in their neighborhood and also to report any issues they encounter.

Beth Goldner is a writer, editor and creative writing instructor.

Recipe Box

Enjoy spring's bounty

As we ease into spring, early crops are just beginning to sprout. These include some young greens, including kale and spinach. Baby greens are a lot milder than their mature counterparts and will add a nice nutrient-dense bit of freshness into any dish. Not a fan of spinach or kale? Feel free to substitute any of the greens listed below with your favorites, such as mustard or turnip greens.



Grain Salad with Greens, Cherries and Crispy Bacon

Ingredients:

- 1 cup farro
- 4 slices bacon
- 5 oz. baby kale
- 1 ½ cups sweet cherries (pitted)
- ¼ cup red wine vinegar
- 1 tsp. coarse grain mustard
- 2 oz. blue cheese (sliced or crumbled)

Directions:

In a medium saucepan, bring 3 cups of water and farro to a boil; reduce heat. Cover; simmer for 30 minutes or until tender. Drain off excess liquid.

Meanwhile, in a large skillet cook bacon over medium until browned and crisp. Transfer to paper towels to drain excess oil, reserving drippings.

Add kale to skillet by the handful, cooking and stirring until each addition is wilted. Remove skillet from heat, stir in farro, bacon, cherries ½ tsp. salt and ¼ tsp black pepper.

In a small bowl, whisk together vinegar, 3 tbsp. olive oil, the mustard, ½ tsp. salt and ¼ tsp. black pepper. Add dressing to farro mixture; toss to coat. Top with blue cheese.

Veggie Reuben Pan-wiches

Ingredients:

- 12 (3-inch) pretzel rolls, split
- 2 cups fresh baby spinach
- 1 cup roasted red bell peppers, drained and thinly sliced
- ½ cup red onion, thinly sliced
- ½ cup cucumber, thinly sliced
- 1 cup sauerkraut, drain well
- 6 oz. Swiss cheese, thinly sliced
- ½ cup Thousand Island dressing
- 6 tbsp. butter, melted
- 1tbsp. coarse-ground mustard
- 1 tsp. caraway seeds, crushed
- ½ tsp. minced dried onion

Directions:

Heat oven to 350°F. Line a 13x9-inch pan with foil. Coat with cooking spray. Arrange roll bottoms in prepared pan.

Layer spinach, peppers, onions, cucumber, sauerkraut and Swiss cheese over

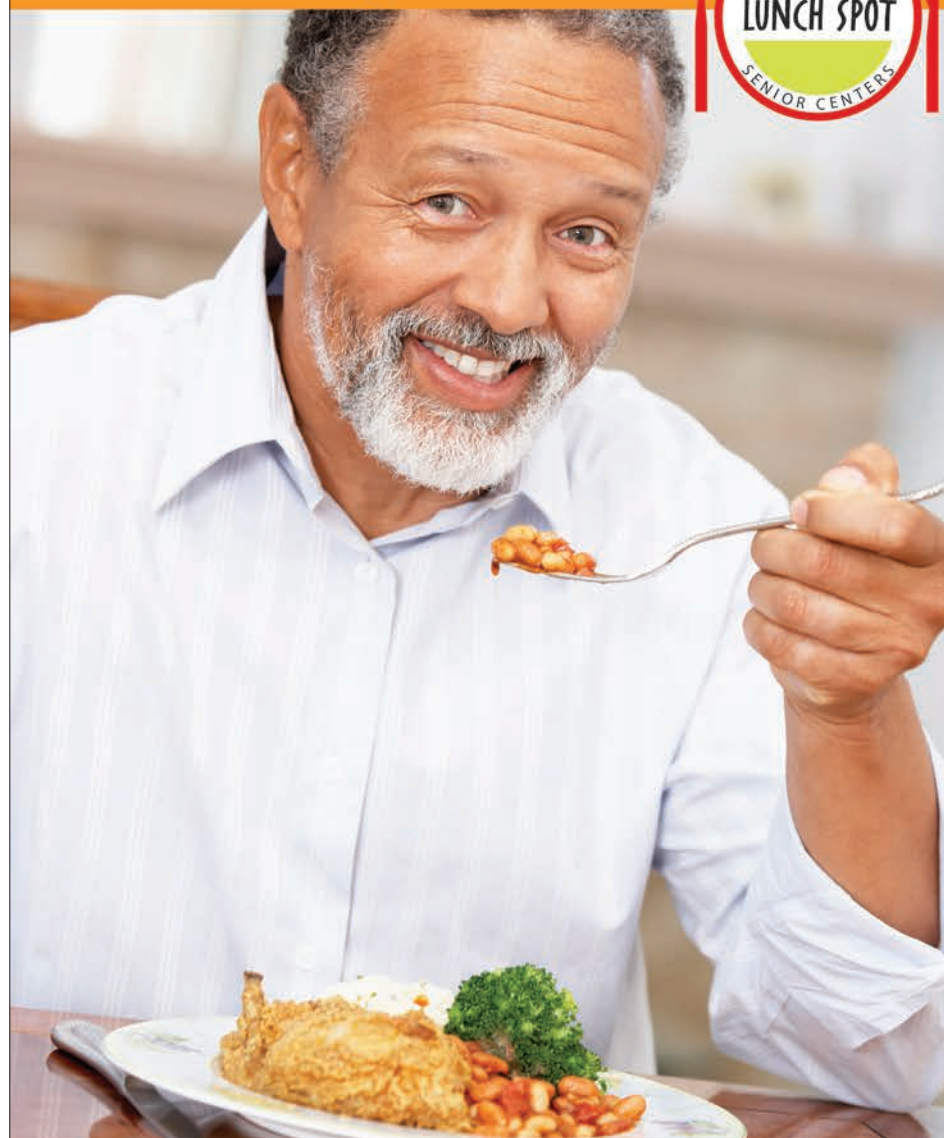


roll bottom. Spread dressing on cut side of roll tops. Add roll tops to sandwiches. Stir together butter, mustard, caraway seeds and dried onion; drizzle over rolls. Cover with foil.

Bake 15 minutes. Uncover; bake 10 to 15 minutes more, until cheese is melted and rolls are lightly browned.

Source: Better Homes & Gardens

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Putting Penn to paper



Meet the Philadelphia woman who made William Penn and his wife American citizens

By Dorothy Stanaitis

It started, as many battles do, as a tax protest. In the early 1970s, Elaine Peden was running her parents' Philadelphia tavern and joined a group of other tavern owners on a trip to City Hall to protest what they thought was unfair taxation. While she was there, Peden decided to go up to the tower at City Hall and view the city from the 37-foot-tall statue of William Penn, the first proprietor of Pennsylvania.

Due to the gentleman's agreement of the time, no building in the city could rise taller than the brim of Penn's hat, so it would be quite a view.

The elevator to the tower carried just six to eight adults at a time, so until her turn; Peden took a seat in the waiting room and looked around. She didn't like what she saw. The small room was not clean and the plain brick walls were marred by graffiti.

Visitors looked bored.

In what Peden would describe as a mystical experience, she suddenly knew what was needed and also knew just how to provide it. She contacted Philadelphia's Public Property Department to ask for cleaning, decorating and informational material to be provided. The department had the room cleaned and the graffiti removed but had no funds for anything further. So using her own funding, Peden purchased a large American flag and stand and installed it in the waiting room. It helped, but she knew that to fulfill her vision, more would be needed.

After consulting the Philadelphia Art Commission, she submitted a formal proposal to have the waiting room decorated at her own expense, with Billy Penn-related material. Her proposal was accepted.

Starting an annual art competition for local high school students provided many outstanding art pieces which Peden then had matted, framed and hung among other Penn-related objects she had collected including post cards and a restaurant menu

with a picture of William Penn signing a friendship treaty with Native Americans.

But the most unusual item was a small flower pot containing a piece of sod. That sod had arrived from the English grave of William Penn. Her interest in Penn had led to a visit to Jordan's Friends Meeting in Buckinghamshire, England, about 25 miles from London to visit Penn's gravesite. Peden carried flowers and an American flag,

“In 300 years, there had only been two honorary U.S. citizens: British Prime Minister Winston Churchill and the Swedish diplomat, Raoul Wallenberg, who rescued Jews from the Holocaust. And, Elaine Peden wanted to add two more.”

but as she bent to place them on Penn's resting place, she was abruptly stopped.

“Suddenly, out of nowhere, this guy comes running up with a shovel and told me I couldn't put a flag on Penn's grave [as] Quakers don't pledge allegiance to the flag,” Peden recalled.

Seeing her disappointment, the man dug a bit of sod from the grave for Peden to take home to the city Penn loved. Then he made a remark that would cause Peden to begin a battle that would take 10 years of her life and \$10,000 of her own money.

He said, “If you ever make him an Honorary Citizen, we'll consider it.”

Returning Stateside, Peden contacted her congressman who explained how very difficult that quest would be.

“In 300 years, [there have only been] two,” Peden said, “British Prime Minister Winston Churchill and the Swedish diplomat, Raoul Wallenberg, who rescued Jews from the Holocaust, and I wanted two more.”

However, Peden was determined to include Penn's wife, Hannah Callowhill, an incredible woman who laid the ground for the women who came after her.”

After a stroke impaired Penn in 1712, Callowhill, who was unable even to vote, took over proprietor's duties for her husband and successfully ran Pennsylvania. Among many other difficulties, Callowhill had to fend off the attempt of Lord Baltimore to claim the eastern part of Pennsylvania which included Philadelphia.

She was successful in locating the original deed that denied his claim. When William Penn died in 1718, Callowhill continued her role as Governor until her death in 1726.

Despite the worthiness of the honor, Peden had to fight through three sessions of Congress until at last in 1984; President Ronald Reagan signed the proclamation that made William Penn and Hannah Callowhill Honorary Citizens of the United States with Callowhill as the first woman to receive that honor given now to a total of eight. Mother Theresa is the only other woman in the group.

Sadly, Peden was not invited to the signing ceremony.

“I didn't even get a signing pen,” she remarked.

However, when the elevator waiting room was again redecorated, she was given the proclamation which she added to the room in her house that holds over 400 pieces of William Penn memorabilia.

Through the years of her quest, it's not surprising that Peden, now a vibrant 90-year-old woman, Peden still continues promoting the Penn family.

So, what's Peden's next mission in honoring Penn? How about a mural of both Penn and Callowhill created along Callowhill Street; and knowing Peden, she'll probably get it done.

Dorothy Stanaitis, a certified Philadelphia Tour Guide, writes about history and culture.

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Najja Orr

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[original] path," Orr said. "I was passionate about cultural diversity. I'd gone to Morehouse and wanted to do whatever I could to fight social injustices ... and that was the path I swore I was going to walk down. I started off, though, obviously needing a job to pay back student [loans], so my first job I actually worked with children."

But it was the passing of Orr's grandmother, who he referred to as his "best friend," that changed his career choice, one that would see him forge a path to the top of PCA and as a trusted thought leader in the aging field.

"It was the relationship that I had with my grandmother that really drove me to

this network because here I was working in social services at the time, working in behavioral health. My mom [was] working as a social worker, working with children. But when my grandmother's [health started suffering] we were both at a loss," Orr said. "We knew some services. We knew some supports, but we didn't have the services and supports at our fingertips the way we needed to and that was both [of us already] working in social services. My grandmother, we were thick as thieves. [She] was one of my best friends. So when she passed, I said [to myself] never again will I have another loved one who needs support and I can't provide that to them."

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

Poverty guidelines

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in an adequate amount of money to fulfill their needs.

"We have plenty of older adults who are spending more than one-third of their household income for housing," Becker said. "If you factor in the cost of housing, coupled with the specific health needs, diet needs and medications, it leaves very little take home."

Wilkins recently worked with an older adult who came in to apply for cash assistance from The Emergency Fund for Older Philadelphians, which is administered by Philadelphia Corporation for Aging. The senior fell behind on a utility bill, so she could catch up on her rent. Although she was approved for emergency funds, Wilkins explains that with rent taking up most of her income, she is destined to repeat the cycle of falling behind on one bill to pay another. Wilkins also agrees that the federal poverty guidelines simply do not provide an accurate marker for



need among Philadelphia's seniors.

"When we examine how much seniors have to pay for a decent place to live, this expense has the potential to exhaust their entire monthly income," Wilkins said. "This is just one of many factors that need to be taken into consideration when setting poverty guidelines."

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

Health Brief



Help yourself and your immunity

We hope that the worldwide spread of coronavirus will soon be contained, so we can all breathe a collective sigh of relief. Regardless, you need to know that the healthier you are, the better chance your immune system can thrive and keep illnesses far away.

Here are four tips to give your immune system a leg up in fighting off anything that could come its way – including a viral pandemic.

Get your flu shot

You’d be surprised how many people still refuse to get a shot each year. But believe it or not, according to the Centers for Disease Control and Prevention nearly five times as many people have died from influenza in the United States than the number of deaths worldwide from the coronavirus. Heading to get yours? Ask for Fluzone and Fluad, two vaccines specifically for older adults 65-plus that are known to provide a stronger immune system response to than a standard-dose flu shot.

More whole foods, less junk

Maintaining a nutrient-rich dietary plan is a great way to boost your immune system. It’s all about the fruits and vegetables, as both contain valuable vitamins and antioxidants to support good immune health. Also during this time of coronavirus fear, reducing your sugar, fat

and processed food intake as much as possible will go a long way into ensuring you can fight whatever is thrown your way. Also, if you don’t take a multivitamin, perhaps now would be as great a time as ever to get started.

In warmer weather, get outside

It doesn’t matter what you do while you’re out there; just sitting in the sun soaks up nutrient-rich vitamin D that helps boost immunity. According to a report from the Vitamin D Council, yes that’s an actual organization, some people need as little as 15 minutes to ensure they get the nutrients that come from being outside. Obviously, be sure to use good judgement and common sense and layer up on that sunscreen to avoid burns or damage from overexposure.

Kick stress to the curb

It’s possible the term “don’t sweat the small stuff” has never been truer than during a pandemic. While it’s easy to get freaked over all of the rapidly growing information, finding things to reduce stress and decrease cortisol levels is actually the best thing you can do. Give your body a boost in the fight: Do more for you to enjoy your life, set realistic limitations on what you can and can’t get done, and worry less about things you can’t control.

Sources: CDC.gov, Healthline.com

Crossword

Making Cents

Across

- 1 Need

7 Subway security

10 Judge’s seat

14 Invention

15 Forgo

16 Myanmar site

17 Off-the-wall

18 Oddballs

20 Red Grooms’ thing

21 Titicaca, e.g.

22 Brass instrument
- 23 Sisterhood

25 Contemptible

26 Medal-winners

28 Index fingers to lips

32 Tampico ta-ta

33 Nip-up

34 Eggs

35 Trotsky or Errol

36 Did field work

37 Do needle work

38 Alphabet trio
- 39 Mine finder

40 Lawn game

41 Actor Clint

43 Find likable

44 Cabbage-patch tool

45 European title

46 Dose capsule

49 Kind of tale

50 Age to be terrible?

53 Agent’s arrangement
- 55 Mideasterner

56 Sioux

57 Splish Splash singer

58 Acapulco agreement

59 Dawn drops

60 _____ Honey on the Rock

61 Cause for complaint

Down

- 1 Ms. Minelli

2 Shebat follower

3 Captains under Caesar

4 Actress Frances

5 Workout togs

6 Flashy

7 Jerry, of the 49ers

8 Farewell, to 3 down

9 _____ in: scheduled
- 10 Northern Canada’s terrain

11 L _____ Lucy

12 Pleasing

13 Après-ski wear, at times

19 On-screen Chan

21 Pate’s placements

24 Day break?

25 Snake

26 German industrial city
- 27 Plant problem

28 Dieter’s delight

29 Kind of circles

30 Boot out

31 Proportion

33 Erie craft

36 Library set

37 The Mikado role

39 Meadow section

40 Fir coat?

42 Respites
- 43 Ability

45 Apparition

46 Like snails

47 Dole mostly in

48 Figurehead locus

49 Passenger

51 Bathe

52 Tony’s kin

54 Marble

55 Hard _____ rock

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