

# Milestones™

April 2021 • Free

IN THIS  
ISSUE



**STOP ASIAN & PACIFIC  
ISLANDER HATE NOW!**



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**COVID CAN'T STOP  
THESE OLDER ADULTS**



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## *Spring Forward!*



**GARDENING, VOLUNTEERING AND COOKING ARE JUST  
SOME OF THE ACTIVITIES YOU CAN ENJOY THIS SEASON.**

Pennsylvania Horticultural Society

**Next Month: Celebrate Arts!**





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- Home repairs and modifications
- Protective services
- Senior centers
- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



- Ombudsman services
- Health education
- Information and referral

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# Milestones

Published by Philadelphia Corporation for Aging

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## Stop Asian American and Pacific Islander hate crimes NOW!



Philadelphia Corporation for Aging (PCA), publisher of Milestones newspaper, and PCA's Asian Advisory Council condemn the recent, targeted acts of violence and victimization against Asian Americans and Pacific Islanders (AAPI) that have been occurring across the nation.

Asian and Pacific Islander communities are bright and vibrant parts of our nation's melting pot and are interwoven into the fabric of the City of Philadelphia. Crimes based in racism or bigotry will never be tolerated. We stand with the Asian and Pacific Islander communities of Philadelphia and call on all our neighbors to do the same.

### Resources for Asian and Pacific Islander communities include:

Stop AAIP Hate – [StopAapiHate.org](http://StopAapiHate.org)

Asian Americans United – 215-925-1538 | [aaunited.org](http://aaunited.org)

Southeast Asian Mutual Assistance Associations Coalition – 215-467-0690 | [seamaac.org](http://seamaac.org)

Cambodian Association of Greater Philadelphia – 215-324-4070 (North Philadelphia) | 215.389.0748 (South Philadelphia) | [cagp.org](http://cagp.org)

Greater Philadelphia Asian Social Service Center – 215-456-1662 | [gpaspa.org](http://gpaspa.org)

## Together, we take a stand against hatred.

The Asian Pacific Planning and Policy Council shares the following safety tips for those who encounter or witness acts of hate.

### If you experience hate:

- **Safety first:** Trust your instincts and assess your surroundings. If you feel unsafe and can, leave the area. Call 911 if the situation becomes violent.
- **Stay calm:** Take a deep breath, limit eye-contact, and maintain neutral body language.
- **Speak out:** If you feel safe to respond to the attacker, speak in calm and firm voice, establish physical boundaries, and denounce the behavior and comments.
- **Seek immediate support:** Ask bystanders for support or intervention.
- **Seek emotional support:** Once you feel safe, take time to recover and reach out to someone to talk about what

happened. Remember, this is not your fault, and you are not alone.

### If you witness hate:

- **Take action:** Approach the targeted person, introduce yourself, and offer support.
- **Actively listen:** Ask before taking any actions and respect the targeted person's wishes. Monitor the situation if needed.
- **Ignore attacker:** Using your discretion, attempt to calm the situation by using your voice, body language and/or distractions.
- **Accompany:** If the situation escalates, invite the targeted person to leave with you.
- **Offer emotional support:** Help the targeted person by asking how they're feeling. Assist them in figuring out what they want to do next. 🌸



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# Spring into urban greening for Earth Day

By Mary Anna Rodabaugh

As we finally put the cold months of winter behind us, Earth Day on April 24 is a great time to add some greenery to home. Whether it is indoor plants, outdoor window boxes, backyard planters or a small herb garden, urban greening is a wonderful hobby that not only benefits the environment, but also your well-being. Adding a touch of green can brighten up your living space, no matter how big or small. This is especially true while you're spending more time at home due to the COVID-19 pandemic.

## Getting started

First, you must determine what you would like to grow and where to start your garden. If you do not have a lawn, there are many options for container gardening using various sizes of pots and planters.

When selecting plants or seeds for your garden, check the label to make sure they are recommended for our hardiness zone and will have the best chance of surviv-

al in the region's climate. According to Greensgrow, educational urban farms and demonstration gardens in Olde Richmond and West Philadelphia, our region's hardiness zone is 7B, which has a minimum winter temperature of 5-10° F.

## Indoor plants

If you just want to care for a few low-maintenance indoor plants, African violets, peace lilies and bromeliads are plants that require indirect sunlight and thrive indoors. The snake plant is a vibrant green perennial that is perfect for apartments or smaller spaces. In fact, snake plants are proven to improve air quality and tolerate nearly all indoor conditions. Ferns also make good houseplants. With the right amount of light and moisture, ferns are easy to maintain indoors.

## Planting outdoors

When you're ready to try your urban green thumb, assess your outdoor space for possible garden locations. Clear the gardening area of any standing water, dirt

or debris that may have collected over the winter. As you plan your gardening arrangement, be mindful of areas that receive daily sun and areas that are primarily shady, as different plants prefer different types of sunlight.

Since the early days of spring can be variable in temperature, the Pennsylvania Horticulture Society (PHS) recommends planting an ornamental container with spring annuals that can tolerate the cold, like pansies and sweet alyssum in early April.

If you'd like to start a flowering window box, a rectangular flowerpot affixed to the outside of your window ledge, you can plant petunias or marigolds in early May. These flowers do well in window boxes.

## Vegetable or herb gardens

PHS notes that you can plant vegetables, such as kale and brussels sprouts, in early spring. According to BalconyGardenWeb.com, sow half an inch deep and space kale seeds 3-4 inches apart in pots or the ground. Potatoes, celery, onions, beets and herbs are great companion plants for kale. For additional backyard vegetables, pepper plants can be potted in mid-April and tomatoes in mid-May.

Want to start an herb garden? Herbs like oregano, thyme, and mint can thrive in just about any environment that receives at least six hours of sunlight per day. You can start by growing small pots of herbs in your kitchen and, when the weather gets warmer, move the herbs outdoors. Take note that some herbs, like mint, are invasive and, if planted in a bed near the lawn of a property, may take over.

## Get involved in the community

There is no better way to celebrate Earth Day than to safely volunteer your time in

the community on a greening or gardening initiative. Philadelphia has a variety of outdoor gardening volunteer opportunities that are perfect for older adults.

"We are excited to engage gardening volunteers this spring at several of our landscapes and gardens, like the Navy Yard, PHS Meadowbrook Farm and the Azalea Garden," said Andrew Bunting, vice president of public horticulture at PHS. "We will also have many opportunities to volunteer for the Philadelphia Flower Show in June. All volunteer opportunities are designed with health and safety as a top priority."

The Philadelphia Flower Show will take place outdoors at FDR Park in South Philadelphia from June 5-13. Individuals who are interested in volunteering with PHS initiatives, including the Philadelphia Flower Show, can go to [PHS.Volunteer-Hub.com](http://PHS.Volunteer-Hub.com) or call 215-988-8800 for a current list of opportunities.

Love Your Park, a collaborative program managed by Fairmount Park Conservancy and Philadelphia Parks & Recreation, is hosting an Earth Day Project on April 24, from 10 a.m. to noon. Volunteers are needed for a restoration project to help plant trees and remove invasive vines. Tools and materials will be provided, including work gloves. All volunteers are asked to bring their own bottled water and to wear a face mask. For more information, visit [LoveYourPark.org/events/EarthDay2021](http://LoveYourPark.org/events/EarthDay2021).

Throughout the gardening seasons of spring and summer, Greensgrow Farms, 2501 E. Cumberland St., and Greensgrow West, 5123 Baltimore Ave., are accepting volunteers. All volunteers must be scheduled in advance. To learn more and sign up for Greensgrow's newsletter with volunteer opportunities, visit [greengrow.org/get-involved/volunteer](http://greengrow.org/get-involved/volunteer) or call 215-427-2780.

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



## COVID can't stop these older adults

By Jay Nachman

Retired social worker Dennis Brunn was determined to stay active when he and his wife Linda moved to Cathedral Village, a continuing care retirement community in Philadelphia's Andorra section. He quickly became involved in various activities and committees at the community and even helped to plan its annual Black Arts Festival.

When COVID-19 hit, 77-year-old Brunn and other active residents continued to live full lives in the face of the pandemic. They simply modified their activities to meet safety recommendations.

Residents met outside in the summer and fall to host voter registration drives and joined about 25 other people on Friday nights to hold vigils for Black Lives

Matter along Ridge Avenue.

Some artistically inclined residents created portraits of Cathedral Village's staff to thank them for their service and dedication. The portraits were hung in an area where they could be seen by all residents, staff and visitors. Brunn said being able to contribute pastel portraits of two staff members was gratifying.

When the weather turned cold, committees continued to meet via Zoom. "I think that there are so many social justice issues that need attention, and it's important to remain active," Brunn said.

Staying engaged in his community and maintaining socialization during the pandemic has many benefits. "It takes your mind off yourself. You don't have to worry so much (about) what you're going through and what you have to do ...



You can be engaging in certain activities in which you can help others and praying that you can be a blessing for other people."

Roland Lucas Jr. of Germantown relied on a positive mindset to keep the COVID blues away. "It's the desire to remain pos-

itive (that's kept me going)," Lucas said. It's important "not to revert, but (to) go forward; not to go inward and be sorry for yourself, saying 'I can't do this, I can't do that because of the virus or because I'm confined at home.' You have to have that

• continued on page 14



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## VOLUNTEER SPOTLIGHT:



## Small Things working to make big impact

By Shannon Reyes

More than a year ago, the City of Philadelphia announced stay-at-home orders as a response to the COVID-19 outbreak. As the Coordination Director of Small Things, formerly known as Easter Outreach, Dave Brindley was concerned about underserved populations, especially as the need and demand for food resources increased. So, he called Meals on Wheels in Washington, D.C to see if they could connect him to their local Philadelphia branch. That call led to another call with Philadelphia Corporation for Aging's (PCA) Assistant Director of Community Engagement Karen Washington. Both organizations have a storied history of meeting the needs of underserved communities.

Starting over 10 years ago, a network of more than 70 churches and congregations throughout Philadelphia was founded by the organization's Executive Director Pastor Vito Baldini, under the name Easter Outreach. The network was originally focused on bringing food to underserved families in the community during the Easter holiday season, which inspired the or-

ganization's original name. But as Easter Outreach grew and formed a connection with Philabundance, the network outgrew its former name as the focus evolved into feeding underserved families year-round.

In the summer of 2020, PCA-funded senior centers had to pivot quickly, due to the city-wide restrictions. The centers, once serving as a physical space for local older adults to share a hot meal on weekdays, shifted to providing Grab & Go meals. From March 18, 2020 to today, PCA-funded senior centers have provided more than 544,000 meals to older adults in their communities. Instead of arriving at the centers for a meal, older adults could pick up a week's worth of frozen or shelf-stable meals right from the center.

"Prior to the pandemic, daily hot lunches at our senior centers played a vital role in keeping older adults nourished," Washington said. "We knew that it was important to keep providing meals to our senior center members during COVID, especially as the pandemic limited food resources and impacted many economically."

In the early months of the pandemic, the fateful call between Brindley and

Washington led to a collaboration that ensured the Grab & Go meal program's success in its early stages. Washington put Brindley in touch with some of the senior centers who needed volunteers to help rollout Grab & Go meals. Small Things then put out the call for volunteers, which was answered in droves.

"It was wonderful to see citizens of every background wanting to serve," Brindley says.

Small Things volunteers went out to the senior centers to deliver meals to older adults who were unable to pick up them up. Brindley supported the centers and volunteers by learning to map out delivery routes, in what he lightheartedly describes as the "volunteer Uber Eats experience."

While Brindley mainly worked with the centers coordinating deliveries, his wife, Katie, also hit the road with fellow volunteers to deliver meals. She had a route at Firehouse Active Adult Center and still stays in touch with one of the meal recipients.

Another Small Things volunteer, Beth Dyson, also made meaningful connections on her Grab & Go delivery route with her 5-year-old son, Anderson. While getting to know the faces along their route, Dyson says her son often prayed for meal recipients and made drawings as gifts to go along with the meals being delivered to each home.

"During this crisis, our family wanted to give back and show our children what it looks like to look beyond our four walls, while respecting the laws and guidelines," Dyson said. "Working with the Firehouse (Active Adult Center) has allowed us to do that. My son came along with me 'reading' the map while I dropped meals off on the residents' porches."

Being on the road also allowed Dyson to help those on her route in other ways. In one instance, she noticed that a Grab & Go recipient's front steps were in need of repair. After mentioning it to a staff member at the Firehouse Active Adult Center, she was able to connect the recipient with

PCA's Senior Housing Assistance Repair Program (SHARP), which provides home repairs and modifications for those over 60.

Throughout the summer months of 2020, Small Things continued to support PCA's Grab & Go meal efforts, with Brindley estimating that Small Things volunteers delivered approximately 30,000 meals on behalf of the program.

"There's a great volunteer spirit in this city and understanding of the need because of COVID," says Brindley. "Volunteers understand that any one of them could be in that same situation as the individuals we are helping."

Since the summer, Small Things has expanded its efforts to provide for underserved neighborhoods. In December 2020, Small Things subleased a warehouse from Philabundance and Feeding America in Roxborough to receive and package food for distribution at neighborhood centers. Those who are looking for volunteer opportunities with Small Things can register on its website at [smallthingsphilly.org](http://smallthingsphilly.org).

**"There's a great volunteer spirit in this city and understanding of the need because of COVID. Volunteers understand that any one of them could be in that same situation."**

~ Dave Brindley,  
*Coordination Director of Small Things*

"We are so grateful for everyone who came together to make this happen, including our meal vendors, senior centers, Small Things and others who partnered with us in order to bring these meals to our seniors," Washington said.

Those interested in Grab & Go meals or other PCA programs are encouraged to call the PCA Helpline at 215-765-9040.

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





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# Milestones<sup>™</sup>

## Virtual Events

### April 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

#### THURSDAY STARTING APRIL 1

##### Book Club

Discussion about “A Promised Land” by Barack Obama. 10 a.m. Host: Martin Luther King Older Adult Center. To request a book, call 215-685-2715. Dial-in by phone: 602-580-9544 | Access code: 4510829#

#### APRIL 1

##### Night Skies at Home

Chief Astronomer Derrick Pitts leads virtual tour of the cosmos, no telescope needed. 7:45-9 p.m. Stream live: Facebook.com/TheFranklinInstitute/live\_videos



#### FRIDAYS STARTING APRIL 2

##### Virtual Bingo

Compete for great prizes. 1:30 p.m. Host: St. Edmond Senior Community Center. Call 215-790-9530 to have cards mailed or emailed to you. Zoom.us (Meeting ID: 954 790 1024 | Passcode: 3XUAZM)

#### APRIL 2

##### Bible Study with Rev. Walter Montage

Weekly Bible discussion. 10 a.m. Host: Philadelphia Senior Center – Arts. Dial-in: 617-769-8590

#### APRIL 4

##### Easter Passover Ends



#### MONDAYS STARTING APRIL 5

##### Guided Meditation

Learn techniques to induce calmness anytime and anywhere. Host: Journey’s Way. 1-2 p.m. Zoom.us (Meeting ID: 870-3484-0800 • Passcode: 405634)

#### TUESDAYS STARTING APRIL 6

##### Chair Yoga

Stay fit and active with Philadelphia Senior Center – Arts. Noon. Zoom.us (Meeting ID: 275-166-4679 • Passcode: TFLFIT)

#### WEDNESDAYS & FRIDAYS STARTING APRIL 7

##### Enhanced Fitness

Improve your life through exercise in a casual, virtual atmosphere. 10:30 a.m. Host: St. Edmond Senior Community Center. Zoom.us (Meeting ID: 325-185-4452 • Passcode: 6T8brM)

#### APRIL 7 & APRIL 21

##### The Coolest Variety Show on Zoom

Join DJ Big Willie for laughter, music, games and live feeds from around the world. Noon. Host: Philadelphia Senior Center – Allegheny. Zoom.us (Meeting ID: 655 373 3173 • Passcode: 121560) Dial-in by phone: 301-715-8592 and general meeting. 7:30 p.m. Register: 215-677-1600.

#### APRIL 8

##### Making Her Mark Spotlight: Poetry and Movement Building

Live readings of historical and contemporary poetry. 6:30 p.m. Host: Free Library of Philadelphia. Register: <http://bit.ly/Poetry-Movement>

#### FRIDAYS STARTING APRIL 9

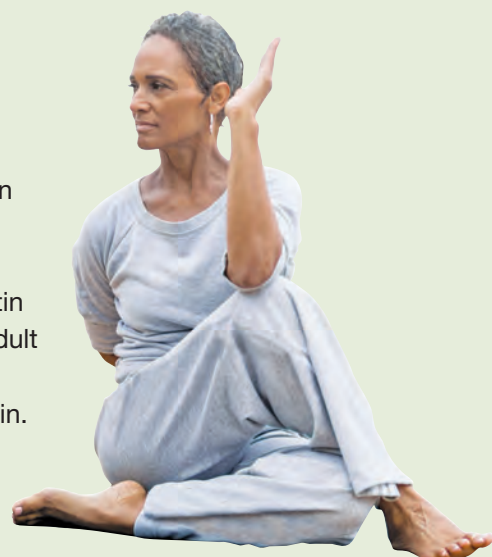
##### Chair Yoga

Class combines breathing, exercise, stretching and meditation for a full-body workout in a chair. 1 p.m. Host: Philadelphia Senior Center – Allegheny. Zoom.us (Meeting ID: 275-166-4679 • Passcode: TFLFIT) Dial-in by phone: 646-558-8656

#### APRIL 9

##### Qigong

10-minute meditation routine to stimulate the body and mind. 9:30 a.m. Host: Martin Luther King Older Adult Center. Steam live: Facebook.com/martin.rec.169



The 2020 federal income tax filing and payment deadlines for individuals have been extended to May 17. For more information, go to [IRS.gov](https://www.irs.gov).

#### APRIL 9

##### Deadline for Artists

Last day to enter PCA’s 2021 Celebrate Arts & Aging virtual exhibit: [pcaCares.org/art](https://pcaCares.org/art)

#### APRIL 11

##### Virtual Sundays on Stage: Gift of Story by TAHIRA

Celebrate stories of hope, triumph and tragedy, drawn from diverse original works and those based on African oral tradition. 2 p.m. Host: Free Library of Philadelphia. Stream live: Facebook.com/FLPYouthServices



#### APRIL 12 & APRIL 19

##### Virtual Nutrition Presentation

LaSalle University interns share immune-boosting nutrition tips and fresh ideas to develop a healthier lifestyle. 11:30 a.m. to 12:15 p.m. Register to receive the Zoom link at 215-487-1750.

#### APRIL 13

##### Reaching Out Support Group: Favorite Hobbies

People with chronic health issues and their caregivers discuss their favorite hobbies. 10:30 a.m. Host: Journey’s Way. Zoom.us (Meeting ID: 853-7817-2215 | Passcode: 857195)

#### APRIL 14

##### 2021 One Book, One Philadelphia Program Kickoff

Conversation with Pulitzer Prize-winning poet Jericho Brown and Philadelphia Poet Laureate Trapeta B. Mayson. 7:30-9 p.m. Register: <http://bit.ly/OneBook2021>

#### APRIL 15

##### Short Film Screening and Resource Share: Seeds of Change

Join the Free Library’s Nourishing Literacy team for a virtual screening of this PBS film that highlights people who are passionate about preserving plant diversity. 4 p.m. Register: <http://bit.ly/SeedsScreening>

#### APRIL 20

##### Career Workshop: How to Jump Over Age Barriers

Tips and information for 50-plus job seekers. Noon to 1:30 p.m. Host: Workshops Full Circle. Register: <http://bit.ly/CareerWorkshop50>

#### APRIL 21

##### Ready to Retire? What You Need to Know About Medicare

Noon to 1:30 p.m. Follow-up appointments are available for one-on-one counseling with APPRISE Medicare counselors at CARIE: 215-545-5728 or [johnson@carie.org](mailto:johnson@carie.org). [bit.ly/3qEhm5P](http://bit.ly/3qEhm5P)

#### APRIL 25

##### Virtual Sundays on Stage: Dreams of Land with Hua Hua Zhang

Visual artist Hua Hua Zhang uses puppets, shadows, living sculptures and stylized movement to explore relationships and emotional states. Host: Free Library of Philadelphia. 2 p.m. Facebook.com/FLPYouthServices

#### APRIL 27

##### Reaching Out Support Group: Spring Plans

People with chronic health issues and their caregivers discuss plans for the spring. 10:30 a.m. Host: Journey’s Way. Zoom.us (Meeting ID: 853 7817 2215 • Passcode: 857195)

#### APRIL 29

##### PA Department of Banking and Securities Overview

Learn about this important government agency and how the public can work with its outreach staff. 1 p.m. Host: Philadelphia Senior Center – Arts. Zoom.us (Meeting ID: 468 521 8428) Dial-in by phone: 301-715-8592

APRIL 22  
Earth Day





# Older adult business owners show resilience during pandemic

By Jay Nachman

Mya Mya ("Christine") Gyaw remembers the exact date she and her two partners opened their Burmese restaurant Rangoon: March 13, 1993.

It was the first Burmese restaurant in Philadelphia and had 30 seats that they were nervous about filling. "It was very hard to introduce," said Gyaw, 65, who was born in Burma, the country now known as Myanmar. "A lot of people, they don't like to try a different food."

Three years later Rangoon had become so popular that the owners moved across the street from its original Chinatown location to a space with 90 seats. All those seats, once filled, are now empty due to the pandemic.

They are holding on, but barely. Loyal

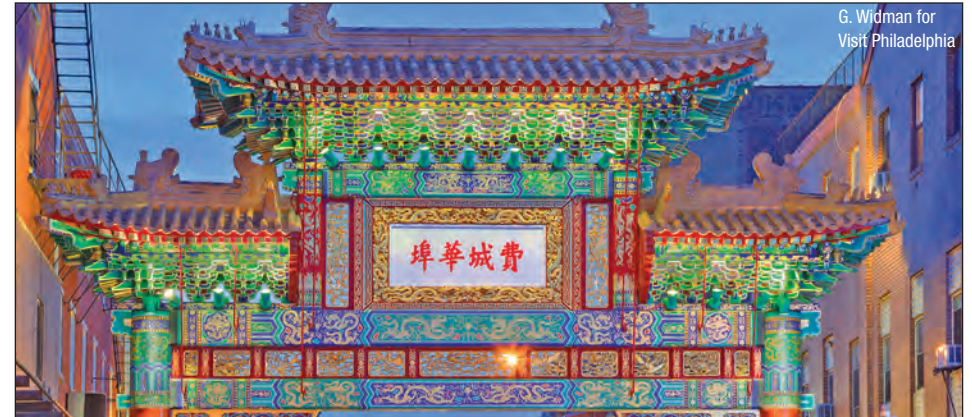
customers continue to order takeout and use food delivery services, like DoorDash. The restaurant has also received some government funds.

"The pandemic is very hard for us," Gyaw said.

What Gyaw really wants is the restaurant filled with diners, ordering Rangoon's noodle, rice and other dishes, which she said are similar to Indian and Thai food. Burmese foods use a lot of cilantro, ginger, garlic, onion and lemon grass. Indian food uses more cumin and masala, while Thai food includes more galangal (similar to ginger with a spicier taste).

"I hope [there is] no more COVID soon, so we can reopen the restaurant again," Gyaw said.

Times are tough, too, for Kye Cho and his Korean barbecue restaurant, Seorabol,



G. Widman for Visit Philadelphia

**Chinatown, and many of Philadelphia's other cultural epicenters, took an economic hit from the pandemic restrictions. Now, with safety measures in place, things are looking up for these business owners.**

that he opened in Olney in 2002.

After working as a chef in his native Korea, Cho, 62, was recruited to work in restaurants in New York and Philadelphia. When he opened his own restaurant here, it was an instant hit with the Korean community in Philadelphia and soon, also with the wider community. It became so popular that Cho's son, Chris, opened a Center City outpost of Seorabol in 2019.

Like Rangoon, the restaurant used to be jam-packed. Now it can accommodate about 50 diners, due to social distancing rules.

During these times, the Korean community continues to support the restaurants, and they give back as much as they can, often partnering with the Korean American Association of Greater Philadelphia. For the past 20 years, during the celebration of the Lunar New Year, Seorabol serves anywhere from 400 to 500 free bowls of a rice cake soup, called "ddukguk." The Lunar New Year celebration is similar to a birthday party for Koreans, who believe that once they've eaten a bowl of ddukguk, they are one year older.

Cho awaits the day when he can "make good food and serve the community" like he used to.

Navigating the pandemic wasn't a piece of cake for Silvia Paulino and her Kensington bakery that serves specialties from her native Dominican Republic. Silvia's Bakery,

which she launched in 2003, had to shut down for a while when business dried up.

Gradually, customers have returned and Paulino is now at her bakery six days a week, from 6:30 a.m. to 6:30 p.m. or later. "I enjoy it, even if it is a long day," Paulino said through a translator.

She was inspired to start the business when she would bake desserts for her housekeeping clients who suggested there was a need for a Dominican bakery in Philadelphia.

Paulino, who turns 67 this month, started with a Hispanic clientele and is still the go-to place for Dominican cakes for birthdays and weddings. But the shop now also attracts customers with sweet tooth from around Philadelphia and beyond.

Every day, Paulino who favors bread pudding and arepas (cornmeal pancake bread), bakes between 600 and 900 of her tres leches (three-milk cakes), as well as other bizcochos (cakes) and conconetes (rustic coconut cookies). One vendor delivers the treats to shops in Philadelphia and another takes them to stores in Harrisburg, Lancaster, Reading and York.

The pandemic may have slowed down business, but as the COVID-19 vaccination program rolls out, these older adult restaurants are eager to have customers back and asking, "What's cooking?"

*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).

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## Volunteering goes high-tech during pandemic

By Barbara Sherf

Older adults who want to volunteer their time and talents for charitable pursuits have had to change the way they perform certain tasks during the pandemic, leaning more on technology and safety.

PCA's Lynda Pickett, who serves as assistant director for in-home support and volunteer services, oversees three programs that utilize volunteers. All have had to pivot operations during the COVID-19 pandemic.

"We've had to rely more heavily on our telephone assurance program to check in with seniors as opposed to one-on-one in-home visits," Pickett said.

PCA's Ombudsman Program uses volunteer advocates to represent the interests of Philadelphia's 14,000 nursing facility residents. In that program, ombudsmen

are utilizing a PADBOT to do the monitoring instead of physical in-person visits.

"PADBOT is a tablet type of computer that's on wheels that can go from room to room and check in on a resident, providing real-time feedback to the technician monitoring the services provided by the facility," said Pickett.

Pickett and her colleagues have received some funding to enable them to bridge the digital divide in services.

"Many of our seniors don't have the most up-to-date technology, so we are helping them and installing more internet hotspots where they are needed," said Pickett, who also oversees the APPRISE Program to help Medicare beneficiaries find the health care coverage for their individual needs.

Daniel Z. Louis has been working for the APPRISE Program for more than four

years. Pre-pandemic, Louis would set up individual appointments and go into older adult living facilities to educate clients about the difference in providers, which, at times, can be very confusing.

"I'm 74 and worked at Jefferson to train medical students on what is out there and how to access the information. Yet, I needed help when looking at all of the (Medicare) options. That's how I came to (become an APPRISE) volunteer myself," said Louis, who notes that volunteering during the pandemic has its pros and cons.

"It's all virtual now. There is no relationship-building, face-to-face, unless it's on Zoom," he said. "We have more clients who might not have made an appointment and gone out to sit down with an advisor. It's been a dramatic change in how we work, but it also provides much more flexibility in my schedule to work



with more clients and get the information out there (by phone and electronically)."

There are two upcoming webinar sessions, titled "Ready to Retire? What you need to know About Medicare."

"The webinars will introduce some seniors to the Medicare program, but there

• continued on page 14



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Recipe Box

Spring is here! Spend more time outdoors and less time in the kitchen

As spring rolls around to the Philadelphia area, there is plenty to do outdoors in a safe, socially distant setting. To maximize your time spent outdoors instead of in the kitchen, this edition of Milestones presents this spring-friendly meal that can be completed in 35 minutes or less. Not only will you be happy for the extra free time, but this quick recipe will also save you time running your oven or stove on those warmer days.

Balsamic Brussels Sprouts Bacon Pizza with Feta

- Ingredients:**
- Pizza dough (enough to yield a 11x14-inch pizza)
  - 4 slices bacon, cooked
  - 1 tbsp. olive oil (plus 1–2 tablespoons additional for brushing the pizza)
  - ¾ lb. Brussels sprouts, stems removed and thinly sliced
  - ¼ tsp. kosher salt
  - 3 tbsp. balsamic vinegar
  - 2 tsp. minced garlic (heaping, about 3 cloves)
  - ¼ tsp. red pepper flakes
  - 2 cups mozzarella cheese, freshly grated
  - ½ cup crumbled feta cheese

**Directions:**

Preheat the oven to 450 degrees. Heat 1 tablespoon olive oil in a large skillet over medium-low, then add the Brussels sprouts and salt. Cook just until beginning to soften, about 6 minutes, then add the balsamic vinegar. Cook 1 minute, until the vinegar disperses, then add the garlic and red pepper flakes. Cook 1 additional minute, then remove from heat and set aside.

On a lightly floured surface, roll the pizza dough into a 11x14-inch rectangle, working from the center. If the dough bounces back, simply let it rest a minute, then roll again. Line a large baking sheet with parchment paper or dust with cornmeal. Transfer the dough to the baking sheet, then brush the surface of the dough all over with olive oil. Layer ½ the mozzarella cheese, sautéed

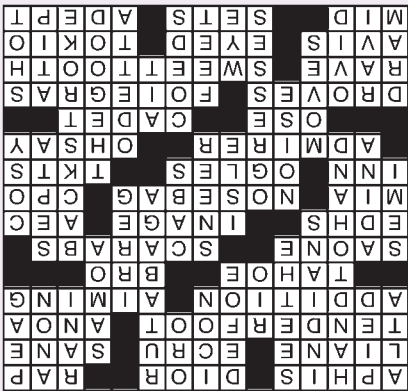


Brussels sprouts and remaining cheese on the dough, and sprinkle the bacon and feta on top. Bake the pizza until crisp and golden, about 12 minutes. Remove from the oven and let cool for 2 minutes, slice then serve.

(Source: Well Plated)

Crossword puzzle solution

(See page 15 for clues.)




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# MEDICAL MARIJUANA SURVEY

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## Questions?

Principal Investigator  
Dr. Andrew Peterson  
**SUDI@uscience.edu**



**USciences**  
University of the Sciences

## COVID & older adults

• continued from page 5

desire to say, "Yes, I want to do this! I want to make that change and to move forward in a positive way. And it can be done."

One change that allowed Lucas to stay connected at home was to learn about the video conferencing software Zoom. "This is an interesting way of being in touch with other people and not being so concerned about picking up the virus," said Lucas, a retired dialysis social worker who turns 67 next month.

Through Zoom, he was able to remain involved with Center in the Park, a senior center in Germantown, and teach Sunday school at Mount Zion Baptist Church of Holmesburg. Lucas has become so comfortable using technology that he has served as the church's Zoom administrator, putting up information for worshippers to read during the service.

Lucas also continues to bowl in a safe, socially distant bowling league.

Even COVID-19 wasn't going to stop the

91-year-old Callalily Cousar from helping her West Philadelphia neighbors. She has been president of the East Parkside Residents Association since 1996, has fostered more than 125 children over the years and remains active with her church.

Every week during the pandemic, she has coordinated food distribution in her community by receiving donations from various organizations and setting it all out on tables in front of her house – soups, dinners, fruits and vegetables, ham and cheese, milk, butter, and desserts.

"Quite a bit of things come through here, and we don't have any waste," said Cousar, who continued the food distribution on days when it was bitter cold.

Speaking for herself and the many other older adults who have carried on and stepped up to lend support to those in need during the pandemic, she said: "It makes me feel good knowing that I was able to help people."

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

## Volunteering

• continued from page 12

is still room for the one-on-one counseling that APPRISE volunteers can provide.

What volunteering will look like post-pandemic is anyone's guess. "I don't know what we are going to do when we can go back to face-to-face sessions," Louis said. "I expect we will have a hybrid model (of providing both in-person counseling sessions and) using more technology where possible."

Over at Center in the Park in Germantown, 87-year-old Ombudsman volunteer Ethel Malone provides information on the rights for personal care and nursing home residents. Pre-pandemic, she would actually go into the facilities, but that is not possible now.

"We are mostly doing telephone calls and are doing Zoom meetings with the

presentations to better get this information out there," said Malone of West Mount Airy. "I've been blessed with good health, and I feel what I am doing is worthwhile so I like affecting the lives of people I'm working with in a positive way."

Over at the Pennsylvania Department of Aging, Statewide Volunteer Coordinator Veronica Kell said some of her challenges across the state stems from technology. "A lot of (older) folks don't have a computer or smartphone," Kell said. "We try to get people to use the phone to check in on seniors virtually. Anything we can do to keep them engaged is a good thing. If there's one thing we've learned about this pandemic, it's how to adapt and be flexible."

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





# CDC vaccination update

COVID-19 vaccination is an important tool to help us get back to normal, according to the U.S. Centers for Disease Control and Prevention (CDC). Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19 or from getting seriously ill, even if you do get COVID-19.

The vaccines teach the body's immune system how to recognize and fight the virus that causes COVID-19. It typically takes two weeks after vaccination for the body to build protection, known as "immunity," against the virus that causes COVID-19. That means it is possible for a person to get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. People are considered "fully vaccinated" two weeks after their second dose of the Pfizer/BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine.

Although COVID-19 vaccines are effective at keeping you from getting sick, scientists are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data shows that vaccines help keep people with no symptoms from spreading COVID-19, but we are learning more as more people get vaccinated. We're also still learning how long COVID-19 vaccines protect people.

For these reasons, the CDC strongly recommends that people who have been fully vaccinated against COVID-19 keep taking precautions in public places, like wearing a mask, staying six feet apart from others, avoiding crowds and poorly ventilated spaces, and washing hands often.

After you are fully vaccinated, the CDC says it's safe to do the following:

- Gather indoors with other fully vaccinated people without wearing a mask.
- Gather indoors with unvaccinated people from one other household without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone intense safety monitoring. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe. These vaccines cannot give you COVID-19.

You may have side effects after COVID-19 vaccination, but this is normal, advises the CDC. These include chills or tiredness, which may affect your ability to do daily activities and should go away in a few days. Side effects are signs that your body is building protection.

This information is provided by the U.S. Centers for Disease Control & Prevention.

## Crossword

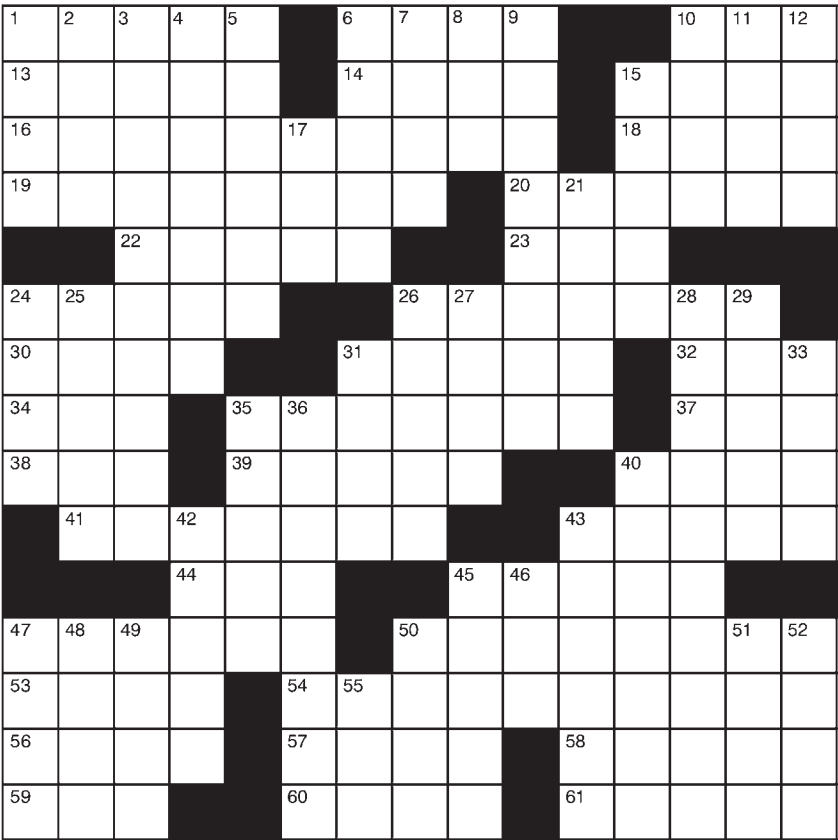
### Anatomical

#### Across

- |                       |   |                       |                      |
|-----------------------|---|-----------------------|----------------------|
| 1 Plant pest          | 22 Western resort lake                        | 34 Actress Farrow     | 50 French delicacy   |
| 6 Big name in couture | 23 Hansel, to Gretel: abbr.                   | 35 Horse feeder       | 53 Hoped-for review  |
| 10 Discussion         | 24 Rhone feeder                               | 37 Nav. rating        | 54 Craving for candy |
| 13 Tropical climber   | 26 Egyptian amulets                           | 38 Wayside stopover   | 56 Rara ____         |
| 14 Fashion color      | 30 Old English letters                        | 39 Greedy looks       | 57 Observed          |
| 15 Rational           | 31 "And now ____ I bud again": George Herbert | 40 B'way sign         | 58 Edo, later        |
| 16 Novice             | 32 Org. once headed by Lewis Strauss          | 41 Suitor             | 59 Central           |
| 18 Dwarf buffalo      |   | 43 Anthem's start     | 60 Tennis units      |
| 19 New wing, e.g.     |   | 44 Verb ending        | 61 Proficient        |
| 20 Intending          |   | 45 West Point student |                      |
|                       |   | 47 Large crowd        |                      |

#### Down

- |                          |                             |                                 |                                |
|--------------------------|-----------------------------|---------------------------------|--------------------------------|
| 1 Canadian prov.         | 15 Pagopago's island group  | 29 Plant or animal membranes    | 45 Some dorm dwellers          |
| 2 Like a patchwork quilt | 17 City on Guanabara Bay    | 31 Innisfree, e.g.              | 46 River islet                 |
| 3 Kind of combat         | 21 Var. of verb             | 33 Snug; var.                   | 47 Perfume measure             |
| 4 Cleveland team         | 24 Prefix for private       | 35 Racket                       | 48 Sitarist Shankar            |
| 5 Boil                   | 25 L'Elisir d'Amore heroine | 36 Into the Woods giant, et al. | 49 Metamorphoses poet          |
| 6 Friday's creator       | 26 Haughty expression       | 40 Start of a Pearl Buck title  | 50 Yard thirds                 |
| 8 Spanish gold           | 27 Hansoms, e.g.            | 42 Budges                       | 51 Take ____; heed some advice |
| 9 Turnip variety         | 28 Swimmer's specialty      | 43 Renowned folk singer         | 52 Kaput                       |
| 10 A Hindu queen         |                             |                                 | 55 River of Wales and England  |
| 11 Prolific auth.        |                             |                                 |                                |
| 12 Wampum                |                             |                                 |                                |



#### Solution

The solution can be found on page 13.





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