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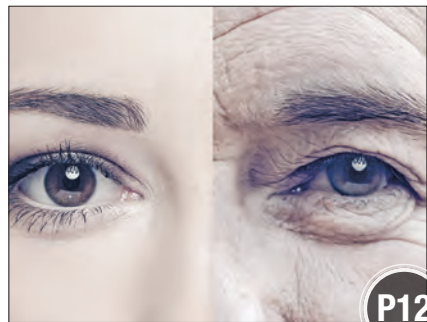
May 2021 • Free

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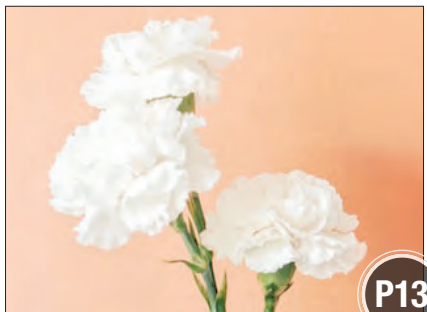


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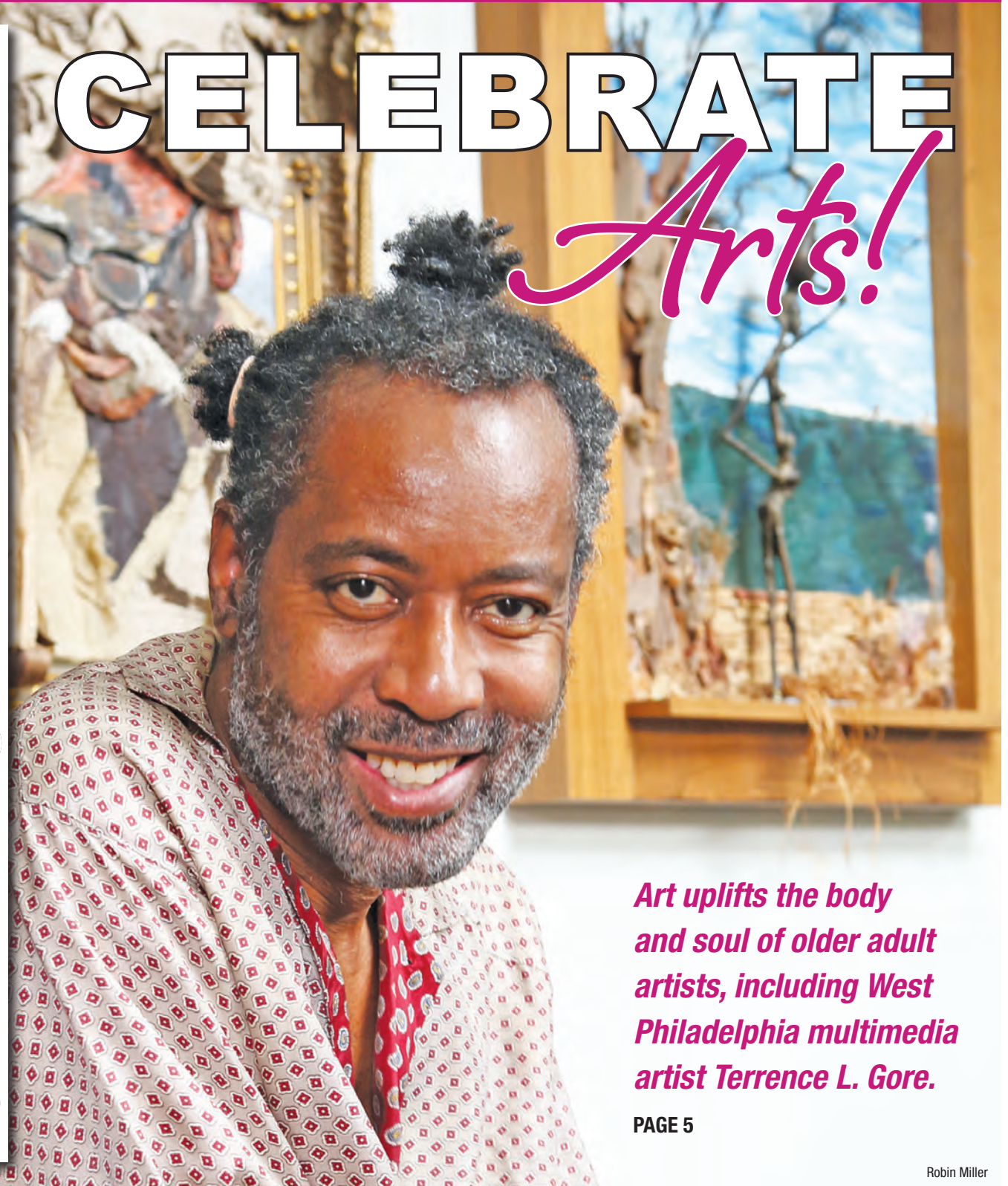
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PHILADELPHIA CORPORATION FOR AGING

WHAT IS PCA?

Philadelphia Corporation for Aging (PCA) is a nonprofit agency dedicated to serving Philadelphia's older adults. In addition to bringing you Milestones newspaper, PCA offers:

- Care in the home
- Home-delivered meals
- Home repairs and modifications
- Protective services
- Senior centers
- Caregiver support
- Employment and volunteer programs
- Legal services
- Transportation



- Ombudsman services
- Health education
- Information and referral

For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

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Outside Philadelphia toll-free:
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pcaCares.org

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EDITOR'S LETTER

By Alicia M. Colombo, Milestones editor

Honoring older Americans



In May, the nation honors Older Americans Month. Philadelphia Corporation for Aging (PCA), which publishes Milestones newspaper, has made it its mission to honor and serve Philadelphia's older adults every day since it was founded in 1973.

Philadelphia has the second highest proportion of older adults among all cities and metro areas in the country. There are more than 311,800 adults 60 or older living in the city. Older adults make up nearly 20% of Philadelphia's entire population and more than 9% of Pennsylvania's older adults.

It is fitting that the Administration for Community Living has given 2021's Older Americans Month the theme of "Communities of Strength." Philadelphia is a city of close-knit, diverse neighborhoods with

a diverse older adult population to match. Here are some statistics about the makeup of Philadelphia's older adult population:

- Nearly 60% are women
- Nearly 41% are Black, more than 8% are Hispanic/Latino, 6% are Asian and 2% are other races/mixed.
- Nearly 26% are in the labor force
- More than 15% are immigrants
- More than 12% are veterans, who served in the U.S. military

Numbers, alone, do not tell the whole story. Older adults possess immense strength. This is proven to be true by the increased longevity of older adults, who are not just surviving longer but thriving as well.

.....

"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." ~ Sophia Loren, 86

.....

A study published in the European Journal of Aging identified sources of strength and resilience from the perspective of older adults who are receiving long-term care services in the community. This research uncovered a variety of sources of strength for older adults:

- Pride about one's personality
- Acceptance and openness about one's vulnerability
- Mastery by practicing skills
- Acceptance of help and support
- Balanced view on life
- Empowering informal relationships
- The power of giving
- Anticipation of future losses

- Not adapting to the role of a victim
- Carpe-diem: A "seize the day" attitude

What is most interesting to me about this research is that older adults garnered strength through both the seemingly negative (i.e., losses and vulnerabilities) and positive (i.e., pride and acceptance) attributes of their lives.

Perhaps, when it comes to a person's outlook on aging, the question shouldn't be if the "glass" is half full or half empty. Instead, let's ask ourselves to analyze our strengths and determine how we can use those resources to prepare us for whatever is to come in life. 🌻



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Celebrate Arts & Aging!

PCA's 2021 art exhibit goes digital for a 2nd year

By Shannon Reyes

For the past 19 years, artists from across the Philadelphia area have submitted their prized creations to Philadelphia Corporation for Aging (PCA) for display in its annual Celebrate Arts and Aging event. When the pandemic prevented the physical display of older adults' artwork in exhibits last year, the event continued in a virtual space.

PCA is proud to, once again, bring this popular event to Philadelphians virtually in 2021. The 19th annual Celebrate Arts & Aging exhibit will be available online for public viewing throughout the month of May. For those without internet connections, excerpts of the artwork are printed in this article and the center spread on pages 8-9.

Celebrate Arts & Aging showcases the beautiful artistic contributions of professional and amateur artists over 55. Artists submitted more than 100 original works of art on a variety of subject matters and mediums, including oil, acrylic, watercolor and mosaic.

Artist's 'second act'

When a member of her visual artists club passed along word of PCA's Celebrate Arts & Aging, Carol Mastroianni, 67, knew she wanted to be a part of it.

"I loved the idea of the focus being put on the art, creativity and experience of

older adults," Mastroianni said.

She had plenty of experience to pull from when creating her submission for Celebrate Arts & Aging, titled "Bathing Beauty." Having a life-long love affair with mosaic art, Mastroianni has worked with mosaics in her studio for the last 10 years of what she calls her "Second Act."

Mastroianni came from an artistic family and fondly remembers family trips to museums, where she developed her own appreciation for art. That appreciation wasn't lost during her time working in the corporate world. While traveling for her career in training and communication management, she always made time for side trips. She visited archeological sites where ancient mosaics had been uncovered.

After retiring, Mastroianni decided to pursue her passion for mosaics by creating and exhibiting her own original artwork. She has taken mosaic classes in the U.S. In 2015, she traveled to Ravenna, Italy to study under master mosaic artist Luciana Notturmi at Studio Arte Del Mosaico. With Notturmi's guidance, Mastroianni used ancient mosaic techniques to create a reproduction of a church mosaic.

"It was just a dream come true," she said. "Luciana was so inspirational, and I am grateful for the experience."

Back at home in her studio, Mastroianni continues to create original mosaic works. The piece she entered in this year's Celebrate Arts & Aging exhibit, "Bathing Beauty," was a "labor of love" that began with a vintage 1950s mannequin. While the unique piece called to her at an antique show in Ocean Grove, N.J., she stared at it for about a year before her vision for the piece was fully realized. Inspiration

came as she researched clothing from the 1950s. Since she found the mannequin at the beach, she thought it only fitting to create a 1950s-inspired bathing suit from mosaics to adorn it. Over the course of two months, using small pieces of stained glass, stone and marble, Mastroianni constructed the aqua-colored bathing suit accented with a large, white flower.

While creating mosaics is labor intensive, Mastroianni finds gratification in the stories told through her art: "I love knowing that when you pull broken pieces together, you can create something beautiful and meaningful."



A celebrity portrait

One glance at Shahina Siddiqi's "Mandarin Duck" and you will know she is an artist who values the impact of color. Bold colors are a large part of her style. They make her happy. Siddiqi's love of striking contrasts overflows into her subject matter: a duck who was once a New York City celebrity.

In October 2018, reports had begun circulating from New York City that a mandarin duck had been spotted in Central Park. Onlookers were enamored with the beauty of the duck, as photos and videos of its gorgeous

• continued on page 14



Creating art uplifts the body and soul

By Constance Garcia-Barrio

Treasure each day, we're often told. Multimedia artist Terrence L. Gore, 56, of West Philadelphia, needs no reminding. "Doctors gave me 30 days to live at one point," he says. "They made that prediction 15 years ago."

In his 20s and 30s, Gore rocketed through life as a chef, hair stylist, interior designer, dancer, and world traveler. "As an artist, I am curious about other cultures," Gore says. "I've gone all over the globe, staying mostly in villages, and I've rollerbladed through New York, Paris, Madrid and London."

In 2005, Gore's carefree life screeched to a halt. "In dance class, I noticed numbness in my right toe and couldn't stabilize my balance," he says. "I visited Dr. Shen, a Chinese acupuncturist and naturopathic doctor (who) I'd been seeing for years. He examined me and asked if I'd been tested for HIV. When I said, 'Why would you ask?' he said that the infection was in my brain."

By February 2006, a neurologist confirmed a rare brain lesion, called progressive multifocal leukoencephalopathy

(PML), caused by HIV. "By then, my whole right side was weak, and I couldn't work," Gore says. Days later, he went into a coma that lasted for nine days. "When I regained consciousness, I couldn't speak or move my right side, and I'd gone blind in my right eye. It looked like I'd had a stroke."

At first, anger consumed him. Gore spent a year in the hospital, but slowly regained speech and some vision in his right eye. Later, he did strengthening exercises and began using a walker, then a cane.

Right-handed but unable to use that hand, he would ask friends who visited to bring magazines and cut out images. Then he would use his left hand to place the cutouts to create a collage. He also dried flowers that were given to him and incorporated them in the collage.

He also handled the challenge of what to tell loved ones. "Some friends advised me to say that I'd had a stroke, not that I was fighting HIV/AIDS," Gore says. "I decided to tell the truth so that I could educate young people about the effects of the illness."

Battling PML eventually led Gore to

South Philadelphia's Fleisher Art Memorial for classes in painting and drawing, which he enjoyed in childhood. "Every time I thought about what I had lost physically, I would start an art project," he says. "It always lifts my spirits."

The story of self-taught Black folk painter Horace Pippin inspired Gore. Shot in the shoulder by a German sniper in World War I, Pippin lost range of motion in his right arm and taught himself to paint with his left hand. Gore, weakened on his right side, likewise learned to paint with his left hand. He's had two, one-man shows of his multimedia art. In 2017, a collage he created won first prize in Woodmere Art Museum's 76th annual juried exhibition.

Now, Gore feels both stronger and more creative. He walks with a brace that lifts his right foot, but has already lived 100 times longer than the usual six-month estimate from diagnosis to demise. That achievement inspired him to start a workshop series, called "The Art of Healing," in 2012 at The Painted Bride. "The workshops are designed to promote physical, emotional and spiritual well-being," Gore says.

This spring, Gore will present art workshops for adults 65 and older at Bartram's



Garden. "The pandemic has hit seniors especially hard," he says. "I think of my mother, in her 70s, who's living with the restrictions of COVID-19. (The workshops are) a chance for participants to celebrate themselves and feel renewed."

For more information, about Gore's work, go to terrencegore.com.

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

PACE COVID-19 Vaccine Hotline for older adults: 1-800-424-4351

Philadelphia Corporation for Aging (PCA) worked closely with the Pennsylvania Department of Aging's PACE program to develop a new COVID-19 Vaccine Hotline to assist older Philadelphians, 60 and older, with scheduling vaccine appointments at vaccination sites within Philadelphia County.

"PCA is grateful to collaborate with PACE, Pennsylvania's Prescription Assistance Program, on its new hotline, which provides older Philadelphians with an 800-number to call and directly schedule vaccine appointments over the phone,"

Najja Orr, PCA president and CEO said. "Our collective goal for this hotline is to help bridge the digital divide for those who do not have access to computers or the internet in scheduling their appointments."

People 60 and older may call 1-800-424-4351 on weekdays from 8:30 a.m. to 5 p.m.

"The Department of Aging is pleased to collaborate with PCA to advance our mutual goal to make sure every older adult who wants a vaccine is able to get one," said Robert Torres, Pennsylvania

Secretary of Aging. "We look forward to making measurable progress in reaching older adults and getting them scheduled for appointments through this collaborative effort."

For the most up-to-date information about COVID-19 health care services in Philadelphia, including dates, times and locations of vaccine clinics, call 311 or the Philadelphia Department of Public Health's Coronavirus Helpline: 1-800-722-7112, text COVIDPHL to 888-777 to receive updates on your phone, or go to phila.gov/covid-19.

Crossword puzzle solution

(See page 15 for clues.)





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Communities of
Strength



In tough times, communities find strength in people – and people find strength within their communities. In the past year, we've seen this in Philadelphia as friends, neighbors and businesses have found new ways to support each other.

Older adults are a key source of this strength. Through their experiences, successes and wisdom, they have built resilience that helps them to face new challenges. When communities tap into this resource, they become stronger, too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month. This year's theme, "Communities of Strength," recognizes the important role older adults play in fostering the connection and engagement that builds strong, resilient communities.

Strength is built by bold acts, but also by the small acts of daily life: a conversation shared with a friend, working in the garden, trying a new recipe or enjoying a cup of tea on a busy day. When we share these activities with others – even virtually or by talking about the experience – we help them build resilience, too.

This year, Philadelphia Corporation for Aging (PCA) will celebrate Older Americans Month by encouraging community members to share their experiences. (Email a brief essay to MilestonesNews@pcaCares.org with the subject "OAM." Your story might be featured on PCA's social media channels or in Milestones.)

Together, we can find strength – and create a stronger future. Here are some ideas:

- **Look for joy everyday:** Celebrate small,

ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media. You can also call a friend or family member to share a happy moment or just say thank you.

- **Reach out to neighbors:** Even if you can't get together in person, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores or deliver a homecooked meal.
- **Build new skills:** Learning helps you remain engaged and build resilience. Take an online course or try an outdoor class to enjoy learning with others. Have a skill to share? Find an opportunity to teach it to someone.
- **Share your story:** Storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends and neighbors can start new conversations and strengthen connections.

When people of different ages, backgrounds, abilities and talents share experiences – through action, story or service – we help build strong communities.

Please join PCA in helping to strengthen Philadelphia's older adult community. Contact PCA for services or information to help older adults and people with disabilities

in Philadelphia: 215-765-9040 (TDD for hearing impaired: 215-765-9041; toll-free outside Philadelphia: 888-482-9060) or pcaCares.org.

Source: Administration for Community Living

From ordinary to extraordinary: Artists transform senior center

By Mary Anna Rodabaugh

Connie (“Cubby”) D’Amato, 80, meticulously dabbed a small paintbrush against a cinderblock wall, as she said, “This is something I never expected to be doing at my age.” D’Amato is among three artists who have been working on a colorful floor-to-ceiling mural inside South Philadelphia Older Adult Center at 1430 E. Passyunk Ave.

The project began in March 2020 with the intent to brighten up a drab hallway and give center members something vibrant to enjoy, as they congregate in the space between scheduled programs and activities.

Following several discussions about possible scenes, Center Director Deborah Hoffer selected a picturesque red bridge in a Japanese garden surrounded by cherry blossoms. “We wanted something tranquil,” Hoffer said.

After applying six coats of primer to the yellow cinderblock walls, D’Amato and her cousin Sally Guariglia, 80, got to work. Their progress was abruptly cut short when COVID-19 pandemic safety restrictions ceased group activities and eventually closed the center to participants. By the summer of 2020, D’Amato and Guariglia were permitted back into the building to work on the mural, as long as they observed safety protocols and no programs were running. But their progress was again halted once more around the holidays, due to heightened pandemic safety restrictions.

“Long before COVID, I wanted to do something extravagant,” Guariglia said. “In my mind, I can do anything if I try hard enough, but it takes special knowledge to do murals.”

Guariglia has been painting her whole life and even taught art classes at the center before the pandemic. “I passionately love art,” Guariglia said with a smile. She thinks about the mural frequently, often waking up in the morning with a fresh idea on the use of color or perspective.

D’Amato says the mural project has been a lifesaver for the artists involved. She is grateful for the opportunity to deliver something from the heart that others can enjoy.

Beatrice (“Bea”) Regalbuto, 88, joined the mural effort after taking several art classes at the center. “I sat down to paint in the art room and realized that I had not sat down to paint anything since I was in the 6th grade,” Regalbuto said. “It gives me a change of scenery and fills my mind with other things.”

An artful mind gets one’s creative juices flowing. “I wanted to paint Bigfoot in the bushes, but Sally (who is the serious member of the group) wouldn’t let me,” D’Amato said, with a laugh. However, Guariglia will allow her cousin to paint her signature animal, somewhere on the mural. “I leave a ladybug on every single thing I paint,” D’Amato says. “Maybe, I’ll make it a family of ladybugs this time!”

More than a year after the painting began, a beautiful and highly detailed Japanese garden landscape brightens up the once ordinary hallway. But the artists say their work is not yet complete. The cherry blossom trees that reach the ceiling have been a difficult area to paint, due to the artists’ height.

“I taped a paint brush on the end of a broomstick to at least get the shape of the treetops up there,” D’Amato said. But Guariglia shook her head and said, “We need to fix those trees.”

Hoffer plans to assist the ladies with adding detail to the towering cherry blossom trees. When it is safe to do so, the artists hope to have an official “unveiling” of their finished masterpiece, before beginning a new project elsewhere in the building. Hoffer supports the artists’ enthusiasm, noting there are plenty more blank walls that can become brilliant canvases.

D’Amato is excited to keep going: “The whole project just blossomed. I loved being part of it.”

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



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

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

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

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

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

Help is always free and confidential.

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"Bag Lady Filled with Faith" by Yolanda-Ward, 65



"Sunset with Family" by Vivian Bridges, 92



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"In Good Hands" by Simonetta Romano, 68



"Super Moon" by Avelene Jacobs

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YEAR'S VIRTUAL ART EXHIBIT, GO TO:

pcaCares.org/CelebrateArts

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TUESDAYS & THURSDAYS STARTING MAY 4

Enhanced Fitness Class

1p.m. Host: Martin Luther King Older Adult Center. Register for Zoom log-in information: 215-685-2715



MAY 5

Cinco de Mayo Celebration

Join West Philadelphia Senior Community Center for a virtual party marking this festive Mexican holiday. 12:30 p.m. Livestream: Facebook.com/WestPhilaSCC

THURSDAYS STARTING MAY 6

Storytelling/Creative Writing Class

12:45-2 p.m. Host: Philadelphia Senior Center – Avenue of the Arts. Zoom.us – Meeting ID: 861-2259-2944 • Passcode: 783204

MAY 7

Caregiver Preparedness: How to Stay Safe and Be Ready During an Emergency

12:30-2 p.m. Hosts: PCA and Lutheran Settlement House. Register: pcaCares.org/CaregiverTraining or 215-765-9000, ext. 5309

MAY 7

South Philly Soul Jams

Calling all musicians! Join Philadelphia Senior Center – Avenue of the Arts for a discussion. 11:30 a.m. Zoom.us – Meeting ID: 867-8743-3471 • Dial-in: 1-929-205-6099



MAY 9

Mother's Day

MAY 12

70's Afternoon Mix with DJ AYEboogie

Live DJ session in celebration of Older Americans Month with hip-hop artist DJ AYEboogie and radio station 100.3 R&B. 12:30 p.m. Host: Northern Living Center. Livestream: Facebook.com/northern.living.353

MAY 14 THROUGH JUNE 18

Virtual Art Gallery: COVID Creations

Features works by artists 55-plus, created during the COVID-19 pandemic. Host: Journey's Way. To view: Facebook.com/JouneysWay

MAY 20

Fraud Bingo

1 p.m. Presented by Philadelphia Senior Center – Avenue of the Arts and Pennsylvania Department of Banking and Securities. Zoom.us – Meeting ID: 468-521-8428 • Dial-in: 301-715-8592

MAY 21

Virtual Open House

Take a virtual tour of West Philadelphia Senior Community Center and meet the friendly staff. 12:30 p.m. Livestream: Facebook.com/WestPhilaSCC

MAY 24

Hour of Power: Fitness Fun

Warm up with Zumba and then sweat it out with Enhance Fitness. 10:30 a.m. Host: St. Edmond Senior Community Center. Zoom.us – Meeting ID: 325-185-4452 • Passcode: 6T8brM

MAY 25

Film Screening: "Holy Land Hardball"

Join the in screening a film that explores the dream of bringing baseball to the Middle East. 7:30 p.m. Cost: \$40. Register by May 19: 215-677-1600

MAY 28

Spring Concert and Birthday Party

12:30 p.m. Host: West Philadelphia Senior Community Center. Livestream: Facebook.com/WestPhilaSCC



MAY 31
Memorial Day



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Attitudes, words can help combat

By Jay Nachman

Common assumptions about older adults include that they are needy or that they have little desire for romance.

These are examples of unconscious bias, or more simply put, they are snap judgements.

"Unconscious bias is an assumption that we make that we don't even know we're making and is usually based on a person's cultural stereotypes rather than a thoughtful judgment," said Dr. Kate Watson, president and founder of the Advocacy Academy, which provides training in people, helping and leadership skills.

Everybody has unconscious biases. It's normal and doesn't make you a bad person, according to Watson, who conducts educational workshops worldwide across many fields including health care, social services and victim advocacy. What's im-

portant is that everyone has a responsibility to not cause harm to others, she said.

As an analogy, everyone gets the flu and colds, but we are responsible for making sure others don't get sick.

If unconscious bias has an evil twin, it's micro-aggressions. These are brief, little things that people sometimes say that pack a punch and can end up hurting someone. A micro-aggression could be a quick sentence, a word or even a tone of voice.

"When you're working with an older adult and you say something like, 'I'm here to help you,' it can be very offensive if you're doing it in that sing-song-y voice, treating them like they're very young," said Watson, who recently provided training for aging-services staff, including members of Philadelphia Corporation for Aging.

Research has shown micro-aggressions

can have serious health consequences, having been shown to lead to depression, anxiety and higher blood pressure.

"If you offend someone, don't invalidate the person who feels harmed by saying the person took a comment the wrong way or is reading too much into a remark," Watson said. "That's an additional mistake, telling the person who has been offended that they are wrong in some way."

Instead, it's best to say, "I take this seriously." If you are prepared to accept the feedback and agree, you might just say something like, "I really did mess up, and I'm going to be better in the future."

Looking at the treatment of older adults from a wider perspective, research shows Americans mentally model (or perceive)



older adults as set apart from others, according to Julie Sweetland Ph.D., vice president for strategy and innovation at the Frameworks Institute, which studies how people understand social issues and how best to frame them.

"One way that older adults are seen as others is through the use of simple pronouns," Sweetland said. "Don't use words like 'them' or 'they.' Instead, restructure communications to say 'we' and 'us.'"

For example, the sentence "older adults need different housing or transportation

• continued on page 14



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The City of Motherly Love

By Dorothy Stanaitis

What day of the year is responsible for one-quarter of all floral sales, the most phone calls and half of American households sending a greeting card? Mother's Day.

It has been a national holiday since 1914 when President Woodrow Wilson, urged by a Philadelphia woman, signed it into law. That woman was Anna Jarvis, who had been inspired to campaign for the special day by a prayer she heard in 1876 when she was 12.

Anna's mother, Ann Reeves Jarvis, had a close friend, Julia Ward Howe, author of "The Battle Hymn of the Republic," who had called on the mothers of the world to join and work for world peace. Joining in her friend Julia's efforts, Ann was inspired to honor those women and recited this prayer at her daughter's Sunday school:

"I hope and pray that someone, sometime, will found a memorial Mother's Day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."

Anna devoted herself to caring for her aging mother as her heart failed.

To ease the grief of losing her mother, Anna ordered 500 white carnations, her mother's favorite flower, for a memorial service at St. Andrew's Methodist Church in Grafton, West Virginia, her mother's church.

In offering the carnations in her mother's honor, Anna wrote, "Its whiteness is to symbolize the truth, purity and broad charity of mother's love; its fragrance, her memory and her prayers. The carnation does not drop its petals, but hugs them to its heart as it dies, and so too, mothers hug their children to their hearts, their mother love never dying. When I selected this flower, I was remembering my mother's garden."

Florists later designated white carnations



to honor mothers who had passed and pink carnations for living mothers.

To further her own mother's dream of a special Mother's Day, Anna launched a letter-writing campaign to lobby the U.S. President and all state Governors. Her efforts were financed by local merchant John Wanamaker. A program was planned for Wanamaker's 5,000-seat auditorium. But when 15,000 people wished to attend, Wanamaker moved it to City Hall plaza.

In 1914, the lobbying finally succeeded and the second Sunday in May was officially declared as Mother's Day. The holiday was enthusiastically celebrated across the United States.

But as the celebrations grew into a financial bonanza for florists, greeting card publishers and candy makers, Anna became angry and denounced the day's commercialization. She had envisioned a simpler day of family visits and letter writing.

Her frustration escalated into 33 lawsuits against florists and confectioners. As her health declined, Anna Jarvis was admitted to the Marshal Square Sanitarium. "The Mother of Mother's Day" died in 1984, at 84, not knowing that her health care and final expenses had been secretly funded by a large group of florists.

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



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Digital exhibit

• continued from page 4

its gorgeous plumage began to make their way across the internet. What made the bird's appearance in Central Park so thrilling was not only its striking colors, but also its rarity. Native to East Asia and parts of Russia, there are only a few thousand mandarin ducks left in existence. How it ended up across the world in Central Park remains a mystery to this day.

In 2019, the duck vanished just as mysteriously as it had appeared, but not before Siddiqi had the chance to catch a glimpse of it for herself. During a visit to see her son, who lived in New York City at the time, Siddiqi also had to see the famous mandarin duck of Central Park.

"I thought to myself, what a wonder of nature," Siddiqi said. "I have to draw it."

As young as 7 or 8, she was already drawing and creating. Siddiqi considered studying fine art after high school. Although she ultimately decided to go into pharmacy, she continued to keep painting as a hobby. Following her retirement in 2017, Siddiqi continues to paint as a self-taught artist. She prefers the liberation of only knowing

how to paint her way.

"When you're doing art, you don't have to follow any rules," Siddiqi said. "You're free."

While Central Park's real feathered celebrity was never spotted anywhere else, Siddiqi's "Mandarin Duck" has been featured in several exhibits in her native New Jersey, Florida, and now Celebrate Arts & Aging.

Siddiqi has continued to paint for both work and pleasure while living in both New Jersey and Florida. After recently moving to Fort Lauderdale, she has already been commissioned by local businesses for her art, including creating her first full-sized mural. Siddiqi's work can be viewed on her website at ArtByShahina.com.

"There's an artist in everybody," Siddiqi said. "People just have to pick up the brush and create something."

To view PCA's Celebrate Arts & Aging exhibit, please visit pcaCares.org/CelebrateArts.

PCA's 19th Celebrate Arts and Aging Festival is sponsored by PECO/Exelon.

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

Ageism

• continued from page 12

as they age" can be recast to be more inclusive: "As we age, we all may need different options for transportation and housing," Sweetland suggested.

"The pronouns themselves can be a clue that we're communicating about older adults as a separate, special group. It can easily be reframed as we're all aging and we all have these needs as we age," Sweetland said.

The Frameworks Institute's conclusions about language were made after being engaged by eight leading organizations in the aging-services field to help change the public understanding of ageism and gain support for the contributions of older adults.

When talking about aging issues, the

Frameworks Institute recommends that aging advocates avoid "crisis" phrases, like "the silver tsunami," "the gray wave" or "the flood of older adults."

"All of those natural catastrophe words are pulling on this imagery that we're overwhelmed and that it's a situation we can't control and it's a bad situation," Sweetland said.

There are times when you want to highlight the increasing numbers of Americans living longer and healthier lives. Sweetland said that stating it that way has a different framing effect than using words that evoke natural disasters. "Constant, consistent and careful attention to the words you are using really helps to advance a more positive frame."

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

Health Brief

Get your health care back on track

Many older adults may have put doctor visits and health screenings on the back-burner during the COVID-19 pandemic. As the pandemic stretches into its second year and as more older adults are vaccinated against COVID-19, it's important to get preventive health care back on track.

A lot can change in a year's time. Even if you are feeling healthy, talk to your doctors about scheduling checkups and wellness visits. If you are concerned about the risk of contracting COVID-19, ask about the office's safety precautions or options for scheduling a telehealth visit.

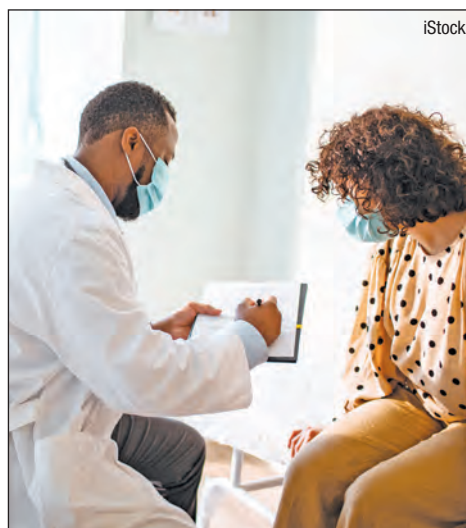
Below are a few important screenings that can give you peace of mind and keep you feeling your best.

Wellness visit

An annual wellness visit with your primary care physician offers an opportunity to discuss any changes in your body. During your visit, your doctor will ask you a series of questions; review your medical history; and measure you height, weight and blood pressure. A cognitive impairment assessment to look for signs of Alzheimer's disease or another form of dementia might also be conducted. Depending on your general health and medical history, additional tests might be ordered. Your doctor may also use this time to offer important information about immunizations, including the COVID-19 vaccine and annual flu shot.

Eye exam

Besides evaluating your vision for eyeglasses or reading glasses, regular eye exams help to preserve your vision and offer early warning signs of chronic health conditions, including high blood pressure and diabetes. The Centers for Disease Control and Prevention (CDC) recommends an eye exam every two years for healthy adults



60 and older. People with diabetes should have a dilated eye exam every year. According to the CDC, an estimated 93 million adults in the United States are at high risk for vision loss. Among those who were at risk before the pandemic, only half had visited an eye doctor in the past 12 months.

Dental check-up

Oral health is often overlooked as a part of our overall health, but it's not just a superficial concern. According to the American Dental Association, severe gum disease is associated with several chronic health conditions, including diabetes, heart disease, stroke and respiratory disease. Studies have also shown a correlation between poor oral health and malnutrition in older adults.

According to the U.S. Department of Health and Human Services, there's no single rule for how often people need to see the dentist. Older adults should schedule regular dental checkups to prevent problems like toothaches, cavities and tooth loss. If it's been a while since your last dental exam, talk to your dentist about scheduling an oral checkup and cleaning. Follow your dentist's advice about how often to schedule subsequent checkups. ☀️

Crossword

Batter Up!

Solution
The solution can be found on page 5.

Across

- 1 Pertaining to black traditions
- 5 Name to remember
- 10 Come around
- 14 Alliance
- 15 Addition
- 16 ___ *nostra*
- 17 Diamond data
- 20 Expands
- 21 Salad favorite
- 22 Concert or film follower
- 23 Something to care about
- 24 Fashionable fabric
- 27 Cell ending
- 28 Strawberry or cherry
- 31 Adjust precisely: var.
- 32 Where some kids play ball
- 33 Close attention
- 34 Homered
- 37 Slay
- 38 Corso dough
- 39 One of the Masseys
- 40 But, to Brutus
- 41 1964 golf great
- 42 Blokes
- 43 Mature
- 44 Stitched
- 46 Disguised attack
- 49 Retirement
- 53 Reasonable estimates
- 55 Popular board game
- 56 Mayfly nymph
- 57 Extravagant speech
- 58 Ending for trick or ham
- 59 Edgy
- 60 Word with where

Down

- 1 One of the Lanes
- 2 Soho sweet
- 3 Moslem weight
- 4 Eight-sided
- 5 Canine trouble
- 6 Dangerous emotion
- 7 Claire and Balin
- 8 Neighbor of Ida.
- 9 Detest
- 10 Overprice badly
- 11 Mezzanine area
- 12 Computer operator
- 13 Untroubled
- 18 Mangle
- 19 Posterior
- 21 Greeting
- 24 Frameworks
- 25 *Kate and* ___
- 26 Back down
- 27 Excessive
- 28 Argo's skipper
- 29 "___ we all?"
- 30 Flattops
- 32 Stop on ___
- 33 Tropical fever
- 35 Serengeti denizen
- 36 Brass hat
- 41 Speech softener
- 43 *Número uno*
- 44 Lounge items
- 45 *Say fo'c'sle*
- 46 Basics
- 47 ___ and hops
- 48 Vida ___
- 49 Defraud
- 50 Russian range
- 51 Retreats
- 52 Punta del ___
- 54 *Norma* ___

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