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Have a safe holiday



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# HOME *for the holidays*

TIPS, TRICKS AND INSIGHT TO HELP YOU  
ENJOY THE SEASON AND STAY SAFE





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## EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor

## Dreaming of a stress-free holiday



We have officially entered the holiday season. For many, the holidays include observing cultural and religious traditions, shopping, and cooking. Along with all of the hustle and bustle, stress doesn't have to be on your "To-Do List." The major life lesson that 2020 has taught us is that health, safety and happiness is what's truly important – not things. Keep that in mind, and pause (often) to enjoy the season.

The holidays will look different amid the pandemic, and that's OK. There are many easy ways for you to still enjoy the holidays, while reducing your stress level.

tended weight gain. With COVID-19 still prevalent, it's best to stay away from the gym. You can still exercise around your home: walk the distance of your home several times, get up and dance to music on the radio or TV, or lift hand weights. In addition to keeping your body healthy, exercise also releases endorphins, which reduce pain and boost pleasure. It's a natural stress reliever! (For tips on healthy holiday eating, see the Health Brief on page 15.)

### Create

Do you write? Paint? Quilt? Creativity is one of the best coping tools we have. By creating, we can take our feelings and transform them into something beautiful, moving or cathartic. An added bonus: you can use your creative skills to make presents or greeting cards. Perhaps, you can find creative ways to decorate for the holidays by showcasing your own homemade art or displaying existing holiday decorations in a new way.

### Connect

This year, many people will be missing their loved ones around the holidays, because most of us will need to stay in our own homes. Reach out! Don't just text, pick up the phone. Even if you don't have much to talk about, call your friends and family. Consider extended family members, neighbors and members of your faith community whom you don't speak with often. This is a perfect opportunity to get in touch. It is always cheerful to hear a familiar voice.

**Happy Holidays from PCA!** 🌞

### Be healthy

City and health officials recommend at-home and virtual holiday celebrations to prevent the risk of spreading or contracting COVID-19. These celebrations can still be festive, joyful and fun. In addition to socially distant celebrations with friends and family, faith-based traditions can also be practiced remotely. Many houses of worship are offering religious services online or by phone. (For more tips on how to spend the holidays safely this year, see the article on page 4.)

Dr. Lise Deguire, a clinical psychologist with a private practice in Bucks County, recommends the following activities to help you feel more calm, happy and at peace this holiday season.

### Exercise

With the holidays usually comes extra eating and drinking, in the form of sweets and high-calorie savory goodies. Don't stress about indulging in the occasional treat. Just make sure you stay active to avoid unin-



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# Keeping holiday traditions alive amid COVID-19

By Jay Nachman

Judith Robinson is the embodiment of "Kujichagulia," the principle of self-determination celebrated on the second night of Kwanzaa, the annual celebration of the African diaspora and celebrated here by many from Dec. 26 through Jan. 1.

This year, Robinson is determined to not allow the COVID-19 pandemic to upset her own celebration.

"[We need this] now more than ever," Robinson, 64, said. "Because so many people have passed away, it's important to celebrate life and to have a healthy life."

Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers to light one of the candles on the Kinara, then discusses one of the seven principles, which are

values of African culture that contribute to building and reinforcing community among African-Americans. "It's just a positive situation," Robinson said.

The message of self-determination is especially important for young people, Robinson said. "I'm always telling the youth to look within, to be self-sufficient and to be the best they can be."

Of course, because of the pandemic, many older adults are not going to enjoy the holidays with family and friends, inside or outside their homes. That may make things less festive, but it is not going to deter people from their holiday rituals and celebrations.

"I celebrate the holidays like you are supposed to," said Perla Fischer, 76, of Northeast Philadelphia. For Fischer, that means lighting the candles on her menorah during Hanukkah, which this year occurs Dec. 10-18.

• continued on page 12

## Tips for a safe holiday season

The Centers for Disease Control and Prevention (CDC) offers tips to protect individuals, as well as their families, friends and communities, from COVID-19 during the holiday season. **For the most current information about COVID-19, regulations and holiday gatherings, go to [phila.gov](https://www.phila.gov) and [CDC.gov](https://www.cdc.gov).**

To begin, the CDC recommends when planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel or limit the number of attendees.

Limit numbers of attendees and people from outside your local area as much as

possible.

Provide updated information to your guests about any COVID-19 safety guidelines and steps in place to prevent the spread of the virus.

Provide or encourage attendees to bring supplies to help you and others stay healthy, such as extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues.

If you are planning in-person holiday gatherings with people outside of your household, consider asking all guests to strictly avoid contact with people outside of their households for 14 days before the gathering.





By Dorothy Stanaitis

In 1955, Philadelphia was among the leading markets on the pop music scene. Philadelphia radio stations featured some of America's finest and most influential disc jockeys, and the major recording companies knew it.

When a major recording star cut a new "platter," he or she would be taken on a promotional tour to chat with the local radio station program directors and shake hands with the disc jockeys. Luncheons, dinners and gala parties were hosted as promotional copies of the latest recordings were distributed. At Christmas, an avalanche of gifts was also distributed, and it was whispered that perhaps those gifts led to more air time than the recording star's talent did.

However, none of that mattered to the teenage girls who enjoyed the music and admired, and in some cases, even idolized the singers. I was one of them. Like most of my friends, I listened to the pop stations, bought the fan magazines and song sheets with the words of the latest hit songs. And although I never joined any particular fan club, I was a great fan of most of the singing stars and knew that I wanted to work at a radio station and be part of the excitement of the musical world. So, as soon as I graduated from high school, I enrolled in Columbia Institute's Radio Broadcasting

School in Philadelphia. Among the many talented teachers were some guest appearances by local disc jockeys who helped with our classes in voice, writing and acting.

At the beginning of our first semester, we each recorded a commercial that was played for us at the semester's end. We were all thrilled at the great improvement our training had created. We were beginning to sound very professional.

But even the most talented among us found it impossible as beginners with no experience to break into the fabulous Philadelphia broadcasting empire, so we scattered through the region to smaller stations in Reading, Allentown and Altoona. I was fortunate to fill a spot in Camden, New Jersey's WKDN, an all-music station with a license to broadcast from sunrise to sunset. As a writer of commercials, at last I had my foot in the door.

The station was so small that I had to use a corner in the program director's office. From my little desk, I was able to learn the business by watching a real pro. But even better than that, I got to meet all of the singing stars who visited him on their promotional tours. It was a dream come true. Since Philadelphia was such an important market, the biggest stars always visited there, and then crossed the river to Camden and little WKDN, which was right on their way back to New York.

I met them all: Vaughn Monroe, Patti Page,  
• continued on page 12



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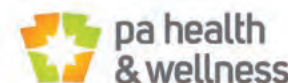
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## Recipe Box Festive dishes for any holiday celebration

As we move into December, families all over are gearing up for the holiday season. While the holidays may look a little different this year, celebrations will continue, either in a physical or digital space, along with holiday dinners. December features a host of holidays, including Hanukkah, Kwanzaa and Christmas. In observance of this festive season, this month's Recipe Box includes savory dishes for every celebration.



### Slow-Cooker Brisket

#### Ingredients:

1 beef brisket (about 4 lbs.), trimmed  
1 can (14 oz.) crushed tomatoes  
3 cloves garlic, crushed  
1 medium red onion, sliced  
1 medium yellow onion, sliced  
1 tbsp. olive oil

$\frac{3}{4}$  tsp. salt and paper  
Finely chopped parsley, for garnish

#### Directions:

Season brisket with salt and pepper; add to large slow-cooker along with crushed tomatoes and garlic. Cover and cook on low 10 hours, or until very tender.

About 25 minutes before meat is ready, toss red and yellow onion with olive oil and  $\frac{1}{4}$  teaspoon salt on large-rimmed baking sheet. Roast onions at 425° for 20 minutes or until browned. Top brisket with roasted onions and finely chopped parsley.

(Source: Good Housekeeping)

### Potato Latkes

#### Ingredients:

1½ lbs. russet potatoes, peeled  
 $\frac{1}{4}$  cup shallot, finely chopped  
2 large eggs, lightly beaten  
2 tbsp. flour or matzo meal  
(during Passover)  
1½ tsp. salt and freshly ground  
black pepper  
Vegetable oil for frying

#### Directions:

In a food processor, grate the potatoes. Line a strainer with cheesecloth and transfer potatoes. Set strainer over a bowl, twist cheesecloth into a pouch, squeezing out some liquid. Let mixture drain for 15 minutes. After 15 minutes, pour off liquid from the bowl but leave the white potato starch that settles to the bottom.

To the starch, add shallots, eggs, flour, salt and freshly ground pepper. Return



drained potatoes to this mixture and toss to combine.

Preheat oven to 200°. Line a baking pan with paper towels. When you are ready to eat, in a large skillet heat  $\frac{1}{4}$ -inch of oil over medium-high heat until hot. Drop a heaping tablespoonful of potato mixture and cook for 3 to 4 minutes a side; latkes should be golden and crisp on both sides. Eat right away or keep warm in oven. Serve with applesauce, sour cream or cottage cheese mixed with sour cream.

(Source: Food Network)

### West African Chicken Yassa

#### Ingredients:

4 chicken breasts, with skin  
2 garlic cloves, finely chopped  
1 fresh chili pepper, mild, chopped  
2 tbsp. vegetable oil  
2 large Vidalia onions  
 $\frac{1}{2}$  tsp. thyme, chopped  
3 lemons  
12.5 fluid ozs. chicken stock  
Salt & freshly ground black pepper

#### Directions:

Place the chicken in a bowl and squeeze in the juice of 1½ lemons. Add garlic and chili. Mix to coat the chicken well and leave to marinate in the refrigerator for at least 1 hour.

Preheat a barbecue, grill, griddle or dry frying pan.

Remove the chicken from the marinade and brush it with oil.

Place the chicken, skin-side down, on the barbecue, grill, griddle or pan; cook for about 4-5 minutes on each side, until well-colored and cooked through. Be careful not to let the meat dry out.



While the chicken cooks, cut the onions into medium-thin slices. Heat a few drops of oil in a deep frying pan and fry the onions with the thyme for about 5-8 minutes until nice and brown, allowing their sweetness to come out.

Remove the onions from the pan and set aside on a warm plate. Pour the juice of 1 lemon and the chicken stock into the pan, bring to the boil and season with salt and pepper to taste. Allow the liquid to reduce slightly, stirring and scraping the bottom of the pan.

Arrange the chicken on a plate, top with onions and pour the lemon sauce over it. Garnish with the remaining lemon half and serve.

(Source: Food.com)

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# Milestones<sup>®</sup> *Virtual Events* December 2020

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

Questions? 215-765-9000, ext. 5081

**DEC. 1**

## **Lotus Program.**

Discussion group to check in with one another and discuss ways to stay healthy. Chinese and Cambodian language friendly. 10 a.m. Wednesdays in December. Hosted by Marconi Older Adult Program. Dial 727-731-4081 to participate.

**DEC. 2**

## **Mindfulness Program.**

Stay engaged with brain teasers, short stories and language lessons. 10 a.m. Tuesdays in December. Hosted by Marconi Older Adult Program. Dial 727-731-4081 to participate.



**DEC. 3**

## **Meditation Club for Adults.**

Reduce stress, help control anxiety and improve emotional health. 11 a.m. Thursdays in December. To join, email LibraryAndorra@gmail.com.

**DEC. 3**

## **Night Skies at Home.**

Learn how to spot planets, track the International Space Station and chart constellations from Chief Astronomer Derrick Pitts. 7:45 p.m. [Facebook.com/TheFranklinInstitute/live\\_videos](https://www.facebook.com/TheFranklinInstitute/live_videos)

**DEC. 4**

## **Fiction Friday: ‘Anne of Green Gables.’**

Reading of L.M. Montgomery’s charming tale of an endearing, imaginative young orphan who often finds herself in predicaments. Noon. New videos added Fridays in December. Hosted by Marconi Older Adult Program. [Bit.ly/MarconiProgram](https://www.bit.ly/MarconiProgram)

**DEC. 7**

## **Crocheting Class.**

11 a.m. Mondays in December. Hosted by Martin Luther King Older Adult Center. [Facebook.com/martin.rec.169](https://www.facebook.com/martin.rec.169)

**DEC. 8**

## **Mind, Body, and Spirit.**

Explore ways to cope with stress and promote mental health through peace of mind. Noon. Tuesdays in December. Hosted by St. Edmond Senior Community Center. Dial: 978-990-5167 | Access code: 1927533

**DEC. 8**

## **Live Cooking and Nutrition Demo.**

Learn about nutritious meal options to help stay healthy and fit. 12:15 p.m. Hosted by St. Edmond Senior Community Center. Zoom.us – Meeting ID: 378-09-1743 | Password: 6LuVg6

**DEC. 9**

## **Let’s Chat with Social Worker Michelle.**

11 a.m. Wednesdays in December. Hosted by Martin Luther King Older Adult Center. [Facebook.com/martin.rec.169](https://www.facebook.com/martin.rec.169)



Philadelphia Museum of Art. 7 p.m. Register: [Bit.ly/ArtMuseumMindfulness](https://www.bit.ly/ArtMuseumMindfulness)

**DEC. 9**

## **Museum Mindfulness.**

Find your inner calm with a guided virtual tour of works at the

**DEC. 10**

## **Hanukkah Begins**



**DEC. 10**

## **Book Club.**

10 a.m. Thursdays in December. Hosted by Martin Luther King Older Adult Center. Call 215-685-275 for information.

**DEC. 11**

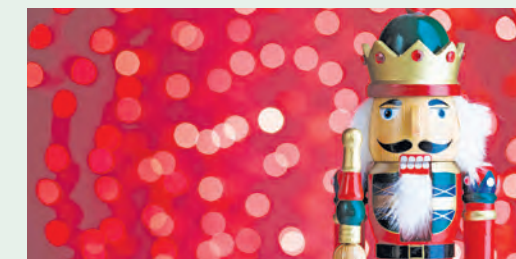
## **AARP Smart DriverTEK.**

Workshop to explore how technology is changing the way we drive and what to look for when buying a car. 10-11:30 a.m. Register: [Bit.ly/DriverTek](https://www.bit.ly/DriverTek)

**DEC. 16**

## **Franklin Outside.**

Environmental Scientist Dr. Rachel Valletta explores topics at the intersection between humans and our environment. 11 a.m. [Facebook.com/TheFranklinInstitute/live\\_videos](https://www.facebook.com/TheFranklinInstitute/live_videos)



**DEC. 20**

## **Virtual Sundays on Stage: The Nutcracker.**

The story of Marie and the nutcracker is brought to life, accompanied by the enchanting music of Tchaikovsky. 2 p.m. [Facebook.com/FLPYouthServices](https://www.facebook.com/FLPYouthServices)

**DEC. 25**

## **Christmas Day**



**DEC. 26**

## **Kwanzaa Begins**



**DEC. 31  
New Year’s Eve**





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## Managing grief over the holidays

By Barbara Sherf

The death of someone we love is difficult in itself. Grief is further compounded when you add in the expectations of the holiday season and challenges amidst the pandemic, such as the inability to visit with or hug loved ones.

David Stevenson, a bereavement counselor at Crossroads Hospice and Palliative Care in Philadelphia, answers some key questions and concerns about the grieving process.

"Grief is a natural response to loss and it comes in many forms and ways – from the loss of loved ones to loss in relationship, moving and loss of independence," said Stevenson, who has a master's degree from Westminster Theological Seminary in Philadelphia. "Often, when we have conversations about grief it brings up losses of other sorts."

Stevenson notes that there is no right or wrong way to grieve.

"It's very unique, just as you have a unique fingerprint you have a unique way

of grieving. Some people are stoic and others are not," said Stevenson, who also worked as a chaplain in the U.S. Army. "If you love, you grieve and you'll always feel those pangs of love and grief until the day you die."

Stevenson acknowledged the difficulties in grieving during the pandemic.

"In some ways the grieving journey has been thwarted as there are certain rituals that are prohibited like dropping by with a meal or attending a funeral service. The best way to support someone in these times is to listen to their feelings and memories and share what impact the individual had on you."

During a recent group counseling session, Stevenson relayed the story of a conflict over whether or not to put up a Christmas tree after the death of the patriarch of the family. "It was a family tradition and the daughter really wanted to get a Christmas tree to honor her father, but that put a lot of pressure on the mother who was feel-

• continued on page 11



## Managing grief

• continued from page 10

ing drained," Stevenson said. "As a group, we advised the mother to exercise self-care for herself and maybe put up a few holiday decorations but skip the tree," Stevenson noted.

As for the pandemic, Stevenson said we are all mourning the loss of independence. "We can't go out with friends or do many of the social activities that keep us connected," he said. "There is a lot of loss because of what people are experiencing and there is a lot of anxiety over the virus and a lot of isolation."

While the number of COVID-19 cases continues to rise, Stevenson said that mental health issues are increasing as well. "We are just beginning to see how it's impacting people mentally and emotionally. There has been a surge in people struggling with anxiety and depression," he said. "Our next challenge is to support those folks who are struggling and to get them the mental health services they need."

Asked why the holidays seem to cause triggers for so many people, Stevenson said it has to do with family traditions. "What do you do with a stocking hung by the fireplace for someone who has passed? I often hear family members say I wish we could go from October to January to avoid many of the traditions," said Stevenson. "We are gathering around food and empty seats

and traditions are a double-edged sword. On the one hand, traditions cause pain, heartache and sadness, but they also can provide a measure of comfort."

Stevenson supports taking a break the first year or two after a significant loss. "When grief is fresh and raw, pain overrides comfort, but hopefully, with time, you can come back to and embrace some of the family traditions," he said. "One of the first things I tell people is to respect your limits. Grieving takes energy. Talking with loved ones is one of the best things you can do during the holidays."

It's important to turn to your faith. "People of faith should seek comfort from their faith traditions and find ways to acknowledge the loss, perhaps by lighting a candle at dinner," he said.

Grief is not limited to those who experience the death of a loved one. Many people who have an ill loved one experience anticipatory grief. "If your loved one is in hospice care or has a serious medical issue, then you realize your loved one doesn't have a lot of time to live and you start the grieving process early. It's important to realize that you have to cherish the remaining time together with your loved one," said Stevenson, who keeps a sign in his office as a reminder of this. It reads: Don't count the days, make the days count.

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

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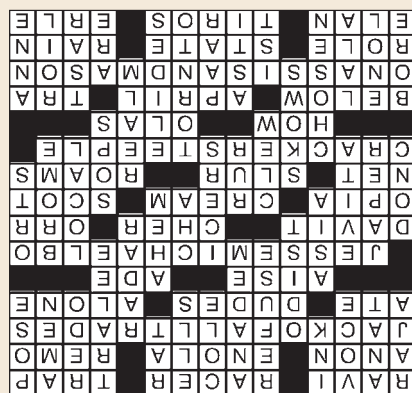
## Holiday celebrations

• continued from page 4

Hanukkah is known as the Festival of Lights and commemorates the rededica-

### Crossword puzzle solution

(See page 15 for clues.)



tion of the Second Temple in Jerusalem.

In normal times, Fischer would be celebrating with her son and grandchildren, and at a niece's Hanukkah party. This year, she will be enjoying the holiday with them via FaceTime. Making and eating latkes, a fried potato pancake, is a part of the Hanukkah celebration, and Fischer, who admits to being a "good cook," will be doing just that over the course of the holiday.

Priscilla Redford, 70, of South Philadelphia, has a lot of cousins and aunts and they typically gather for Christmas and other holidays. This year, they plan to meet virtually for the holiday. "It's been a struggle and a difficult time because we are used to being with one another," Redford said.

Historically, she would either attend Christmas Eve or Christmas Day services at her church. In fact, Redford noted that prior to the pandemic she would be in church three times a week. This year, she plans to watch the services on her computer. She will miss the fellowship and in-person worship but appreciates that technology will allow her to attend church virtually. "Jesus is my savior and he is certainly worth celebrating," Redford said.

Family and food have always been important features of the Christmas holiday for Catherine Reale, 85, a resident of St. John Neumann Place in South Philadelphia. "We're Italian," she said. "We celebrate Christmas Eve with fish. For Christmas, we usually have pasta and meatballs."

It is the traditional way she celebrated

the holiday throughout childhood. "All through growing up, we always celebrated getting together at Christmas and went to church," Reale said. She continued this tradition with her husband and their son and daughter.

This year, the family feast is up in the air. She hopes she will be able to celebrate with her family but knows that the threat of an uninvited guest, named COVID-19, may cancel those plans.

Pandemic or not, people are finding ways to observe the holidays in meaningful, spiritual ways. And if a vaccine is created, next year's holidays will be shared with families together once again.

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



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](http://www.carie.org).

*Help is always free and confidential.*

## Christmas cards

• continued from page 5

Pat Boone and so many others. They were invariably kind to the star-struck girl in the office. On a few special occasions, I was even invited to join the group for lunch. I thought nothing could be better than that until the day I was invited to bring a guest and join the program director and the disc jockeys at a promotional party in Philadelphia to celebrate Eddie Fisher's latest recording, "Oh, My Papa." This event was too special to invite a casual date to join me, so I asked my best girl friend who would understand the importance of this event.

Since ours was the smallest station at the party, our table was the one in the corner under the artificial palm trees decorating the room, but we were thrilled just to be there. Eddie Fisher was a gracious guest of honor and visited every table to say hello. I was almost too tongue-tied to speak during our brief moment of glory. How I wanted to ask for an autograph, but thought it would be utterly gauche at such



a sophisticated event.

In the weeks to come, Christmas gifts and cards began arriving at the station for the program director and the disc jockeys. I was thrilled and surprised when some were addressed to me. I truly believed in Santa Claus when I opened one envelope and found the autograph that I had wished for - on a Christmas card from Eddie Fisher.

Would you like to share a bit of nostalgia? Email your story [MilestonesNews@pcaCares.org](mailto:MilestonesNews@pcaCares.org).





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We are a provider for the CommunityHealthChoices program, and we welcome family caregivers through the PA Family Caregiver Support Program.



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**215-935-6321**  
[www.charterhomehealth.net](http://www.charterhomehealth.net)





iStock

Adapting your home to accommodate aging in place is a step many need to consider sooner rather than later.

"We're hearing more from caregivers who are modifying their homes so their older relative can move in with them," says Sandy Markwood, chief executive officer of the National Association of Area Agencies on Aging (n4a).

As the region's largest AAA, Philadelphia Corporation for Aging (PCA) can provide in-home assessments and make minor

## Safety tips to make your home more age-friendly

modifications to the homes of older Philadelphians for safety and comfort. These modifications can include installing exterior and interior railings, bathroom grab bars, stair lifts, and intercom systems.

For more information, call the PCA Helpline at 215-765-9040 or go to the website [pcaCares.org/housing](https://www.pcaCares.org/housing).

### Safety modifications

In addition to services from PCA, there are many small changes that homeowners may be able to make themselves. Some of these safety modifications include:

- Adding textured, non-slip strips in the bathtub and shower.
- Applying non-slip wax on floors.
- Placing a waterproof seat or chair in the shower.
- Adhering non-skid treads on steps.
- Removing throw rugs and any obstacles in walkways.
- Removing wheels on chairs.

- Replacing standard round doorknobs with lever handles.
- Installing a raised or high-profile toilet.
- Using rubber-backed bathmats.
- Installing adequate lighting in all commonly used areas of the home. Inexpensive plug-in sensor lights can be added to enhance lighting in hallways and other dark areas.

For people who use a wheelchair or have mobility issues, more extensive modifications by a professional contractor may be needed to achieve accessible living. Some of these changes include:

- Altering the shower for walk-in use, rather than step-over entry.
- Creating zero-threshold entryways, where the exterior is level with the interior of the home.
- Moving light switches down for easy reach from a wheelchair or bed.
- Widening doorways and hallways.

### Avoid falls

A huge area of concern for seniors is obstructions on the floor. Even a slight change in the elevation of floor surfaces – tile to wood or wood to carpet – can create potential dangers, especially around doorways. One recommendation is to use brightly colored tape on the floor to alert older adults of a flooring seam.

Additionally, throw rugs and electrical cords are generally a hazard for older adults, especially people who use wheelchairs or walkers. It's best to remove any unnecessary rugs and make sure cords or other obstructions aren't located in walkways.

\*\*\*

For additional home safety tips for older adults, go to [HealthInAging.org](https://HealthInAging.org) and type "home safety" in the search box.

Source: AARP



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State  Zip

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☐ Male ☐ Female Date of Birth  /  /

I understand a sales representative or agent may call me at the number above, even if my number is on the federal "do not call" list.

Signature



**Colonial Penn Life Insurance Company**  
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Health Brief

Eat smart this holiday season

One of the undeniable factors of the holiday season is the overabundance of savory foods. While you may not be able to control the type of food being served by family and friends this year, there is a way older adults – especially those living with diabetes – can stick to a meal plan that ensures they'll keep both their weight and blood sugar in check.

Don't change your eating times

With it being so easy to snack, dabble in delicious leftovers or otherwise gorge on foods one wouldn't normally eat, it's important that you take the initiative to ensure that you don't overeat. While it may be easier said than done, doctors suggest sticking to your normal meal times if at all possible. If meals are served or delivered later than normal, eat a small snack to stay satiated. For those who are handy in the kitchen, preparing yourself a healthy option is suggested.

Slow and steady wins the sugar-spike race

Did you know it takes 20 minutes for your brain to realize you're full? While the options on your plate will assuredly look amazing, eating them slowly will allow your body to tell you when it's had enough. Doctors also suggest starting with vegetables. While veggies are an obvious healthy option, they can actually take the edge off your appetite, too. Make a plan to stay on top of your blood sugar. If you're on diabetes medication, it's a smart move to connect with your physician to see if your dosage should be modified.

Preparation is the key to staying stable

If you know that holiday favorites are being prepared that you don't normally get any other time of year, then baking them into your holiday meal plan is a smart idea. That favorite sugary or savory dish is OK in moderation, according to the Centers



for Disease Control and Prevention (CDC) but only if it's consumed in moderation and if it's planned into your diet.

If you're going to eat more, move more

We all know the importance of even moderate exercise but it's even more important to make sure you find time in a busy holiday calendar of events to take a second for you to get up and move. Exercise will help you keep levels normal and avoid weight gain. Even moderate exercise has been scientifically proven to reduce stress and help with mood, both of which are put to the test during the holiday season, especially this season with the coronavirus pandemic putting a damper on plans with family.

Have a 'Silent Night' every night

After Daylight Saving Time, the days feel shorter and nights longer. With evening turning to night faster, it's the perfect time to ensure you get the recommended eight hours of sleep nightly. Sleep loss can make it harder to manage your blood sugar and according to the CDC, less sleep can actually push you to want to eat foods loaded with sugar and fat. If you can plan a full night's sleep every night, it'll be easier to stay away from eating junk and having to fight to keep levels in check.

\*\*\*

For additional insight and tips for managing diabetes around the holidays, visit [cdc.gov/diabetes/managing/eat-well/meal-plan-method.html](https://cdc.gov/diabetes/managing/eat-well/meal-plan-method.html).

Source: CDC.gov

Crossword

Name Game

Across

- 1 Shankar

5 Indy 500 vehicle

10 Kind of drum

14 Presently

15 \_\_\_ Gay, of WWII fame

16 San \_\_\_, Italian resort

17 Master of none

20 Eroded

21 Would-be cowboys

22 Singly

23 Ease, in Paris

24 Quencher

25 Jacksons

32 Boat crane

33 Mermaids mom

34 Hockey luminary

35 Eye: comb. form

36 Defeat overwhelmingly

38 Highlander

39 Tennis call

40 Slip over

41 Wanders

42 Jacks

46 \_\_\_ do you do

47 Palm leaves

48 Ship section

51 Shower time

53 Singing syllable

56 Jackie's

59 Part

60 NH or NM, e.g.

61 Maugham story

62 Dash

63 Greenhorns

64 Man of mystery

Down

- 1 Rane's mate

2 Med. subject

3 Viva \_\_\_

4 Newsprint necessity

5 Dumpster contents

6 Garland

7 Merry monarch

8 Building additions

9 Hair piece

10 Irish seaport

11 Decorate

12 Final word

13 Pretend

18 Keats was one

19 Speeder's undoing

23 Continent

24 Word of interruption

25 One who jests

26 Broadway musical

27 Bakery workers

28 Part of a dance

29 Train type

30 Deep-rooted grass

31 Table scraps

32 Then, in Tours

36 Sherlock's quest

37 Capek drama

38 Drenches

40 Lumbering craft

41 Kingdom

43 Selected

44 \_\_\_ bits

45 Skips over

48 Party pariah

49 Chemical suffix

50 Followers of

53 Across

51 Italian wine region

52 Late night TV forerunner

53 Despot

54 Irritate

55 Boleyn

57 Ending for palm and arson

58 Exist

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## **Our Community. Our Health.**

*PA Health & Wellness is focused on whole health care, reflecting on a person's total well-being and meeting each person's unique needs.*

*PA Health & Wellness exists to improve the health of its beneficiaries through focused, compassionate and coordinated care. Our approach is based on the core belief that quality healthcare is best delivered locally.*

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