

IN THIS  
ISSUE

## DAY OF SERVICE

Honor Dr. King's Legacy



P4

## JOY IN EVERYTHING

Secret to a century well-lived



P10

## FRAME OF MIND

Start the year off positively



P11

# Cheers to a Healthy New Year!

May 2021 bring you peace,  
connection and security.

AN ISSUE PACKED WITH TIPS AND INSIGHT TO HELP YOU  
START THE NEW YEAR OFF ON A POSITIVE NOTE



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- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



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- Information and referral

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# Milestones

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## EDITOR'S LETTER

By Alicia M. Colombo, Milestones editor

## Happy New Year! 2021 brings hope, possibility



January typically brings a fresh slate, a new 365 days of opportunity. The excitement to start a new year has never been greater.

This issue of Milestones contains many articles to help you start off 2021 right. You'll find stories about supporting your local businesses, staying engaged from home, how to get into a healthy frame of mind – and body, preparing some much-needed comfort foods, and more!

### Looking forward

As you turn the calendar, don't be hard on yourself for not accomplishing the goals you set in the past year. The key is to be flexible and imaginative in how we respond to challenges. To paraphrase poet Robert Burns, the best laid plans of mice and men often go awry.

Many of us are looking forward to a pandemic-free world, where we can enjoy life without restrictions. Until that day comes, instead, take pleasure in making plans and enjoy the anticipation of what's to come.

Here are some out-of-the-box suggestions for New Year's resolutions you can incorporate into your goal setting for the year:

- **Keep learning** – Keep your mind active by reading new books. It's never too late to acquire a new skill or hobby. It doesn't have to be complicated, just pursue something of interest.
- **Improve your well-being** – Taking care
- of yourself will help you feel better and be happier. Even small changes will do your body – and mind – a wealth of good.
- **Establish a close social circle** – Reconnect with your family and friends, especially those you may have lost touch with during the pandemic.
- **Embrace forgiveness** – Everyone makes mistakes. Holding a grudge won't do any good. Forgive and move on.
- **Speak up** – We hold things inside more than we should. If you're upset, talk with someone. It will feel good just to let it out.
- **Challenge yourself** – Don't write something off because it's too difficult. Take small steps. Even if you don't finish, remember that you'll accomplish more than if you never started.
- **Listen more** – Improving your listening skills helps you communicate with people more effectively.
- **Be present** – Practice focusing on the here and now. The things in your past are gone, and the future is yet to be determined.
- **Remain calm** – A true sign of growth is learning not to negatively react when bad things happen in life.
- **Believe in yourself** – You've made it this far, and you can still reach new levels of success. 🌟



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# National Day of Service honors Dr. King's legacy

By Constance Garcia-Barrio

Dr. Martin Luther King Jr. pushed civil rights to the top of America's agenda.

Born in Atlanta, Georgia, he graduated from high school at 15 and entered Morehouse College, a private historically Black institution. After King's college graduation in 1948, he attended Crozer Theological Seminary near Chester, Pennsylvania. While at the seminary, he learned about nonviolent protest and received a Bachelor of Divinity degree in 1951. King then headed to Boston University and earned his doctorate in theology in 1955. In Boston, he met and married Alabama native, Coretta Scott.

In early December 1955, King faced a challenge that flung him to the forefront of the civil rights movement. Seamstress Rosa Parks, weary from a day's work, refused to yield her seat to a white man on a city bus and was arrested by police. As pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama, King, along with other Black leaders formed the Montgomery Improvement Association (MIA) and organized a nonviolent bus boycott. The boycotters biked, carpooled and walked miles to avoid using buses.

"We (saw) that ... it's more honorable to walk in dignity than ride in humiliation," King said.

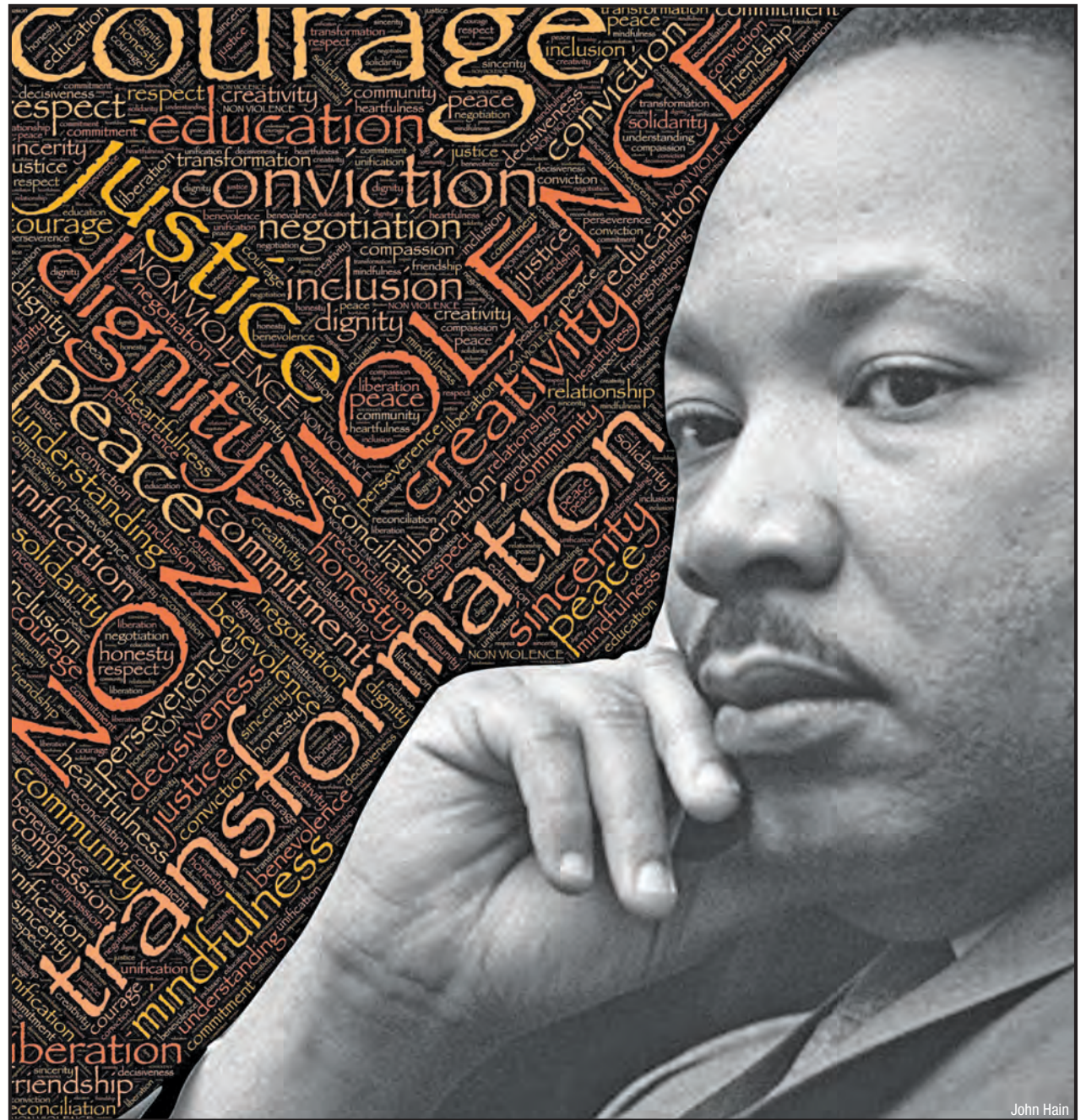
Within a month, the U.S. Supreme Court declared segregation on public transit unconstitutional.

Building on that victory, King organized the Southern Christian Leadership Conference (SCLC), which gave him a regional base. The SCLC organized nonviolent sit-ins; voting-rights drives; and marches, including the 1963 March on Washington advocating for jobs and freedom. There, King gave his famous "I Have A Dream" speech before 250,000 supporters.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character," he said.

In 1964, King won the Nobel Peace Prize and Congress passed the Civil Rights Act, which allowed the federal government to enforce desegregation in public and some private settings.

King continued his staunch advocacy of civil rights for the next four years. On April 4, 1968, while in Memphis, Tennessee to support trash collectors striking for fair



John Hain

wage, King was shot by fugitive James Earl Ray.

He died at the age of 39.

During his short life, King traveled 6 million miles, gave 2,500 speeches and wrote five books. He also endured assaults, arrests, death threats, FBI surveillance and hospitalization for exhaustion in his fight against racism, poverty and the Vietnam war.

Following his death, two of King's allies in the Civil Rights Movement – former Pennsylvania senator Harris Wofford and congressman John Lewis – fought to cre-

ate a national holiday to honor him. In 1986, the U.S. declared the third Monday in January as Martin Luther King Jr. Day.

King once said, "Life's most persistent and urgent question is, 'What are you doing for others?'" To further honor King's life and legacy of service, the first Martin Luther King Day of Service was held in 1996. It started right here in Philadelphia, as a small project with 1,000 volunteers. The MLK Day of Service became a fast-growing nation-

• continued on page 14



## SHOP SMALL:

# How to safely support local businesses



Like its neighborhoods, Philadelphia is made up of many small businesses that are owned and operated by your friends and neighbors. These hometown shops, eateries and services, along with their hardworking entrepreneurs and dedicated staff, need your business now more than ever. Neighborhood businesses are the heart of communities across Philadelphia, providing jobs, goods and services for all residents.



While shopping looks different from previous years due to COVID-19 and the restrictions and precautions put in place to aid people in staying safe, there are still many ways to support local businesses throughout the pandemic. Here's some tips on how you can safely support local businesses.

### Shop online

If you're running low on a product, see if your favorite local shop carries it and order from that shop's website. Also look into discounts offered by community small businesses and ask if they offer delivery services.

### Shop in-person nearby

Philadelphia has dozens of neighborhood commercial corridors, which are anchors for communities across the city. From Germantown to South Philly to the Far Northeast, diverse shopping districts all over the city offer discounts, unique products and services, events, and more. Staying close to home reduces the number of possible interactions with others, which is vital for staying safe during COVID-19. Be sure to wear a mask, wash or sanitize your

hands often, and follow other COVID-19 safety precautions. (For more information, go to [visitphilly.com/search](https://visitphilly.com/search) and type "small businesses" in the search box.)



### Buy gift cards

Many of your favorite local shops and restaurants sell gift cards on-site and online. You can buy a gift card to use later, especially as more businesses reopen. The store will get the support it needs now, and you get to look forward to a future shopping experience.

### Order food to go

Restaurants across the city are offering delivery, curbside pick-up and takeout. Forget about cooking tonight and check in

with your favorite neighborhood spot instead. Remember to tip restaurant staff and delivery people, and consider ordering directly from the restaurant instead of a food delivery service/app.



### Recommend local

These are financially stressful times for many of us. If you're not able to purchase anything from your favorite local businesses right now, consider sharing social media posts and encouraging your friends and family to "shop small."

Let's do our part to support Philadelphia's small businesses. We're all in this together!

Source: Philadelphia Department of Commerce



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# Healthy mind, healthy body: Staying engaged while staying home

By Shannon Reyes

As we kick off the new year, gatherings in the same physical space will remain minimal. Yet, as the pandemic has separated us, technology has greatly assisted in helping to bridge those social gaps while families and friends remain at home.

Each year, the National Association of Area Agencies on Aging (n4a) launches a "Home for the Holidays" campaign ([n4a.org/h4h2020](http://n4a.org/h4h2020)), which is intended to help family and friends speak with their aging loved ones about difficult topics. This year's topic, "Staying Connected and Healthy During the COVID-19 Pandemic," is timely as most family and friends opt to connect this year in digital spaces.

According to n4a, people of all ages are having a hard time adjusting to the lack of social connections during the pandemic. These effects can be felt even more by older adults who may live alone or with limited social circles. Those individuals are typically more predisposed to being socially isolated, but in the age of social distancing, those chances significantly increase.

Most people would agree that staying socially connected while physically apart is important, including Center in the Park's Executive Director Renee Cunningham, MSS. When older adult community centers in Philadelphia were ordered to

close to participants in March, the Germantown-based older adult community center began looking at how to migrate its regular on-site programming to a digital space. When the first programs went online, the reaction from participants was overwhelming.

"The absolute best part about this is watching (the reactions of) people who are seeing each other after a long period of time," Cunningham said, explaining that the first few minutes were filled with exclamations, such as "Hey, you're on here, too?" or "This is amazing!"

Currently, the center has expanded its online programming to include a number of classes and social groups, including fitness, yoga, sewing classes, a men's group, poetry and sing-along programs.

"The folks that I see (on our video conferencing platforms) really miss being at the center," says Cunningham. "For some, it's not just the social engagement or the class, it's also getting out of bed every day and having something to look forward to."

Having a scheduled activity is very important to one's frame of mind and can help to combat the impact the pandemic can take on one's mental well-being, according to Cunningham.

Philadelphia Corporation for Aging's (PCA) Stephen Merrill, RN, who helps to oversee the agency's health promotion

program, agrees. After completing a recent videoconferencing workshop, he received a moving letter from a participant expressing his gratitude for the program.

"We had someone who reported being at a real low point and feeling depressed, but the workshop really helped, and the tools discussed made a difference both physically and mentally," says Merrill. "The letter is a nice example of the benefits of these programs, especially during this time. The scheduled weekly contact and meeting helps with isolation and connection."

Currently, PCA is offering three evidence-based chronic disease self-management programs through video or telephone. They include "Help Yourself to Health," "Keep it Moving" (for pain management) and "Common Threads (for diabetes management). For those who can connect through videoconferencing software, participants meet weekly for six consecutive weeks. Older adults without technology for videoconferencing will receive a toolkit in the mail and can participate in weekly, small-group phone conversations.

PCA is also offering a remote version of the Arthritis Foundation's "Walk with Ease Program." Prior to the pandemic, this program was structured as a group walking program that occurred over several weeks.

"This promotes the benefit of movement and walking to help reduce the pain, stiffness, and discomfort of arthritis safely during this time," Merrill says. "Physical deconditioning is a concern through this time of decreased ability to travel or move about the community. Programs that can reach people, promote wellness and safe physical activity are especially important now."

Individuals can now participate in "Walk with Ease" and receive regular follow-up from trained leaders. The programs are typically organized at older adult community centers, since these locations have a trained staff member on-site to lead the



program. Individuals who are interested in participating in a program are welcome to contact PCA's Health Promotion Specialist Lauren Jirinec at 215-765-9000, ext. 5119 or [lauren.jirinec@pcaCares.org](mailto:lauren.jirinec@pcaCares.org).

Older adults can still remain active, even while social distancing. Cunningham's advice for those who are staying home: get outside for at least five minutes every day, give yourself a little cardio (i.e. walking up and down stairs or around the coffee table), make a goal for that day, and talk to at least one person each day.

"It's also important that family and friends hear from you every day," Cunningham says.

\*\*\*

For more information on PCA-supported older adult community centers or health promotion programs, call the PCA Helpline at 215-765-9040 or visit [pcaCares.org](http://pcaCares.org).

*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.

PCA reserves the right to not publish any submission; receipt may not be acknowledged; and submissions will not be returned.



**Send ideas, comments & submissions to:**

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Philadelphia, PA 19130  
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# Milestones<sup>™</sup>

## Virtual Events

### January 2021

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

#### JAN. 1 New Year's Day

**JAN. 4  
Mindfulness Meditation**  
Body scan and breathing techniques  
to ground your body and mind. 10 a.m.  
Facebook.com/FumoFamilyLibrary

**JAN. 5  
Journey's Way Discussion  
Groups**  
Reaching Out: Support group for coping  
with chronic health issues and caregiving  
at 10:30 a.m., also Jan. 19, on Zoom.us  
(Meeting ID: 853 7817 2215 • Passcode:  
857195). Next Chapter: Peer-led discussion  
about the challenges of aging at 1 p.m.  
on Tuesdays in January on Zoom.us  
(Meeting ID: 937 9956 7126 •  
Passcode: 674642).

#### JAN. 6 Common Threads: Diabetes Self- Management Program

PCA presents free, six-week  
program focused on healthy  
eating, blood sugar management  
and balanced lifestyle. 10 a.m. to  
12:30 p.m. Wednesdays through  
Feb. 10. Register to Lauren Jirinec  
at 215-765-9000, ext. 5119.



**JAN. 7  
Philadelphia Virtual Game Night**  
Think you know trivia? Well, join other trivia  
buffs in Philadelphia for a night of virtual fun  
with quizzes covering over 60 categories!  
The best part is it's entirely free to sign up  
and the more who do, the merrier. 7 p.m.  
to 10 p.m. Register: [eventbrite.com/e/  
philadelphia-onlinevirtual-game-night-trivia](https://eventbrite.com/e/philadelphia-onlinevirtual-game-night-trivia)



**JAN. 9  
Let's Talk Safety**  
Philadelphia Fire Commissioner Adam  
Thiel hosts a monthly talk show on  
WURD Radio, 900 AM. 3 p.m.

**JAN. 11  
At-Home Virtual Scavenger  
Hunt**  
Join St. Edmond Senior Community  
Center in a race against the clock  
to find 10 announced items in your  
home. 3 p.m. Zoom.us (Meeting ID:  
954 790 1024 • Passcode: 3XUAZM).

**JAN. 11**



**What is Environmental Justice?**  
Join the Academy of Natural Sciences to  
examine the disproportionate risks that  
pollution poses to low-income populations  
and communities of color. 3 p.m. Register:  
<https://bit.ly/3nme2vv>.

**JAN. 12  
Reduce Your Fall Risk**  
Physical therapist discusses how to live  
a safer and healthier life. 7 p.m. Presented  
by Congregations of Shaare Shamayim.  
Information: 215-677-1600.



**JAN. 12  
Virtual Dementia Symposium:  
Connecting the Community**  
Join the Alzheimer's Association for presen-  
tations focused on effective communication,  
stigma, end-of-life care and strategies for daily  
living. 8:30 a.m. to noon. Register: [Alz.org/del-  
val/helping\\_you/education\\_programs](https://Alz.org/del-val/helping_you/education_programs)

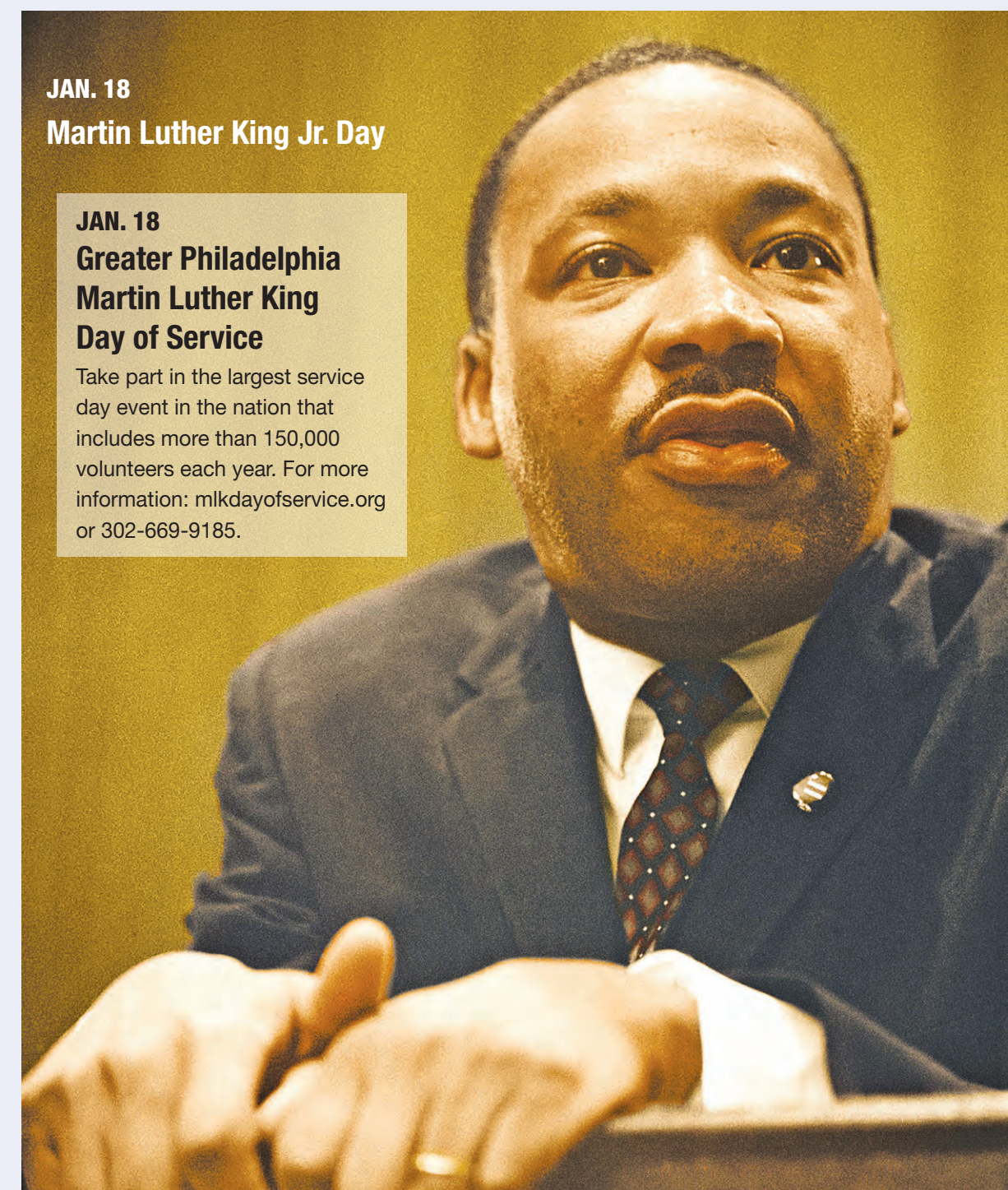


**JAN. 13 & JAN. 27  
New Year, New You**  
Join Mann Older Adult Center and Health  
Partners for class on nutrition, exercise,  
mental health, and common diseases  
associated with poor diet and lack of  
exercise. 1 p.m. Zoom.us (Meeting ID:  
381 171 8810 • Passcode: labrador).

**JAN. 15  
Chair Yoga**  
Instructor-led class tailored to all ages and  
abilities. 10 a.m. Facebook.com/FumoFamily  
Library

#### JAN. 18 Martin Luther King Jr. Day

**JAN. 18  
Greater Philadelphia  
Martin Luther King  
Day of Service**  
Take part in the largest service  
day event in the nation that  
includes more than 150,000  
volunteers each year. For more  
information: [mlkdayofservice.org](https://mlkdayofservice.org)  
or 302-669-9185.



**JAN. 20  
Medicare Trivia**  
Have fun while learning and winning  
prizes. Presented by Mann Older Adult  
Center and Aetna. 1 p.m. Zoom.us  
(Meeting ID: 381 171 8810 • Passcode:  
labrador).

**JAN. 21  
Concert: Songstress Andrea Carlson**  
Virtual showcase of songs written and  
composed by Rodgers and Hammerstein.  
Presented by Congregations of Shaare  
Shamayim. Register: 215-677-1600.  
Tickets: \$18.

# The joy in everything: Philadelphia native explains the secret to a century well-lived

By Kerith Gabriel

Martha Louise Gray doesn't know what 100 is supposed to feel like.

To Gray, or "Miss Louise" as she prefers to be called, age doesn't coincide with any

particular feeling, made apparent from one of the most eclectic interviews one could ever have with a centenarian.

"You're only as old as you feel, honey, remember that," Miss Louise said during a conversation that covered everything from

faith and family ties to finding love. "I've never thought of myself as being 100. I may be doing it a bit slower these days, but I can still get up and do everything I set my mind to doing."

Gray was born Martha Emma Louise Abraham in 1920. Born in Philadelphia, she was raised in nearby Glassboro, New Jersey, along with her four siblings. Her life story would make for a good novel. In 1941 at the height of World War II, she married the love of her life, Naval Staff Sergeant James Sterling Gray. Sadly, just four years later, the war left Gray a widow, forcing her to relocate back to Philadelphia.

Before James' death, the couple had a daughter, named Martha, who became a renowned singer and recorded the famous Philly Doo-Wop hit, "Today's the Day," at just 12.

Gray is also a singer and since 1964 she has lent her talents to the Mt. Carmel Baptist Church, located on 57th and Race streets in West Philadelphia where she's sang in the church choir, at concerts and weekly services for the past 56 years. In 2019, Mt. Carmel officially honored her as its longest-standing – and longest-singing – choir member.

"My faith has always been a big part of my life, (and the choir) is my extended family," said Gray. "God has always guided me, and I do what I can to praise his name and thank him for the gifts he's given to me and my family."

She'll readily tell you that one of her biggest gifts is her granddaughter, Nikko Gray. It's evident the bond between these two is forged by the joy – and the style – Miss Louise brings into every situation.

"She's been such a big part of my life and who I am as a person," Nikko said. "My

grandmother has always been happy. She's well-traveled, loves to surprise her friends and family, and is quite the fashionista when it comes to her outfits. These things bring her so much joy, and I think it's the secret to her being with us for as long as she has."

The secret to a long life, well-lived, according to Miss Louise: In addition to strong bonds with both faith and family, never give up the feeling of being young.

"Ask anyone, they'll tell you, I'm a jokester. I like to play games," she said. "You have to have fun in life and find the fun. There are things that are going to happen in your life that are always going to challenge you, upset you. But that's life. If it was perfect, no one would have complaints. If I can offer you any advice, I'd tell you that you have to find the joy in things and be appreciative of everything you get because it can be here one day and gone the next."

Kerith Gabriel is the communications manager at Philadelphia Corporation for Aging



## Crossword puzzle solution

(See page 15 for clues.)

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



## Start the new year off with a positive mindset

By Jay Nachman

Resolutions are a great way to welcome in the new year.

But don't go overboard, and be flexible.

That is the advice of Tania Giovannetti, Ph.D., associate professor of psychology at Temple University.

"(The) new year is a time when people try to make changes. Being persistent and having a lot of grit to persevere in these goals is important but it is also important that we're flexible in our approach," said Giovannetti, who studies memory changes and dementia in older adults. "You might start with a specific goal in mind but think carefully about what you realistically can achieve. For example, when setting a fitness goal, you might choose a different activity that suits you better now than what you have done in the past. If you enjoyed weightlifting or running, consider yoga or walking. Think of flexibility as a new ap-

proach to achieve your goals."

Research shows that even making small changes is effective. "You make small changes in your life with the idea that the smaller the change, the more likely you are to stick with it. But over time, the effects of even very small changes can be really striking," she said.

It is also important to keep a positive mindset when pursuing your goals. "You might be really achieving your fitness goal by staying on a very strict diet. But you also might be very miserable. That low mood might counteract the gains from the physical fitness," she said.

Liz Dunleavy, an aging life care specialist with Kith Elder Care in Center City, noted that as the calendar turns over, coupled with the isolation that COVID-19 brings, "It's okay to feel down, or feel blue. It's nothing you should be ashamed of. There are resources, tips and tricks to help over

• continued on page 14



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# Tips to ease winter joint pain

By Mary Anna Rodabaugh

Winter brings with it many things including holidays, snow, cozy sweaters and piping hot beverages. However, as winter arrives in the Philadelphia region, it also brings bouts of bone chilling temperatures that can last several months. For some older adults, colder weather means an increase in joint pain and arthritis symptoms.

While there is limited scientific research to suggest exactly why colder weather seems to exacerbate joint pain, the correlation may have something to do with changes to the atmospheric pressure.

"There is truth to people feeling changes in weather, especially when the barometric pressure drops several hours before a storm," says Dr. Walter Dearolf, an ortho-

pedic surgeon with Orthopedic Surgery and Rehabilitation Associates.

Colder weather also means spending less time doing outdoor activities, which can keep the joints lubricated and flexible. "Try to get up and move every hour, so stiffness does not become a problem," Dearolf says.

Not only does staying active improve joint stiffness, it can also help you work through the pain in the long run and improve quality of life. "Ambulation is medication," says Lorraine Belcher, MSN, RN, CCTM, NE-BC, nurse manager at Jefferson Methodist Hospital and former chair of the Pain Committee for Jefferson. "The most valuable thing you will ever own is your body, treat it well."

Remember to drink plenty of water to hydrate your muscles, advises Belcher.



Give your body the right fuel by eating a well-balanced and nutritious diet. It is imperative for older adults to stay active and maintain a healthy weight. Excess weight puts stress on joints and can contribute to chronic pain.

## Tips to get moving

While a long walk outdoors in subzero temperatures is not ideal, there are many ways older adults can incorporate bouts of exercise and activity into their daily life to combat joint stiffness and pain. Michelle Friedman, who holds a doctorate in physical therapy and is president of Atlantic Physical Therapy, suggests several simple exercises that can be practiced without having to leave the house.

## Sit to stand

"Seniors can stand up from a chair and sit back down throughout the day," suggests Friedman. "This strengthens all the muscles and is a functional exercise." The goal is to work toward standing up from the chair without using your hands to push off. Remember to use a chair with a solid base, such as a kitchen or dining room chair. A great time to practice this exercise is during commercial breaks as you watch your favorite television program.

## Heel raise

Strengthening the calves can alleviate knee pain. The heel raise is another small, yet functional movement you can do just about anywhere. First, slowly stand up on your tip toes, hold for three seconds, and return your entire foot back to the ground. Repeat 20-30 times. If you're just starting

out, make sure you have a wall or countertop to assist with balance until you can complete the exercise without assistance. Then try doing a few heel raises while doing the dishes or folding laundry.

## Leg lifts

Hip pain is a common ailment for older adults. To strengthen the hips, Friedman suggests completing 10 lifts on each leg. First, face your kitchen counter and place your hands on the counter for balance. Slowly kick one leg out to the side and return it to the starting position. Repeat with your other leg. As you begin to master the exercise, try bracing the tips of your fingers on the counter instead of your entire hand so your core is engaged.

"You're at a higher risk of falls after 60," says Friedman. "This exercise can help keep your outer hips nice and strong, which helps us keep our balance."

## Listen to your body

For severe joint pain and arthritis, you may need to see a specialist and discuss options beyond at-home exercises. Physical therapy is a great way to strengthen the muscles above and below the ailing joint. Instead of the joint taking the force of gravity, the muscles take the impact.

However, if your joint pain starts to contribute to immobility, your provider may suggest other alternatives.

The best way to combat winter joint pain is to stay active and stay warm.

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



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.*

## Recipe Box Try these healthy comfort foods!

As we ring in 2021, the new year is often celebrated as a time for fresh starts and new beginnings. It is also the time to break out those resolutions. If you're looking to kick-off the new year with a healthy start, Milestones has a couple recipes to get you started. This month, we're featuring some classic, hearty dishes that are perfect to enjoy during the winter. Although filling, both dishes are low in calories, but packed with healthy nutrients.

### Spaghetti Squash and Meatballs

#### Ingredients:

1 medium spaghetti squash (about 2 lbs.)  
Kosher salt  
3 tbsp. extra-virgin olive oil, plus more for brushing  
2 stalks celery, chopped  
1 medium carrot, roughly chopped  
1 medium onion, roughly chopped  
6 cloves garlic  
1 cup fresh parsley leaves  
1 lb. ground beef  
1 lb. ground pork  
2 large eggs  
1 cup Italian-style breadcrumbs  
1 cup, plus 3 tbsp., grated parmesan cheese  
2 cans (28 ozs. each) tomato puree  
2 large sprigs basil  
1 tsp. dried oregano

#### Directions:

Preheat the oven to 425 degrees. Halve the squash lengthwise and scoop out the seeds. Sprinkle the cut sides with  $\frac{1}{2}$  tsp. salt and brush both sides with olive oil. Put the squash, sliced-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes.

Meanwhile, make the meatballs. Brush a baking sheet with olive oil. Pulse the celery, carrot, onion, garlic and parsley in a food processor to make a paste. Transfer half of the vegetable paste to a bowl. Add the ground beef, ground pork, eggs, breadcrumbs, 1 cup parmesan and 1 tsp. salt. Mix with your hands until just combined. Form into about 24 two-inch meatballs.



Transfer to the oiled baking sheet. Bake until firm but not cooked through, about 10 minutes.

To make the sauce: Heat 3 tbsp. olive oil in a large pot over medium-high heat. Add the remaining vegetable paste and cook, stirring occasionally, until it looks dry, about 5 minutes. Stir in the tomato puree; rinse each can with 1 cup water and add to the pot. Stir in the basil, oregano and  $1\frac{1}{2}$  tsp. salt. Bring to a simmer, then add the meatballs and simmer until the sauce thickens and the meatballs are cooked through, 15 to 20 minutes. Remove the basil.

Use a fork to scrape the spaghetti squash flesh into strands. Transfer to a large bowl and toss with 2 tbsp. grated parmesan. Season with salt. Divide the squash among bowls and top each with meatballs, sauce and the remaining parmesan.

**NOTE:** This recipe makes extra sauce and meatballs. Let cool completely and then freeze in a storage container for up to one month.

### Lemon-Garlic Shrimp and Grits

#### Ingredients:

$\frac{3}{4}$  cup instant grits  
Kosher salt and freshly ground black pepper  
 $\frac{1}{4}$  cup grated parmesan cheese  
3 tbsp. unsalted butter  
 $1\frac{1}{4}$  lbs. medium shrimp, peeled and deveined (tails intact)  
2 large cloves garlic, minced  
Pinch of cayenne pepper (optional)  
Juice of  $\frac{1}{2}$  a lemon, plus wedges for serving  
2 tbsp. fresh parsley, roughly chopped

#### Directions:

Bring 3 cups water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, 1 tsp. salt and  $\frac{1}{2}$  tsp. black pepper. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes.



Stir in the parmesan and 1 tbsp. butter. Remove from heat and season with salt and black pepper. Cover to keep warm.

Meanwhile, season the shrimp with salt and black pepper. Melt the remaining 2 tbsp. butter in a large skillet over medium-high heat. Add the shrimp, garlic and cayenne, if using. Cook, tossing, until the shrimp are pink, 3 to 4 minutes. Remove from heat and add 2 tbsp. water, lemon juice and parsley. Stir to coat the shrimp and season with salt and black pepper.

Divide the grits among shallow bowls, then top with the shrimp and sauce. Serve with lemon wedges.

Source: *The Food Network*

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## MLK legacy

• continued from page 4

wide movement that has worked to break down barriers, form ongoing partnerships and foster understanding about the legacy of Dr. King, particularly among young people. The Greater Philadelphia Martin Luther King Day of Service is now the largest MLK Day of Service event in the nation with more than 150,000 volunteers each year.

In a push to address nationwide systemic racism, specifically after a 2020 filled with civil unrest involving people of color, the words of Dr. King and the 2021 MLK Day of Service serves a greater need to give back and give tribute to King's legacy of equality.

"For the upcoming King Day of Service, we're planning many virtual activities," said Campbell Bird, vice president of

Global Citizen, a non-partisan organization that promotes civic engagement and organizes the MLK Day of Service.

Physical challenges will not prevent older adults or people with disabilities from taking part, since most volunteer activities accommodate people with limited mobility. According to Global Citizen, 19,000 older adults took part in the 2019 Greater Philadelphia service day activities.

For more information about The Greater Philadelphia Martin Luther King Day of Service and to search for volunteer opportunities, visit [mlkDayOfService.org](http://mlkDayOfService.org) or call 302-669-9185.

\* \* \*

To learn more about Dr. Martin Luther King Jr., watch the free documentaries "The Martin Luther King Story" and "King in the Wilderness" on YouTube.

*Native Philadelphian Constance Garcia-Barrio writes about many topics, including black history.*

## Positive mindset

• continued from page 11

come those feelings."

If you're feeling isolated, it's okay to reach out and let people know. "We're humans, we're interconnected," said Dunleavy, who is also a licensed social worker. "We need connections with other people. You don't always have to wait for the phone to ring. You can be the one to initiate the call. So, if you're thinking of someone, [consider] how nice it would be to pick up the phone and give them a call. I'm sure it would mean a lot to them. It's nice to hear from an old friend or family member and have a conversation."

Also if you're interested in staying connected, volunteering can nourish your spirit. "It always feels good when you are contributing or helping," she said. "Looking into volunteer opportunities that you might be able to do to help others in the community is a positive way to



start the new year and gives you a sense of connectivity."

If going to a gym or older adult community center for exercise is not possible, there are a host of online workout programs to consider. Additionally, with more businesses shuttered at moment or having to allow limited capacities, many local gyms and yoga studios are offering online programming.

"I think it's all interconnected – the mind, body, spirit," Dunleavy said. "If you try to focus on improving or addressing each of those categories, hopefully, in the new year you'll have a better frame of mind and it will improve your outlook on life."

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

## Health Brief



## Cheers to a healthy new year!

As we bid farewell to a year that posed numerous challenges, there's hope that 2021 will cast a much rosier outlook.

Hope comes by way of a vaccine – or multiple by the time you read this – being distributed to curb the spread and effects of the COVID-19 pandemic, which has altered the way of life for people. But we can revel in the fact that this is a new year, one that allows for a clean slate. The beauty is that there are changes we can make now to lower stress levels, improve overall health and strengthen relationships with the people we love.

Reconsider lofty resolutions in 2021 for steps that can help you become the best you can be.

### Clear the clutter and free your mind

When you look around, does your house feel like a home? If excess items and furniture are hiding natural light or preventing a feeling of open space, take the time to clear the clutter. According to Good Housekeeping, dwelling in a cleaner environment can relieve stress and promote better sleep, which is vital to the human body.

### Make your blood pressure a priority

Much like ridding your dwelling of stress-inducing clutter, making the decision to reduce unnecessary stress can do wonders for your blood pressure. Ac-

cording to a study by Harvard University, blood vessels get stiffer with age, and it takes a regimen of diet, exercise and sleep to ensure they remain healthy. The National Institute on Aging notes that there are lifestyle changes all older adults can make but recommends that you consult a physician before you do anything significantly different.

### Tell people you care

It's easy to forget to tell people how much you care about them. Making a special vow to do that frequently can have great effects on your mood. Not a people person? That's OK! Something as simple as getting a plant can create a nurturing feeling. Keeping healthy plants also creates better air quality in your dwelling, so it's a win-win.

### Take a fresh look at your finances

Are you OK financially? It's a question we all need to ask ourselves, especially given the economic effects of the COVID-19 pandemic. For information about resources that may be available to older adults, Philadelphia Corporation for Aging's PCA Helpline (215-765-9040 or pcaCares.org) can point you in the right direction.

Sources: Good Housekeeping; National Institute on Aging; U.S. News and World Report

## Crossword

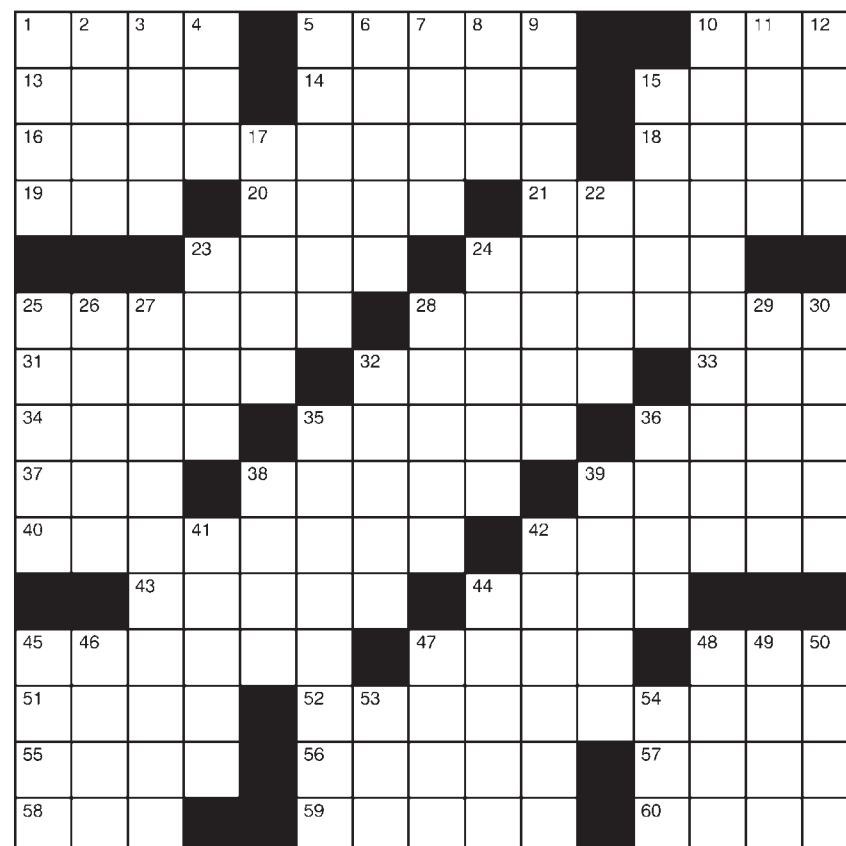
## Presidential

### Across

- |  |  |                                    |                              |
|--|--|------------------------------------|------------------------------|
| 1 US president, #27                                  | 23 Capes of Antarctica and Massachusetts | 36 Slant                           | 45 Seaport on Puget Sound    |
| 5 Monastery chief                                    | 24 Curse                                 | 37 Whirlwinds near the Faeroes     | 47 Swiss waterway            |
| 10 Observe   | 25 Orange, and others                    | 38 Sock bottoms                    | 48 Whiffenpooper             |
| 13 Admiral's rank                                    | 28 First name of 26th US president       | 39 Falcon Crest grandson           | 51 Lucky Jim's author        |
| 14 Bicuspid  | 31 Arabian region and its gulf           | 40 First name of 32nd US president | 52 First in the hearts . . . |
| 15 Overcharge  | 32 Oliver Stone subject                  | 42 French magistrates              | 55 Grade                     |
| 16 US president, #34                                 | 33 Meadow                                | 43 Besmirches                      | 56 Zones                     |
| 18 Land measure                                      | 34 Large shoe size                       | 44 Sounds of murmuring             | 57 After fan, err, or dram   |
| 19 Young 'un   | 35 Debauchees                            |                                    | 58 Some                      |
| 20 Cash and court trailers                           |  |                                    | 59 Bread ingredient          |
| 21 "But who is this, what thing of sea ___?": Milton |  |                                    | 60 US president, #41         |

### Down

- |                        |                               |                          |   |
|------------------------|-------------------------------|--------------------------|---|
| 1 Weight allowance     | 12 Made do                    | 28 Subway coin           | 45 Mitchell's plantation                            |
| 2 Vowel sequence       | 15 Caesar, for one            | 29 Respond to a stimulus | 46 "What a piece of work is ___"                    |
| 3 Type of lane         | 17 Some people dress to these | 30 Comforts              | 47 Befuddled  |
| 4 Roman's three        | 22 Car classics               | 32 Surrealist's family   | 48 Famous last words                                |
| 5 European capital     | 23 Tops                       | 35 Bed type              | 49 Superman's Lane                                  |
| 6 Party paupers?       | 24 Pumps and ghillies         | 36 Prohibits             | 50 Part of a foot                                   |
| 7 Hair adornments      | 25 ___ gold, at rainbow's end | 38 Milk grade            | 53 "... for the God of Things as They ___": Kipling |
| 8 Native: suffix       | 26 Moslem prince              | 39 Unit of light flow    |   |
| 9 Pitchers and heavers | 27 Big beef burg?             | 41 Ensnares              |   |
| 10 Palmetto State      |                               | 42 Legal scholar         |   |
| 11 Merit               |                               | 44 Fences                | 54 Chatter  |



## Solution

The solution can be found on page 10.



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