

Milestones™

November 2020 • Free

**IN THIS
ISSUE**

EVENTS CALENDAR:

Enjoy these virtual activities



P10

LGBT CAREGIVERS:

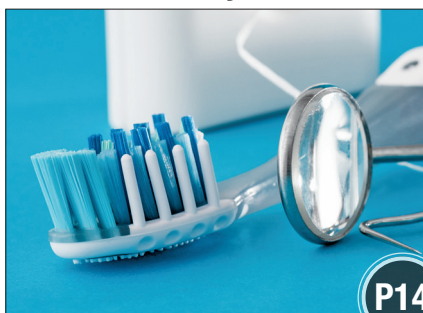
Facing unique challenges



P12

KEEP SMILING:

Take care of your teeth



P14

For National Family Caregivers Month, Milestones honors the nation's 41.8 million caregivers of older adults.



*Caregiving
is a work
of heart*



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Published by Philadelphia Corporation for Aging

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EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor

Celebrating the season of gratitude



The significance of these past eight months cannot be understated. However, living through the many challenges of the COVID-19 pandemic has made us more resilient, adaptive to change and has pushed our resourcefulness to new heights. Let's give ourselves some much-deserved credit for making the best of an unprecedented situation.

Many of us have discovered new ways of doing things, embraced new technology, navigated alternative means of communication and learned a lot about our own abilities in the process. Caregivers have been experts in flexibility and dedication, long before COVID-19. However, this pandemic has made the already challenging job of caregiving all the more stressful. We are proud to dedicate this month's issue of Milestones to the "frontline workers of caregiving."

I have a message for all caregivers: Those who look to you for support and motivation could not have gotten through this difficult time without your shining example. The following pages are filled with resources and information to make the job of caregiving easier. It's important for both the caregiver and the care recipient to have support, independence and self-care. In this issue, you'll find articles about caregiving during the pandemic, the challenges associated with LGBT caregiving, the face of caregiving and much more!

If COVID-19 has taught me anything, it is to appreciate the little things and find a greater purpose in every activity, from choosing what shows and videos I watch to taking a new, deeper approach to phone conversations with friends. How

would you do things differently if the goal was joy instead of accomplishment?

With the goal of joy in mind, let's embrace this upcoming "Season of Gratitude." I do not know how I'll spend the holidays this year. But I do know that I'll be decking the halls in my usual elaborate fashion and sending more cards than ever before. We all need happiness, and we should not let the pandemic take that away from us. I hope you find joy this season – and always.

Here are some recommendations for safe and healthy holidays from the U.S. Centers for Disease Control and Prevention:

- There's no place like home! If you decide to travel, take precautions to reduce your risk of getting or spreading COVID-19.
- Have a small dinner with the people in your household and share fond memories of holidays past.
- Prepare your favorite recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and arrange for contactless delivery.
- Host a fun, festive virtual dinner with friends and family. Share recipes, stories or jokes.
- Watch sports events, parades and movies at home.
- Practice moderate-risk activities with care: host a small outdoor dinner with people in your community or attend a small outdoor sporting event using safety precautions.
- Avoid high-risk activities: shopping in crowded stores or attending large outdoor events. 🌻



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By Jay Nachman

For both family members and professionals, caregiving can be immensely rewarding but does pose challenges. Adult children caring for aging and ill parents have to also manage their own jobs and families.

"Most people who provide care at home have usually had their lives changed suddenly," said Diane Menio, executive director of the Center for Advocacy for the Rights and Interests of the Elderly (CARIE). "A loved one, from issues like an accident or illness, requires immediate care, and the caregiver suddenly is trying to balance his/her own life with that of the relative."

For those who have chosen a career in caregiving, Menio noted all of the points that make this work tough. It is arduous and sometimes not filled with the gratitude it deserves," she said. "Not by the consumers necessarily, but because

they're not getting the support that they need; I do admire those people who want to do this kind of work in the future because they're special for many reasons."

Those challenges of recruiting and supporting caregivers are only going to grow as baby boomers age and need more care themselves. Technology and increased support for caregivers will help.

The growing need

The numbers don't lie. "Baby boomers are getting older and will start needing care, if they don't already," Menio said. "The population below the baby boomers is smaller and it gets smaller as you go down. Who is going to care for people as they age? We need a creative plan that protects people as they age who need care because [as of today], we aren't repopulating at the right level to be able to do that."

Nationally, the number of family caregivers for adults has risen from 16.6% of

the general population in 2015 to 19.2% in 2020, according to a report by the National Alliance for Caregiving (NAC) and AARP. That's an increase of more than 8 million adults providing care to a family member or friend who is 18 or older. This increase is primarily driven by a significant growth in the prevalence of those caring for a family member or friend who is 50 or older.

Despite the increase in caregivers, the demand for care outweighs the supply of available caregivers. "There's definitely a trend where the need for caregivers is growing," said Cheryl Clark-Woods, director of the Caregiver Support Program at Philadelphia Corporation for Aging (PCA). "Right now, nearly one-in-five Americans are caregivers of an adult, and it's anticipated in the future to significantly rise. Something we'll be faced with as a society in Philadelphia [and beyond], is trying to meet the care needs of those care

receivers when there's really not enough caregivers to do all that work."

Who are caregivers?

The demographic characteristics of caregivers remain largely unchanged since 2015, occurring among all generations, racial/ethnic groups, income or educational levels, family types, gender identities, and sexual orientations.

Most adult caregivers provide for a relative, typically a parent or spouse/partner. Though, 10% provide care to a friend or neighbor. Many caregivers live with the care recipient (40%), an increase of 6% since 2015.

The NAC and AARP report also states that older caregivers tend to take care of similar-aged care recipients, with 74% of caregivers 75 and older caring for a recipient who is also 75 or older. Younger caregivers tend to take care of someone older

• continued on page 18

Recipe Box

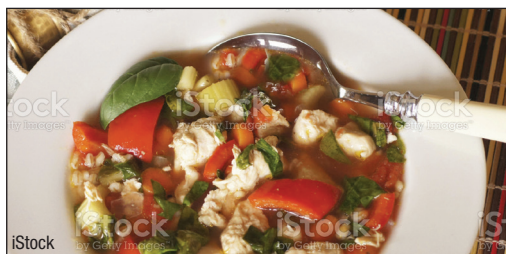
Hearty meals can be healthy meals

For those caring for loved ones during a pandemic, cooking can seem like just an extra chore that requires even more time many of us can't afford. Fortunately, as we move into cooler temperatures, hearty dishes, such as soups, casseroles and slow-cooker meals are ideal and require minimal prep and supervision. These meals are generally packed with nutrition, provided by your favorite seasonable vegetables. Try those listed below or add your own favorite produce to any of these fall classics.

Chicken Veggie Soup

Ingredients:

- 1 large sweet onion, chopped
- 1 cup baby portobello mushrooms, sliced
- ½ cup each green and sweet red pepper, chopped
- 1 tbsp. butter
- 1 tbsp. olive oil
- 5 garlic cloves, minced
- ¾ lb. boneless skinless chicken breasts, cut into ½-in. cubes
- 1 can (49.5 oz.) chicken broth
- 1 can (28 oz.) crushed tomatoes, undrained
- 2 medium carrots, cut into 1/4-inch slices
- ½ cup medium pearl barley
- 1¾ tsp. Italian seasoning
- 1½ tsp. pepper
- ½ tsp. salt



Directions:

In a large skillet, sauté onion, mushrooms and peppers in butter and oil until tender. Add garlic; cook 1 minute longer.

Transfer to a 5-qt. slow cooker. Add the remaining ingredients. Cover and cook on low until chicken and barley are tender, 5-6 hours.

Optional: Freeze cooled soup in containers. To prepare, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little broth (if necessary).



Creamy Noodle Casserole

Ingredients:

- 1 package (12 oz.) egg noodles
- 1 package (16 oz.) frozen broccoli cuts
- 3 cups fully cooked ham, cubed
- 1 cup part-skim mozzarella cheese, shredded
- ⅓ cup butter, cubed
- ½ cup half-and-half
- ¼ tsp. each garlic powder, salt and pepper

Directions:

Cook noodles in boiling water for 5 minutes. Add broccoli and ham; cook until noodles are tender, 5-10 minutes longer. Drain; return to pan. Stir in the remaining ingredients. Cook over low heat, stirring, until butter is melted and mixture is heated through.

Optional: Freeze cooled noodle mixture in containers. To prepare, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, gently stirring; add broth or milk if necessary.

(Source: Taste of Home)



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Ask the Expert

Self-care is essential for caregivers

This month, we sat down with Cheryl Clark-Woods, MSW, who serves as director of Philadelphia Corporation for Aging's (PCA) Caregiver Support Program. Available to both caregivers of older adults and grandparents caring for grandchildren, the program provides resources and financial assistance to hundreds of qualified caregivers in Philadelphia each year.

Clark-Woods is a strong advocate for the importance of self-care among those actively caring for older adults and family members. Here, she shares her thoughts on why self-care needs to be a vital part of a caregiver's regimen.

What is self-care?

Self-care is an essential aspect of caregiving that includes activities to ensure the physical and emotional well-being of the person providing care. It is incredibly important that while caring for someone else we do not forget to care for ourselves in the process. Self-care activities are intended to help the caregiver manage the many challenges of caregiving, while staying healthy and maintaining a positive outlook – which is not always easy.

Self-care activities focus on different aspects of wellness and can include the following:

- **Physical** – Exercise, nutrition, sleep. Take a walk every day to clear your head. Introduce more fresh fruits and vegetables into your diet. Take a brief nap when your loved one is sleeping so that you will be well-rested.
- **Intellectual/mental** – Reading or taking a class. Check out our events calendar for stimulating online events. The Free Library of Philadelphia also offers virtual lectures and discussions.
- **Spiritual** – Praying, spending time in nature, meditation, religious practices, etc.
- **Social** – Staying connected with friends and family, avoiding isolation, using technology to be present with others, joining a support group, etc.

How does self-care benefit the caregiver?

The importance of self-care cannot be overemphasized. Caregivers must care for themselves in order to

continue to care for others. Frequently, caregivers spend many years caring for others. This can take a toll on them both emotionally and physically. Self-care is the fuel that keeps us going and supports our ability to manage the needs of the person for whom we are caring. These activities help us maintain a positive outlook and provide the foundation to keep us going during rough times.

What are some ways caregivers can engage in self-care, especially if a caregiver is having trouble finding respite?

Sometimes we can engage in self-care activities where we are. This might mean finding carefree spaces. Such a space can be a quiet place to sit and reflect, meditate, engage in relaxation activities, exercise, read or listen to music. Headphones can sometimes provide an escape. Caregivers can find meditation apps or music to help checkout – if even for 10 minutes. A short walk or exercise video can also help.

Do you have any advice for those who may feel guilty about taking time for self-care?

It's common for caregivers to feel guilty, and it can interfere with the ability to care for themselves. Remember the golden rule of caregiving: take care to give care. You are not only doing this for yourself; you are also doing this for your loved one. Taking time to refresh and reinvigorate allows us to meet challenges head on and from renewed perspectives. It can be helpful to write down what you need, why you need it and how you can achieve it. Creating and reviewing your plan often can help establish daily routines to keep you on track. Self-care helps us stay positive. Positivity plays a role in how we feel and helps us cope.

How can a caregiver start to develop a self-care routine?

There are several great ways for a caregiver to start working on their own self-care regimen:

- Seek caregiver support groups and education workshops online. These are opportunities to receive support and learning, which nurture emotional and intellectual well-being.



Michael Hanisco

Cheryl Clark-Woods, director of PCA's Caregiver Support Program.

- Recognize some of the burdens associated with caregiving. It's okay to express hardship. Seek what you need to reduce stress and get a break. Asking for help and coming up with a self-wellness plan can help.
- Get regular checkups and preventive care. Your health and wellness is important in being able to provide care for your loved one.
- Be open to and learn new technology to stay connected with friends and family.

PCA's Caregivers Support Program is now offering virtual workshops, including one which will be held in November in observance of National Family Caregivers' Month. See pcaCares.org or call Cheryl Clark at 215-765-9000, ext. 5300 for dates and more information.

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 or:

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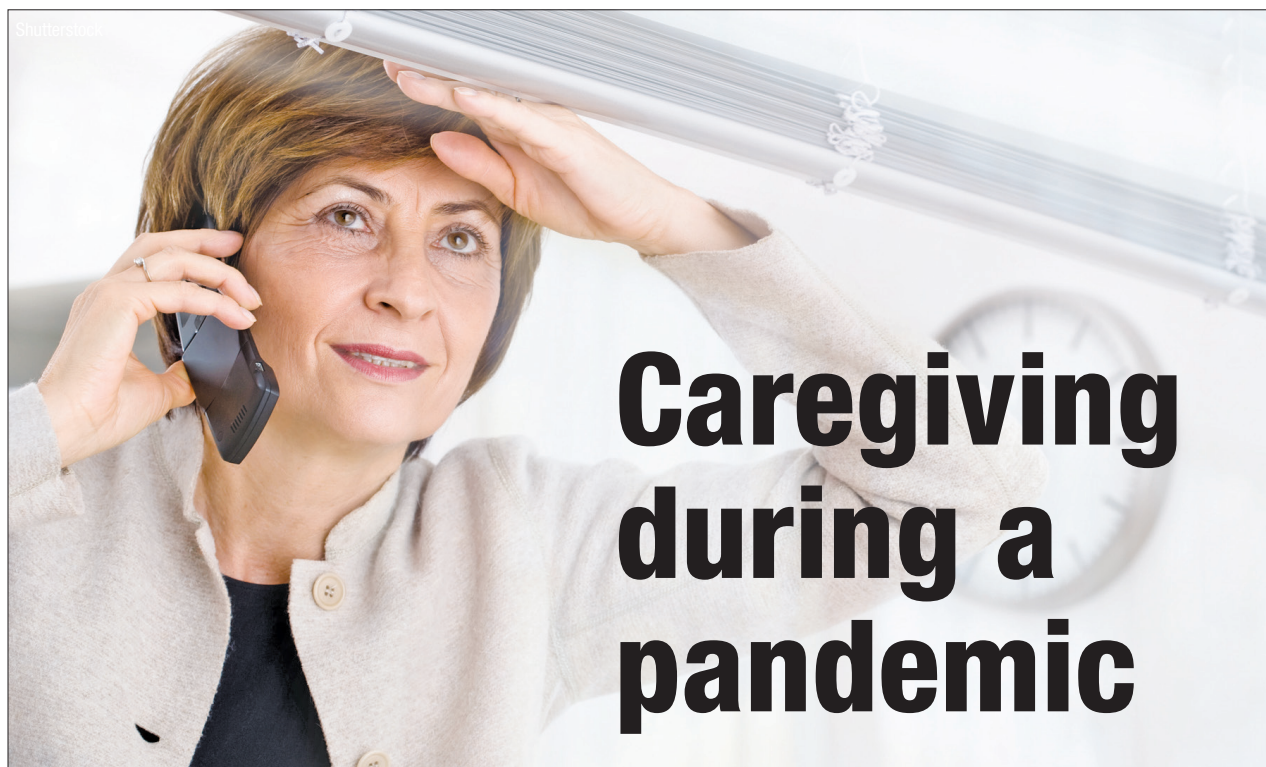
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Caregiving during a pandemic

By Shannon Reyes

As the nation moves into its eighth month since the widespread effects of the COVID-19 pandemic were first felt, many are wondering when life will return to the way it was before the virus arrived in the United States.

And as many deal with competing responsibilities during this time, such as homeschooling and working from home, caregivers of adults are not immune to the strain this pandemic has created. According to Dr. Barry J.

Jacobs, Psy.D., the onset of the COVID-19 pandemic has presented a number of challenges for caregivers of older loved ones; the greatest of which include increased isolation, interruption of services and an increase in anxiety and depression.

"Part of what is contributing to the increase in anxiety and depression among caregivers is that they are feeling very responsible for their loved one's health," said Dr. Jacobs, a clinical psychologist and principal for the national healthcare consulting firm Health Management Associates as well as an author of two family caregiving books and a monthly columnist for AARP.

According to Dr. Jacobs, the responsibility and guilt a caregiver feels in safeguarding their loved one's health is only compounded by the many unknowns that exist during the coronavirus pandemic. For instance, some caregivers may be conflicted about letting a home health aide into their homes during the pandemic out of fear that they could contract the virus.

"I'm a big believer in the serenity prayer, because as people we want to control what we can't control," Dr. Jacobs says.

Dr. Jacobs explains that instead of focusing on the elements out of the caregiver's control, individuals should concentrate on the elements they can control, such as using formal or social supports to assist with caregiving. Social supports include family, friends or members of the community who can alleviate some of the strain felt on

caregivers these days. He explains that family and friends can help to relieve some of the burden by assisting in caregiving and even providing respite for the caregiver in place of formal supports, such as adult day centers, which are currently closed.

"Finding positive meaning means reflecting on what you have learned through managing adversity (in this case, the pandemic) and having a clearer focus on what matters most to you."

— Dr. Barry J. Jacobs, Psy.D

It is also important for caregivers to stay engaged with family and friends as much as possible. If the caregiver does not feel comfortable having people over, he says video chat is a great way to remain engaged. As human beings, Dr. Jacobs says socialization is important and that talking is not enough—people need to see each other's faces.

"Mindfulness is all about non-reactive awareness," says Dr. Jacobs. "It helps us to better abide the things that are currently going on around us."

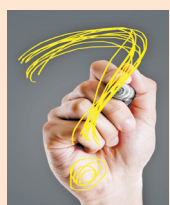
He compares caregiving as running a marathon and self-care is like taking those much needed water breaks. The more time caregivers take for themselves, the more they are able to recharge their emotional or mental batteries. Dr. Jacobs also says before self-care can happen, caregivers themselves have to allow it to happen.

"The thing is people have to give themselves permission," says Dr. Jacobs. "Caregivers often don't allow themselves to do that because they make themselves feel guilty."

Most importantly, Dr. Jacobs says that coping with the pandemic as a caregiver also takes a bit of reflection, as it's important to find personal meaning in the care being given. Finding the positives in experiences help caregivers find positive meaning that better equip them to cope with their ongoing situation.

"Finding positive meaning means reflecting on what you have learned through managing adversity (in this case, the pandemic) and having a clearer focus on what matters most to you," says Dr. Jacobs. We can reflect in that way by journaling, praying, or having a heart-to-heart conversation with someone who really understands us.

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



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.

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Reader Submission

Our golden years: Advice from one grandmother to others



by Mary Ann Pinkney

Some of us look forward to retirement and freedom from work. Some look forward to no longer waking up early, rushing to get to work on time, producing for a rating and coming home tired. Others do not retire. We prefer to let our work keep us mentally and physically alert, while we earn extra money.

As the matriarchs and patriarchs of our families, we give our grandchildren and great-grandchildren – who we adore – something to look up to. As we have achieved many things in life, we encourage them to achieve also.

Sometimes, there is a reward for accomplishment offered. One grandmother I know told her children they would earn \$1 for every C, \$2 for a B and \$3 for an A on their report cards. Her grand-

children said this was the best motivation to perform well in school.

No matter how young your grandchildren are, ask them what they want to be and let them know you are proud of them.

As we get older, we think about the past and what we have done with our lives. It is time to do things we wanted to do, but have neglected doing. Maybe, we wanted to go back to school and take courses. We are never too old to learn something new.

When we have a birthday, it's the occasion to be thankful for being alive. Maybe, we had friends who died before us. Perhaps, we got sick, but are now well and healthy. Each day and each night is a milestone to be appreciated.

Submitted by Mary Ann Pinkney-Amisshah, 78, Southwest Philadelphia

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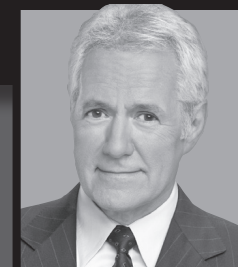
* NFDA 2015, General Price List Survey.

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Milestones[™] *Virtual Events* November 2020

Send your calendar items to
MilestonesNews@pcaCares.org
by the 25th of the month on the
(for publication in month after next).
Questions? 215-765-9000, ext. 5081

NOV. 2

Alexis' Weekly Health Talk

3 p.m. Mondays in November. Facebook.
com/LutheranSettlementHouse



NOV. 3

Election Day

Polls open from 7 a.m. to 8 p.m. Info:
VotesPA.com

NOV. 3

Bible Study Teleconferencing

11 a.m. Hosted by St. Edmonds Senior
Center. Dial: 978-990-5167. Access
Code: 1927533

NOV. 3

The Next Chapter Discussion Group

Peer specialist Jim McCabe leads discus-
sions on the challenges of aging. 1-2:30 p.m.
Tuesdays in November. Hosted by Journey's
Way. Zoom.us: Meeting: 937-995-67126,
Password: 674642

NOV. 5

Jazzercise Live

Join the dance party that mixes cardio,
strength, Pilates & yoga. Noon. Facebook.
com/NCCNorthernLivingCenter

NOV. 6

44th Annual Contemporary Craft Show

The Philadelphia Museum of Art presents
crafts & designs from 150 artists in this
virtual show. 10 a.m. to 6 p.m. through
Nov. 8. Suggested gift: \$10.
pmaCraftShow.org

NOV. 5

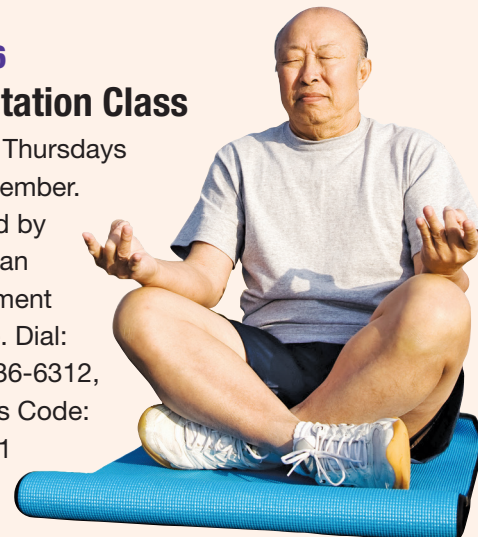
Virtual Zumba

Noon. Hosted by Edmonds Senior
Community Center. Zoom.us: Meeting
ID: 378-019-1743, Password: 6LuVg6

NOV. 6

Meditation Class

Noon. Thursdays
in November.
Hosted by
Lutheran
Settlement
House. Dial:
425-436-6312,
Access Code:
112371



NOV. 8

Philadelphia Veterans Parade & Festival

Festival participants will receive a
Celebrate our veterans with online events &
broadcast highlights from past years. TV
coverage begins at 12:30 p.m. on 6ABC.
Pre-parade kickoff at 12:15 p.m. on Face-
book.com/events/360218448361080



**NOV. 11
Veterans Day**

NOV. 12

PCA's Virtual Gala: A Taste of Philly

Fun online event to honor Holly Lange and
remember Rodney D. Williams, former pres-
idents of PCA. Proceeds benefit the Rodney
D. Williams Philadelphia Fund for Seniors. 5-6
p.m. Tickets: \$50. pcaCares.org/VirtualGala



NOV. 12

Cheese Making: Paneer

Join the Free Library & cheesemonger
Alexandra Jones for a virtual cheese-
making lesson. 6 p.m. \$25.
Register: bit.ly/CheesePaneer

NOV. 14

Walk to End Alzheimer's

Take part in an interactive opening
ceremony then walk wherever you are!
11 a.m. Register: Act.alz.org

NOV. 16

A Grand Tour of Versailles: The Sun King & his Gardener

Join landscape historian John Phibbs on a grand tour. Noon to 1:30. \$35. Register:
phsonline.org/events/a-grand-tour-of-versailles-the-sun-king-and-his-gardener



NOV. 18

Healthy Cooking Class

Learn to make a simple, healthy
dinner. 3 p.m. Facebook.com/
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**NOV. 25
Thanksgiving**

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The unique challenges of LGBT caregiving



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By Mary Anna Rodabaugh

Caregiving for seniors is a journey filled with rewards, as well as setbacks. LGBT caregivers often face additional, unique challenges. According to the LGBT Elder Initiative, older adults who identify as LGBT are twice as likely to live alone, half as likely to have close relatives to care for them, and four times less likely to have children (the primary caregivers of seniors), as compared to their heterosexual counterparts.

Ed Miller, senior programs coordinator at William Way LGBT Community Center in Philadelphia, works two days a week at the John C. Anderson apartments, an LGBT-friendly senior community at S. 13th and Manning streets in Center City. Most of the residents there live alone, which is not uncommon among LGBT seniors.

"A lot of the residents have been disconnected from their biological families early

on when they were growing up," Miller says. "Some were separated by their families. Many are left with just the help and care the community gives them."

When LGBT seniors lack traditional caregivers in their lives, they turn to the people they trust the most: one another. These "families of choice" are not always recognized legally or regarded as highly as biological family by those outside of the LGBT community, adding additional stress for LGBT seniors and their caregivers.

A limited support system is not the only obstacle LGBT older adults face. A lifetime of discrimination and stigma may have impacted seniors' ability to earn money or save. Many LGBT older adults have lost jobs because of discrimination and therefore, do not have financial savings that other seniors may have. This puts added pressure on caregivers to provide not only

• continued on page 16



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By Alicia M. Colombo

New oral challenges often develop as you grow older. Common dental problems that seniors experience include dry mouth, tooth decay, gum disease and oral cancer. Your oral health affects nutrition, digestion, speech, self-esteem, quality of life and social interactions.

If left untreated, these dental conditions can lead to tooth loss and other serious problems, such as malnutrition. Nearly 1-in-5 adults aged 65 or older have lost all

of their teeth, and complete tooth loss is twice as prevalent among adults 75-plus, according to the Centers for Disease Control and Prevention (CDC).

Here are some of the most common dental conditions that affect people 65 and older, along with tips from the American Dental Association (ADA) to help you keep your teeth.

Tooth decay

The ADA refers to late life as your “second round of cavity-prone years,” because 96% of older adults have at least one cavity and 20% currently have untreated tooth decay.

One common cause of tooth decay and cavities in older adults is dry mouth. While dry mouth is not a normal part of aging, it is a side effect of more than 500 medications, including those for chronic conditions such as hypertension, high cholesterol, anxiety or depression, and Parkinson’s and Alzheimer’s diseases. This underscores the importance of informing your health care professional about any medications that you’re taking.

Some ways to relieve dry mouth:

- Use over-the-counter oral moisturizers, such as a spray or mouthwash.
- Drink more water. Your mouth needs constant lubrication. Carry a water bottle with you, and don’t wait until you’re thirsty to drink.
- Use sugar-free gum or lozenges to stimulate saliva production.
- Get a humidifier to help keep moisture in the air.
- Avoid coffee, alcohol, carbonated soft drinks and acidic fruit juices.
- Ask your dentist about a fluoride gel or varnish to protect your teeth from cavities.

Gum disease

Almost 70% of older adults have periodontal (gum) disease, according to the CDC. Gum disease is caused by bacteria in plaque, which irritates the gums, making them swollen, red and more likely to bleed. If left untreated, gums can begin to pull away from the teeth and form deepened spaces, called pockets, where food particles and more plaque may collect. Of-

ten painless until the advanced stage, gum disease can destroy the gums, bone and ligaments supporting the teeth leading to tooth loss.

The best way to prevent tooth decay and treat gum disease, at any age, is to brush with fluoride toothpaste twice a day, floss your teeth daily, and visit the dentist at least once a year for a checkup and cleaning.

Oral cancer

According to the American Cancer Society, there are about 35,000 cases of mouth, throat and tongue cancer diagnosed each year. Oral cancers are primarily diagnosed in older adults, with an average age of diagnosis at 62. Regular dental visits, which include an oral cancer screening, are vital since the early stages typically don’t cause pain. Some symptoms of oral cancer may include open sores, white or reddish patches, and changes in the lips, tongue and mouth that last for more than two weeks.

Low-cost dental care

Dental care can be costly for older adults, since Medicare does not cover routine dental care and some states limit dental coverage under Medicaid. This is especially troubling, since the CDC contends that Americans with the poorest oral health tend to be those who are economically disadvantaged and lack insurance or access to dental care. Here are some suggestions for low-cost dental insurance or care:

- Some organizations, like AARP, offer supplemental dental insurance plans to their members.
- Federally Qualified Health Centers: FindaHealthCenter.hrsa.gov
- Dental Lifeline Network helps provide access to care for seniors 65-plus, who have a permanent disability or are medically fragile: DentalLifeline.org/Pennsylvania

Alicia M. Colombo is editor of Milestones.

Crossword puzzle solution
(See page 19 for clues.)

E	E	R	E	A	G	V	A	T	X	A	T	S	D	L	O	H
T	R	E	N	I	N	E	A	V	E	R	E	R	E	L	I	A
P	R	I	O	G	E	V	I	M	O	V	I	P	R	I	O	G
P	O	K	O	P	N	O	S	O	N	S	H	E	R	H	E	L
D	E	F	F	E	B	U	F	M	I	M	H	E	N	N	E	B
S	E	F	A	L	S	I	N	S	I	N	K	L	E	K	E	L
K	U	N	M	E	H	E	T	H	E	N	O	L	E	N	O	L
E	O	N	A	S	D	A	N	S	D	A	N	S	D	A	N	S
Y	D	N	A	M	N	A	N	S	D	A	N	S	D	A	N	S
T	I	L	L	O	S	T	D	I	T	E	D	I	T	E	D	I
T	A	S	K	E	T	A	L	E	A	L	E	K	E	T	A	L
A	N	N	C	I	N	G	U	B	S	K	C	I	C	A	I	C
S	E	R	O	S	E	D	U	E	A	D	D	U	E	A	D	D
L	A	D	E	S	A	L	B	E	A	L	E	S	A	L	B	E




Are you caring for a loved one? **PCA can help!**

PCA's Caregiver Support Program serves primary unpaid caregivers of a parent, spouse, or other loved one. We support caregivers of functionally impaired adults ages 60-and-older and caregivers 55-and-older of individuals aged 19-59 with a disability or of children under 18 living with a relative who is not the parent.

The enrollment process is quick and easy with no waiting list.

Call the PCA Caregiver Support program today at 215-765-9000 ext. 5300,
or visit pcacares.org/caregivers to learn more.

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Questions?

Principal Investigator
Dr. Andrew Peterson
SUDI@usciences.edu


USciences
University of the Sciences

LGBT challenges

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emotional, but also financial support for their loved ones.

With these challenges at hand, LGBT older adults and their caregivers must seek additional support from mainstream aging services.

"When we become less independent, we become more vulnerable," Miller says. "When there is a lifetime of stigma they face, it makes elders very wary of the people providing care."

LGBT seniors are listening for cues from mainstream organizations to determine if they will be safe there, notes Miller, a SAGECare certified trainer who provides cultural competency trainings throughout the area to mainstream senior-services providers. For example, if a care provider asks an LGBT senior if he lives with someone, the senior might respond, "I've been living with my friend Joe for 30 years." To create a safe and welcoming space, the care provider could pause and say something along the lines of, "Wow! 30 years is a long time. Why don't you tell me more about Joe?"

Sage advice

"Keep in mind the importance of self-care," says SAGECare certified trainer Terri Clark.

Recognize there may come a time when additional support is needed and that you, as the caregiver, are not alone, despite the unique challenges LGBT senior caregivers face.

Although it can be difficult to find time for respite as a caregiver, Clark advises caregivers to utilize programs, such as PCA's Caregiver Support Program, to help manage the challenges of caring for your loved one.

"When seeking out agencies and providers that will deliver LGBT seniors affirming and inclusive care, simply talk to your trusted friends who may have first-

hand knowledge about inclusive providers," says Clark.

Inclusion visibility

Reaching out to an aging-services provider can be scary for LGBT older adults. It's important to create a sense of trust and be culturally competent when addressing issues affecting the LGBT community. The SAGECare training serves as a beacon of comfort. "In my experience most agencies will strive for a platinum credential [where 100% of employees receive training]," says Clark. "The care provider can use that to promote their services as LGBT-inclusive, since SAGE is highly recognizable in the LGBT elder community."

For caregivers and LGBT seniors unsure of what agencies may be inclusive, sageusa.org lists all agencies that are credentialed, indicating the staff has received LGBT cultural awareness training.

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

LGBT-friendly caregiving resources

The LGBT Elder Initiative at William Way LGBT Community Center – 1315 Spruce St. | 215-720-9415 | WayGay.org/seniors | email: emiller@waygay.org | Due to COVID-19, program offerings are currently virtual.

John C. Anderson Apartments – 251 S. 13th St. | 267-428-0269 | PennRose.com/apartments/pennsylvania/john-c-anderson-apartments

National Family Caregiver Alliance – Information about LGBT caregiving, including a comprehensive resource titled, "Special Concerns of LGBT Caregivers" at Caregiver.org/special-concerns-lgbt-caregivers

SAGE (Advocacy & Services for LGBT Elders) – 24-hour National LGBT Elder Hotline, staffed by certified crisis response experts: 1-877-360-LGBT (5428) | SageUsa.org/Caregiving

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Letter to the Editor



A breath of fresh air

Your PCA Milestones publication is a breath of fresh air for me and those who gently accept their age as the normal part of life's cycle. You are encouraging this in your wonderful publication for those staying young, particularly in the September 2020 issue about arts and aging. It's great to see the talented and spirited expression of ourselves in song and visual arts. Keep up the good work for senior Philadelphians!

– Sally Redlener, 80
Philadelphia, Museum Area
Member, Philadelphia Ethical Society



The PA Senior Medicare Patrol (SMP) program's mission is to help you protect against, detect, and report Medicare fraud. Health care fraud damages Medicare's financial viability and has a direct impact on the health

care YOU receive. Fraud can increase out-of-pocket costs and can impact your health by decreasing quality of care - you could receive unnecessary or harmful care or be denied necessary treatment or equipment.

Scammers are now using the Covid-19 pandemic to defraud Medicare and Medicaid. They might contact you by phone, by email, or a knock on your door. The aim is always the same: to get personal information like your credit card information, or your Medicare ID number and use it to defraud Medicare. Scammers are exploiting the fear surrounding the pandemic to peddle fake Covid-19 tests and supplies, and unproven and potentially harmful cures or vaccines. Some are even impersonating contact tracers! So, what can you do? The following practices will go a long way to keeping yourself safe from these criminals:

1. Protect and treat your Medicare ID number and card like a credit card.
2. NEVER provide your Medicare or credit card number to anyone who contacts you through unsolicited calls, texts, or emails.
3. If you need a test or a treatment, call your personal doctor first.

If you have questions about or suspect Medicare fraud, or would like to volunteer with the SMP program, please call toll-free: 1-800-356-3606 or visit www.carie.org.

Help is always free and confidential.

Caregiving

• continued from page 4

than themselves, with 81% of caregivers 18-49 caring for someone 50 or older.

Locally, the average age of a caregiver in PCA's Caregiver Support Program is 43, according to Clark-Woods. "Caregivers are usually female and a daughter but that's changing," she said. "There's been an increase of males who have become caregivers. Some of the traditional roles are starting to change now, which reflects what's going on in society in general. The other trend is a lot of younger caregivers are emerging, as millennials are stepping up to the plate."

The role of technology

Technology will be increasingly important for caregiving in the future and will allow caregivers to access education and training services online. "There's been a shift over time," Clark-Woods added. "The primary focus 10-15 years ago was on the impact of caregivers and their physical and emotional health. Now, education and

training can help support a caregiver's resilience, mastery and ability to continue to provide care."

Technology can also help with the caregiving itself, she said. Apps can provide remote monitoring, medication alerts and help with care planning. Clark-Woods also noted the national movement to recognize caregivers and provide additional support to them. In 2018, Congress passed the RAISE Family Caregivers Act to address the needs of caregivers.

Another positive trend, according to CARIE's Menio, proves the adage there's no place like home. "More people are getting services at home than ever before," Menio said. "Previously, approximately 75% of the Medicaid budget was spent on nursing homes. Now it's less than 50%. That means we're serving many more people in their homes. People want to remain in their own homes in their older years. That's what makes it good."

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

Health Brief



Managing your diabetes in the age of COVID-19

Data from the Centers for Disease Control and Prevention (CDC) shows that when it comes to living with diabetes during this pandemic, taking any steps — even marginal ones — to better your health could make all the difference.

For people living with diabetes who are 65-74, COVID-19 has been five times more fatal for people of color than their white counterparts. Considering those are prime years of life, it's a scary statistic for anyone to see. Interestingly, the rate of fatality among people with diabetes who contracted COVID-19 drops significantly with age. According to the American Diabetes Association, a person's risk of getting very sick from COVID-19 is likely to be lower if diabetes is well-managed.

Diabetes before COVID-19 was manageable and almost erasable for those who followed a regimen of medication, a healthy diet and moderate exercise. However, coronavirus has changed that, hitting the hardest among people who have underlying or pre-existing conditions. Unless a COVID-19 vaccine arrives tailored to older adults, a dedicated and steady routine of medicine, diet and exercise might be the only way to increase survival among people with diabetes.

A focus on whole foods for those unable

to work out and an exercise routine for those who can provides the benefit of prevention. Even moderate exercise helps to manage weight, improve heart health, and most importantly – improve blood sugar levels in the long run.

Getting information like this is crucial, especially for Black communities, an area that Karen Lincoln, a director at the California-based Advocates for African American Elders, knows well.

"Health literacy is a big issue in the older African American population because of how people were educated when they were young," Lincoln said in an interview with Kaiser Health News. "For many people, understanding the information that's put out, especially when it changes so often and people don't really understand why, is a challenge."

For older Philadelphians who may have questions about how to kick-start an exercise regimen or begin with better nutrition, Philadelphia Corporation for Aging is always available to help. Assistance is as easy as calling our Helpline at 215-765-9040. It's important to know how you can best protect your health and vitality during an unprecedented event, like COVID-19.

Sources: Kaiser Health News; CDC.gov

Crossword

Old battle sites

Across

- 1 Soup scoop

6 Liturgical vestment

9 *Psycho* motel

14 Mountain nymph

15 Owing

16 Notched

17 Civil War

19 Roman tribune, friend of Caesar

20 Actress Sommer

21 Malt beverage

22 Pannier
- 23 Blue-pencil

25 Chicago Symphony conductor

26 15th C. Portuguese explorer

29 World War II

32 Small cases

33 Light cursing

34 Earth: prefix

35 Sole

36 Titter
- 37 Danish dramatist and resistance leader

38 Certain club member

39 Sniffles site?

40 Alternative quiz answer

41 War of the Spanish Succession

43 Polished

44 Supply new weapons
- 45 Heart

46 Remaining ones

48 Scion

49 Former Surgeon General

53 Jane Austin title word

54 World War I

56 Hypochondriac

57 Abel's mother

58 Sluggish

59 Contains

60 Totem pole

61 See eye to eye

Solution
The solution can be found on page 14.

Down

- 1 *Amore*

2 Seed covering

3 Knock down

4 War of 1812

5 Sullivan and Koch

6 Entice

7 Plead

8 Stymies a

9 sailboat

10 Awn
- 11 Vietnam

12 Serf

13 Stock exchange membership

18 Arched handle

22 Endured

24 Legal prosecutors, for short

25 Lesions

26 Tabloid subject

27 Coral reef
- 28 American Revolution

29 Old Testament book

30 Torte texture

31 In double harness

33 Sturdy fabric

36 Rows

37 Boer War

39 Participants

40 Pelt
- 42 Required

43 Skeletal

45 Santa's reindeer

46 Colorful fish

47 The Stooges

48 Hindu god

50 Baltic Sea tributary

51 Monster

52 Rose

54 Irk

55 Inlet

1	2	3	4	5		6	7	8		9	10	11	12	13
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59						60				61				



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