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Marking 50 years of gay rights protests



Photo by courtesy of John James

John James (in suit, left) was one of 39 protesters who picketed Independence Hall on July 4, 1965.

By Linda L. Riley

In 1965, John James was a 24-year-old computer programmer for the National Institutes of Health. He was on the cutting edge when the business world was still marveling at the IBM Selectric typewriter. But his politics were even more advanced. On July 4, 1965, James was among 33 men and seven women protesters gathered at Independence Hall to participate in "Reminder Day," the first organized, recurring civil rights demonstration for homosexual equality in the United States.

Bearing American flags and signs with messages, such as "Homosexuals want their right to make their maximum contributions to society" and "Homosexuals ask for equality before the law," they circled in front of Independence Hall. The event was organized

by the Mattachine Society of Washington, D.C., a group that was dedicated to activism in support of gay rights. Mattachine, James explained, means "behind the mask."

"We didn't know how safe it would be," James said. "It turned out to be uneventful." The only encounter he recalls was with an older man selling ice cream from a refrigerated cart, who said there were "some things he never thought he would be doing," but sold him the ice cream nonetheless.

It was the first of four such protests, but the only one James participated in. The last was in 1969, just days after the Stonewall riots in New York City, following a police raid on a gay bar.

This year, to mark the 50th anniversary of that first protest, there are exhibits,

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Innovations in Aging

"Apps" for everything

By Marcia Z. Siegal

They're commonly known as "apps," short for applications, a software tool that allows you to perform specific tasks. They are available on mobile devices, such as smartphones and tablet computers, and you can make use of them to track your blood pressure, pay your bills, check if your train is running on time and connect with your loved ones. Apps bring the world to you, and they're literally at your fingertips.

"There are so many incredible apps out there, and many of them are free," says Gillian Robbins, librarian in the Business, Science and Industry Department of the Free Library of Philadelphia's Parkway Central Library.

Tobey Dichter, CEO of Generations on Line, which promotes Internet access for seniors, concurs. "Mobile apps can provide instant gratification," she says. "Speed, ease and convenience of tablet and other mobile technology,

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Photo by Paola Noguera

Tobey Dichter founded Generations on Line in 1999, to make it easy for senior citizens to use the internet.

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July 2015

Health Briefs

Reduce computer-related eye strain

Now that computers come in every shape and size, we are spending more time looking at computer screens than ever before. After a while, this can cause eye strain. Desktop and laptop computers are not the only culprits. Other gadgets, such as tablets, e-readers and smartphones, also contribute to eye strain. Here are some tips from the Mayo Clinic to help relieve dry eyes, headaches and blurry vision caused by computer-related eye strain.



Remember to blink

Because many people blink less often than normal when working at a computer, dry eyes can result from prolonged computer use. Make a conscious effort to blink more often, which produces tears that moisten and refresh your eyes. Consider using over-the-counter artificial teardrops to help prevent and relieve dry eyes that result from prolonged sessions at the computer. Your doctor can suggest which drops might be best for you. Lubricating drops that don't contain preservatives can be used as often as you need. If the drops you're using contain preservatives, don't use them more than four times a day. Avoid eye drops with a redness remover, as these may worsen dry eye symptoms.

Stop and detach

Throughout the day, give your eyes a break by forcing them to focus on something other than on your computer screen. Follow the 20-20-20 rule: Every 20 minutes, take your eyes off your computer and look at something 20 feet away for at least 20 seconds. Lean back and close your eyes for a few moments. Move your body to the left and right while sitting in the chair. Move your neck to your left and right, too.

At least twice an hour, get up from your computer, and take a one to three minute break. Time can pass quickly while on social media, shopping or e-

Dry eyes can result from prolonged computer use.

mail. So, set a kitchen timer, stop watch or cell phone alarm for 15 to 30 minutes. When the bell goes off, it's your cue to detach from the computer. Stand up and walk around the room. You can also use this as an opportunity to do work around the house, such as making phone calls or washing dishes.

Vision correction

If you wear glasses or contact lenses, make sure the correction is right for computer work. Most lenses are fitted for reading print and may not be optimal for computer work. Glasses or contact lenses designed specifically for computer work may be a worthwhile investment.

Solutions to the *Milestones* Crossword puzzle

(see page 23)





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Innovations in Aging

Follow-up and care coordination reduce re-admissions at these hospitals

By Marcia Z. Siegal

Philadelphia Corporation for Aging's (PCA) Shanta Mann recalls the elderly man she met soon after he was discharged from the hospital. He had been admitted for chest pains. After two days as an inpatient, he was released and sent home with two new prescriptions costing more than \$100, and multiple follow-up visits scheduled. "He was confused about the prescriptions and fearful about the cost," says Mann. Those perceived obstacles could have undermined his recovery. But Mann, a bridge care coordinator in PCA's Community-based Care Transitions Program (CCTP), was able to help.

The program, currently funded through the end of this year, is one of dozens of CCTP pilot projects underway nationwide. Launched by the Centers for Medicare and Medicaid (CMS) in 2011 and authorized by the Affordable Care Act, CCTP addresses the high re-admission rate for Medicare patients within the first 30 days of hospital discharge. According to CMS, nearly one in five Medicare patients discharged from a hospital – approximately 2.6 million seniors – are re-admitted within 30 days, at a cost of more than \$26 billion every year.

PCA is collaborating with Einstein Medical Center and Temple University Hospital on the North Philadelphia Safety Net Partnership, a CCTP through which patients receive care coordination and follow-up services in the 30 days after discharge. The project also helps participants connect to resources and develop the skills they need to better manage their health care. Since it began three years ago, CCTP has served more than 4,700 participants and reduced re-admission rates by 40% overall among those served.

To be eligible to participate in the pilot project in North Philadelphia, individuals must be Medicare fee-for-ser-



Before release, a nurse navigator works on a discharge plan. Within two days after release, a Philadelphia Corporation for Aging bridge care coordinator visits the home to help with follow-through.

vice patients and be admitted to one of the two partner hospitals. Participants can be admitted for all causes, except those which are primarily psychiatric. "We also look for participants who display a willingness and motivation to learn, change, and grow in order to better manage their health," says Cara Fitzgibbons, care transitions supervisor. While the age criterion is 18-plus, the majority of participants are older adults, she notes.

Preventive measures

There are some common pitfalls that cause patients to be quickly re-admitted after a hospital discharge, Fitzgibbons says. Among them: not having the discharge instructions reviewed prior to discharge, or at the patient's pace; not having a loved one present to also hear the instructions; not understanding medications or not taking them as prescribed; not understanding and following diet recommendations, especially fluid restrictions; and not having a fol-

low-up medical appointment within a reasonable time.

The partnership project helps prevent those risks by assigning two point persons for participants: a nurse navigator at the hospital and a bridge care coordinator, like Mann, to follow up with them at home.

The nurse navigator works with participants' clinical care team at the hospital to develop the discharge plan; then meets with participants prior to discharge to review the plan and discuss anything that is unclear or could pose a problem. The navigator also ensures that participants have a scheduled follow-up appointment with their physician; and can coordinate certain post-hospital services, such as durable medical

equipment.

"Patients who have been provided services in the program feel more engaged in the discharge process," says Steven R. Carson, vice president for clinical integration at Temple University Health System's Center for Population Health. The navigator can also follow participants over a longer period of time as needed, he says.

Within 48 hours of a participant's discharge, a PCA bridge care coordinator makes a home visit to review the discharge plan and develop a service plan. They can confirm and arrange transportation to medical appointments; review the medications list; and ensure that participants can access a pharmacy prescriptions are filled. They also make follow-up telephone contacts and/or home visits as needed to carry out the service plan; provide participants with community resource information; and can help to resolve other problems. Participants also can be as-

sessed for PCA services. In cases where participants are already receiving services through PCA, the bridge care coordinators keep in touch with the PCA service coordinator.

Problem-solving

"We keep all lines of communication open," Fitzgibbons says. "There are times when participants just like knowing they have someone to call in the event they have a question or need guidance. We are their point person. We can then guide them and assist them in learning problem-solving skills."

In the case of the elderly man who had been in the hospital for chest pains, for example, Mann learned that the new medication expenses would put him low on cash since he lived on a modest fixed income. Since he could no longer drive and was too frail to take regular public transportation, he told her he relied on taxis, and he worried he would be unable to afford cab fare for medical appointments.

Mann addressed his concerns by helping him complete an application for CCT-Connect (the SEPTA shared ride program for Philadelphians 65-plus) which provides transportation by appointment and at a much lower cost than taxis. In addition, she connected him with EMStar transportation through the hospital to arrange pick-up and drop-off for all of his follow-up appointments there. When he expressed confusion about finding his way to some of his medical appointments, she used her iPad to show him the various locations.

Mann also used her iPad to search the Internet for information about his new medications, educating him on what they were for. The participant was able to make it to all his appointments on time, and without having to pay any money. He successfully completed the 30-day CCTP intervention, without any hospital re-admissions and built the confidence

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Reminder Day

• continued from cover

programs, performances and special events throughout the city. (See story, below)

Focus on knowledge

Today, James lives in Philadelphia, in the John C. Anderson Apartments, which, according to *Philadelphia Inquirer* reporter Inga Saffron, is the “first senior citizen housing project built by and for the lesbian, gay, bisexual and transgender community in Pennsylvania and only the third of its type in the United States.” Located on 13th Street between Spruce and Locust, the apartments are named for a first-term city councilman who died in 1983, one of the early victims of the AIDS epidemic.

For the past 30 years, James’ activism has been primarily on the health front.



Photo by Linda L. Riley

John James at Independence Hall, 50 years later.

In 1986 while living in San Francisco, he launched AIDS Treatment News, which he published for 20 years on a paid subscription basis, with no advertising. “In those days there was no test for HIV – all that was known was that a lot of people were getting sick and dying,” he said.

“It was long before the Internet was available to the public, but I had a personal account on the Dialogue Information Service.”

The service provided access to a broad range of databases on which he drew for his information. “I accessed Medline, and got information on treatments, and then was able to talk to the researchers.”

A 1991 *New York Times* article cited it as a leading source of information and “tool for radical changes in the nation’s health care system.”

Last year, James started a new blog to tackle what he sees as the next frontier:

aging. The blog is called AgeTreatment News: Biomedical research to slow or reverse aging – and for better living now. “I see aging as another disease; we just don’t know how to treat it,” he said.

Reminder celebration

As one of the original protesters, James said he will be involved in the commemoration of the first Reminder Day, and plans to participate in some of the many events, exhibits and festivities planned to mark the 50th anniversary.

Looking back over the progress made since 1965, James says, “I’m certainly amazed at the speed of change in the last few years. I don’t know why it happened now. My guess is that people got tired of fighting on this issue.” Some people will never change, he said, “but they’re only powerful if they can get others behind them.”

Contact Linda L. Riley at: lirley@pcaphl.org

Celebrating the 50th anniversary of first “Reminder Day” with exhibits and events

On July 4, 1965, and on Independence Day for each of the next four years, gay and lesbian activists held the first series of organized civil rights demonstrations at Independence Hall. Calling their demonstrations “Annual Reminders,” they gathered outside Independence Hall carrying picket signs and demanding legislation to secure the rights of LGBT Americans. Referencing the “self-evident” truth stated in the Declaration of Independence that “all men are created equal,” the activists called for legislative changes that would improve the lives of American homosexuals.

This year many of the city’s museums and public institutions are collaborating to mark the 50th anniversary of that first historic protest, with the special exhibits and events listed below. For more information about the celebration, go to www.lgbt50th.org or www.gaypioneers.com.

EXHIBITS

July 2-5, 9 a.m. to 7 p.m.

Protesting for Equal Rights: 50th Anniversary – Reminder Day History Exhibit

On July 4, 1965, 40 men and women

protested at Independence Hall, risking harassment, career loss and arrest in their struggle to overcome intolerance and gain equal rights for the LGBT community. Learn more in this special temporary exhibit.

Liberty Bell Center

Independence National Historical Park
215-965-2305; Free

June 5 to September 7

Speaking Out for Equality

Media, personal stories, law enforcement accounts, and more explore the discrimination faced by LGBT people and the risk in being “visible;” the gay rights movement; and Supreme Court rulings. The National Constitution Center, 524 Arch St.; 215-409-6600; \$

Through July 31

Legendary

Exhibition based of photographs by Gerard H. Gaskin, of house balls in the African-American and Latino gay and transgender community.

The African American Museum in Philadelphia, 701 Arch St.; 215-574-0380; \$

June 22 to August 14

LGBT Library Activism and Books

Books, posters, memorabilia and literature on the work of the American Library Association’s Gay Task Force, the activities of PFLAG, books important in the life of the LGBT community and LGBT books by authors from the Philadelphia area. Free Library of Philadelphia, 1901 Vine St.; 215-686-5322; Free

July to September

Defiant Archives: Trans Histories of Existence, Resistance and Brilliance

Featuring materials from the John J. Wilcox Jr. archives, the Trans Oral History Project and private collections. William Way LGBT Community Center, 1315 Spruce St.; 215-732-2220; Free

EVENTS

July 2, 6:30 p.m.

National LGBT Legal Panel

Addressing past, present and future legal challenges facing the LGBT community, from the first Supreme Court brief in 1961, to the latest landmark ruling on marriage equality.

Presented in collaboration with and organized by Equality Forum.

The National Museum of American Jewish History, 101 S. Independence Mall East; 215-923-3811; Free

July 2, 8:15 to 9:30 p.m.

National Politics Panel

Panel of LGBT movement leaders explores political changes over the past 50 years, the impact of marriage equality, and current and future challenges. Congress Hall, 520 Chestnut St.; 215-965-2305; Free

July 3, 7 p.m.

Screening of “Gay Pioneers” followed by panel discussion

Film about the first organized annual homosexual civil rights demonstrations held at Independence Hall from 1965-69, includes FBI files and interviews with participants. Produced by WHYY and Equality Forum.

WHYY, Independence Mall West, 150 N. 6th St.; 215-351-1200; Free

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Free produce vouchers distributed

Philadelphia Corporation for Aging (PCA) will begin distributing Senior Farmers' Market Nutrition Program produce vouchers on Monday, July 6. This annual program encourages older adults to include fresh fruits and vegetables in their diet. Eligible Philadelphia seniors may receive \$20 worth of produce vouchers, once per year, that can be used to purchase seasonal Pennsylvania-grown produce at certified farmers' markets throughout Philadelphia.

The vouchers will be distributed at PCA, 642 N. Broad St., on weekdays from 9 a.m. to 4 p.m. and at other sites throughout the city. A popular distribution site is the Reading Terminal Market, 12th and Arch Sts., where the vouchers will be distributed on two Wednesdays, July 8 and 15, from 10 a.m. to 2 p.m., and can be spent onsite.

In order to receive the vouchers, you must be an income-eligible Philadelphia resident who will be age 60 or older by the end of the year. The 2015 household income limits are \$21,775 for an individual, \$29,471 for couples, \$37,167 for three people and \$44,863 for four people. (Proof of age and residency is required; income test is self-declaratory.) In 2014, 36,750 older Philadelphians received the vouchers.



Call the PCA Helpline: 215-765-9040 for details.

The program seeks to serve the same number of people this year.

According to PCA Nutrition Manager Susan Gibson, consumption of fruits and vegetables should be an important part of each meal. "Fruits and vegetables provide important vitamins, minerals, fiber, and antioxidants to help keep us healthy and feeling better, no matter what our age is. It is recommended that you fill half of your plate with produce," said Gibson.

For more information, including distribution sites and farmers' markets that accept the produce vouchers, call the PCA Helpline at 215-765-9040. The vouchers, made available through funds from the U.S. Department of Agriculture and the Pennsylvania Department of Agriculture, must be used by November 30, 2015.

LGBT Events

• continued from page 6

July 4, 2 p.m.
50th Anniversary Celebration of Reminder Day
 Re-enactment of the original Annual Reminder Day demonstration. Presented by Equality Forum and William Way Community Center.
 Independence Hall, 520 Chestnut St.;
 215-965-2305; Free

July 5, Noon-6 p.m.
Philly Pride Presents the Annual Reminder Block Party
 Vendors, food, music and pro-gay organizations will celebrate half a century of progress.
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www.phillygaypride.org

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Tate honors her late husband's legacy with program helping children handle grief

By Constance Garcia-Barrio

"What color is sadness?" Loretta Tate asked a little girl who had come to Art from the Heart, an after-school program in Germantown. Tate began Art from the Heart in 2010 to help grieving children grapple with a range of issues, such as the loss of a sibling, parent or grandparent to violence, drugs or jail. "We use paint, clay and other media to help children express visually what they can't express verbally," said Tate.

The program is one of several that take place at the Lucien Crump Gallery Art Education Resource Center, Inc. It was founded by Tate in 2008, in honor of her late husband, painter Lucien Crump, whose gallery was the first in Philadelphia featuring African-American artists.

"The gallery was a neighborhood resource when my husband was alive," said Tate. "I want to continue that tradition to honor him."

Pain can cut so deep that youngsters



Image courtesy of Loretta Tate

Artwork by an 8-year-old depicts sadness.

have no words for it, Tate said; instead, it may come out as withdrawal or disruptive behavior. In such cases, counselors at nearby elementary schools may refer children to Art from the Heart.

Tate starts the two-hour program, which meets every second and fourth Tuesday, with a wholesome snack. This approach satisfies hunger and sneaks in some learning since Tate encourages children to read ingredient labels. She creates safety with an ironclad rule: "What is said here stays here." A counselor is on

hand in case a child becomes distressed.

The children, ages 8 to 12, participate in different activities, including making dolls. "Some years ago, I asked a restless little boy what he wanted to do," Tate said. "He said, 'Make a doll.' Five other boys chimed in that they wanted to do that too. They drew dolls, pinned them to fabric, cut them out, sewed them and stuffed them. One boy made two big dolls and three little ones. He was trying to make a family."

Children reveal themselves even more in puppet shows. "There's a screen between the children speaking through the puppets and everyone else," Tate said. "That screen seems to allow children to say things they otherwise wouldn't."

Photography provides another means of expression. "A child may take a photograph of a tree trunk with a scar to indicate pain or hurt," Tate said.

At the end of the afternoon, each child explains his or her creation, and the other children may ask questions about

it. "We aim to make the children feel that they're valued," Tate said. "We want them to understand that what they have to say matters."

"Twice a month isn't often enough to meet, but cost of the cost of transportation from school to the program is a problem," Tate said. The Emmanuel Johnson Funeral Home transports the children in a limousine.

In addition to Art from the Heart, Tate runs a program for women recovering from addictions; and an after-school science enrichment program, Art 2 Science, for fifth and sixth graders. "Right now, we're doing an experiment to see if fruits and vegetables could grow in sea water. The children read scientific articles and develop reasoning skills," she said.

For more information, or to volunteer, call 215-843-8788; or go to www.crumpgallery.org.

Constance Garcia-Barrio is a freelance writer and author of a novel based on African-American history in Philadelphia.

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 2 tbsp. finely chopped or grated ginger
 2 tsp. chopped garlic
 ½ tsp. hot pepper flakes
 Kosher salt and freshly ground black pepper to taste
 3 seedless cucumbers, lightly peeled and thinly sliced
 ¼ cup chopped cilantro

Instructions:

Whisk together the lime juice, lime zest, oil, ginger, garlic and hot pepper flakes. Toss about two-thirds of the dressing with the cucumbers and season with salt and pepper. Marinate about 15 minutes, and then drain in a colander. Toss with the remaining dressing and the cilantro and serve. **Serves 6**

Recipe courtesy of Chef Aliza Green, Baba Olga's Café

Cucumbers lend themselves so well to cool, juicy salads. In this version, lime juice and zest are combined with fresh ginger and garlic to make a tangy salad with South Asian flavors. Any cucumbers can be used, but I prefer firm seedless cucumbers or small, thin-skinned Korean or Persian cucumbers, which don't need peeling. These can be found at Asian markets. This salad is an excellent accompaniment to curries.

Ingredients:

¼ cup lime juice

DIABETES AND VISION STUDY



This is a research study being conducted by Thomas Jefferson University and Wills Eye Hospital. It aims to help people with diabetic eye disease preserve their vision.

The study doesn't involve medication. Whether you participate or not doesn't affect your care at Jefferson or Wills.

The study compares two different education programs on diabetes and vision. If you participate, you will receive one or the other program.

The programs are free. Participants will receive \$20 for each of 3 interviews over one year, for a total of \$60. If you are African American, age 65 or older, and have diabetic retinopathy, you may be eligible to participate.

If you want to find out more about the study, please call: 215-503-7529.



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Innovations in Aging

“Is This Thing On?” – Book helps ‘digital immigrants’ bridge technology divide

By Alicia M. Colombo

Nancy Clark couldn't even reset her clock radio after Daylight Saving Time. Like many seniors, she was very apprehensive of technology and became anxious when a new device was placed in her hand. She is what her daughter and technology author/instructor Abby Stokes calls a “digital immigrant.” That's anyone over the age of 50 who wasn't born with a keyboard or a mouse at hand. “Digital immigrants are going to be slower to adapt. But it doesn't mean they're not going to conquer it,” said Stokes.

For younger generations, who grew up around technology, adaptation has become second-nature. “Digital natives are kind of fearless. They have a strong desire to figure things out and will try again, until they do. But a digital immigrant is more likely to get frustrated easily,” said Stokes. Statistics show that when digital immigrants encounter a problem, they will only try to resolve it twice before giving up. According to Stokes, \$75 billion is lost each year because of obstacles encountered when trying to buy something online. “They walk away and don't try again,” she said.

Her personal experience with people struggling to learn technology inspired her to begin teaching computers 23 years ago. At the time, she was working as a temp for a law firm and also as a home organizer. While helping people clean out their closets and home offices, she encountered one client who was using her computer desk for storage. “She asked if I could teach her how to use the computer, and that's where it all began,” said Stokes, who believes her style is effective because she doesn't use technological jargon.

To explain the term “download” to a senior, she uses a closet organizing metaphor. “You know what it's like to take your summer clothes from the top of the closet down to the drawers? Downloading is moving something from one place to



Abby Stokes (left) with her mother, Nancy Clark, who inspired her to write the book.

another. In the computer world, you're moving a file from an external source, like a website, down to your computer. The car is a perfect metaphor for someone using a computer. A car is a very complex machine. You don't need to know how the engine works to drive it. You just need to learn what it can do for you,” she said.

Incentive to learn

“For me the first lesson is to be sure that when I'm working with someone I'm directing them to something that piques their interest,” Stokes said. She found that if there's a benefit somewhere, people will persist until they succeed. In her work with older adults and technology, the most common obstacle she's encountered has been fear. “They're afraid of failure, looking stupid or not being able to understand technology jargon. But feeding their curiosity can help to overcome it. Statistically the most popular online activities for older adults are accessing health information, making travel plans and shopping. Connecting with grandchildren or other family members is also very popular,” said Stokes.

Knowledge is power

In 2001, Stokes wrote her first technology guide for so-called digital immigrants. “Electronics don't come with manuals any-

more. Everything is now online,” said Stokes. Her book offers clear directions for a wide range of tasks, starting with setting up a computer to be able to access the Internet. The third edition of “Is This Thing On? A Friendly Guide to Everything Digital for Newbies, Techno-

phobes, and the Kicking & Screaming” was published in April 2014 (Workman, \$17.95). Because technology is now so pervasive, the book divides up the most basic activities by format (smartphone, tablet, desktop computer, etc.) and platform (Apple, Microsoft, android, IOS/iPhone, etc.). Free video tutorials and resources on www.AskAbbyStokes.com provide additional content that didn't fit into the book, and it's updated continuously. If you are new to navigating websites or watching videos online, click on the “First-Time Visitors” button in the top right of the website for introductory resources.

Make smart choices

When shopping for a computer, remember that no one device or program is right for everyone. Should you get a tablet, laptop or desktop computer? “All of these devices will connect to the Internet, check e-mail, and offer photo sharing. Tablets are small, lightweight and easy to carry with you. Computers have more processing power than tablets,” according to the book.

Think about how and where you will use your computer. Do you have space for a computer desk to house a full-size keyboard, monitor and tower? Do you want to be able to take your computer with you to the senior center for computer classes, or when you visit family? If so, a tablet or

laptop may be better for you. Go to the store to test drive computers, just like you would a new car. There is a “test drive” form in the book and on the website (Resources section) to help you keep track of more than 40 components, including software, printers, monitor size, memory and other specifications. Buy the computer that you like best, don't just take the salesperson's word for it.

“The biggest warning with getting a tablet for an older adult is posture. Make sure you have a reading table. It's super important when you're using a tablet or smartphone to hold it at eye level. It's good for your back, eyes and arms. If you're sitting on a couch, put a pillow on your lap to raise it up,” said Stokes.

It's important to note that you can add accessories or peripherals to customize any computer to meet your needs. “You can purchase an external mouse, keyboard or larger monitor and connect it to whatever device you have, whether it's a smartphone, laptop or tablet,” said Stokes. For touch screen devices, she recommends using a stylus instead of your finger. This inexpensive tool looks like a pen with a soft tip. It's great for people with long fingernails, wide fingers or arthritis. You can purchase them online and in stores for about \$2 each.

Explore, with caution

Once you buy a computer it's time to start exploring. But be careful. One wrong button or click can set you back. “I like pressing buttons, and once I lost three months worth of data entry at the law firm because I pressed the wrong button. Read what's in front of you before you click anything,” said Stokes. The undo/back button (an arrow pointing to the left in Microsoft Office programs or web browsers) can often help you recover lost data. It's also a good idea to write down settings before changing them.

With the prevalence of scams and viruses today, it's important to maintain a healthy level of skepticism. “Seniors need

Vegetarians and vegans can eat, drink and make merry at Philly restaurants

By Marcia Z. Siegal

Vegetables are having their moment in the sun – or rather, on plates – all over Philadelphia. From Kung Fu Hoagies food truck in West Philadelphia and Blackbird Pizzeria on South Street to the upscale and elegant Vedge at 12th and Locust, there are vegetarian and vegan eateries for every taste and budget. A search of the vegetarian foodies' website www.happy-cow.net for "100% vegetarian and vegan" in Philadelphia produces 27 results. And even at restaurants which serve meat, fish and fowl, vegetables are getting more respect.

"Demand for this kind of cooking is skyrocketing," says Nicole Marquis, president and CEO of Marquis & Co. LLC. She operates the vegan HipCity Veg, which she says was the first plant-based fast-food-style restaurant in the area; and "Charlie was a sinner," the city's first plant-based cocktail lounge. Vegan cuisine is "good for the body and better for the earth, and veggies pack a ton of flavor," Marquis says.

HipCity Veg restaurants, located in Center City and West Philadelphia, are known for arugula salads, smoked tempeh burgers, curry tofu wraps, sweet potato fries and Groothies – smoothies made of banana, apple, pineapple and spinach. Charlie was a sinner, situated in Center City, has garnered a reputation for its signature cocktails with fresh-squeezed juices and tapas dishes, like Smoked Cauliflower. The secret to good vegan cooking? "Treat your veggies like the stars they are," Marquis says. "Make them the center of your meal, and you won't want anything else."

Taj-India, a vegetarian restaurant in Northeast Philadelphia, offers a savory ethnic option. Its Paneer Kabob Wrap, for instance, features homemade cheese and fresh vegetables baked in a clay oven and wrapped in thin bread. It incorporates dairy prod-



Photo courtesy of Marquis & Co., LLC

At the vegan cocktail lounge "Charlie was a sinner," Wild Mushrooms Wide is a customer favorite.

ucts in some, but not all of its many dishes. Chole Bhatura, a dish of Indian bread and curried chickpeas, is among many strictly vegan offerings. Mama's Vegetarian is a kosher Middle Eastern eatery in Center City. While it makes use of eggs in certain dishes, like its latkes, many offerings, like the falafel sandwich and the eggplant platter, are vegan.

If you're looking for something simpler, there's South Philadelphia's Grindcore House, a casual vegan coffee shop serving organic coffee, premium teas, pastries and vegetable sandwiches. You can flavor your coffee with vegan products, like rice milk and coconut and soy creams.

Asian restaurants, often known for large and varied menus, typically feature many vegetarian offerings. At Lemon Grass Thai Restaurant in West Philadelphia, for instance, an array of vegetarian dishes takes its place on the menu along with seafood and meat entrées, appetizers and side dishes.



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Sunday

5

All-American Celebration. Array of family-friendly patriotic festivities: Star-Spangled Banner & Independence Day shows; flag ceremonies; colonial arts, crafts & music; Revolutionary War encampment; & re-enactments. Noon to 5. National Constitution Center. 215-409-6600. \$

12

Hispanic Fiesta. Celebration of Latino culture with music, dance, entertainment, ethnic foods & artisan crafts from Latin America. Headliner: Charlie Cruz y Su Orquesta. 2 to 8 p.m. Great Plaza, Penn's Landing. 215-922-2FUN.

19

Styling Events Summer Festival. Family-friendly event with live music, shopping from 40+ vendors & crafters, food & drinks. Katie O'Donnell's Bar & Restaurant. 4 to 8 p.m. 215-637-5151.

26

Hands-On Tour: Love Letter. Rare, behind-the-scenes, look at personal & emotional writings. Includes yearnings of poet John Keats, dying wishes of a Civil War soldier, correspondence from Marlene Dietrich & Mercedes DeAcosta, & handwritten pages of James Joyce. Rosenbach Museum Library. 4 p.m. Register: 215-732-1600. \$

Monday

6

Silver Sneakers Exercise Class. 8 to 9 a.m. & 9 to 10 a.m. Center in the Park. 215-848-7722, ext. 225. (Mondays, Wednesdays & Fridays) Free/insurance, \$

13

Spiritual Journeys. Rev. Nate & Delores lead class for mind, body & spirit. 10 a.m. Peter Bressi Northeast Senior Center. 215-831-2926. (July 27)

20

Stay Protected. Discussion on recommended vaccinations for older adults followed by singles shot clinic. 10 to noon. Marconi Older Adult Program. 215-717-1969. \$

27

Caregivers Support Group. Support for people caring for an older family member, friend or neighbor. 12:30 p.m. Marconi Older Adult Program. Sponsored by CARES @ Lutheran Settlement House. 215-717-1969.

Tuesday

7

Advanced Computer Class. 12:30 to 2:30 p.m. West Phila. Senior Community Center. Register: 215-386-0379, ext. 0. (Tuesdays) \$

Share Your Life Stories. The Next Chapter: Peer discussion group; & Best Day of My Life (So Far): Storytelling group. 1 to 2:30 p.m. Center in the Park. Register: 215-848-7722, ext. 225. (Tuesdays)

14

Challenge Your Brain Game Day. 10 to 11:30 a.m. Center in the Park. 215-848-7722, ext. 225. (Tuesdays & Fridays)

21

Gary Hart: "The Republic of Conscience." Former Colorado Senator & Presidential candidate discusses ancient ideals, wisdom of the Founding fathers & proposes a remedy for the increasing disillusionment of Americans toward their government. Parkway Central Library. 7:30 p.m. 215-567-4341.

28

Monthly Birthday Celebration. Cake, ice cream, lunch & live entertainment. 11:45 a.m. Peter Bressi NE Senior Center. 215-831-2926.

MorningsOut Senior Social. Social/educational group for gay, bisexual & transgender men age 50-plus. Tour of National Constitution Center by Bob Skiba. 8:30 a.m. to 12:30 p.m. William Way LGBT Community Center. 215-732-2220.

Wednesday

1

Rubber Stamping Club. 2:30 to 4:30 p.m. Center in the Park. 215-848-7722, ext. 225. (Continues July 15) \$/supplies

Summer Guitar Performance Series. Jam sessions with Monnette Sudler-Honesty & friends. Open to the public, all instruments welcome. 1 p.m. Center in the Park. 215-848-7722, ext. 225. (Aug. 5) \$

Tai Chi. Improve balance & muscle tone, reduce stress. 10 a.m. St. Anne's Senior Center. 215-426-9799. (July 8, 15, 22, 29)

8

iPad Lessons. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926. (July 15, 22 & 29)

Meet Author Harry G. Kyriakodis, "Philadelphia's Lost Riverfront." Presentation of historic Delaware River. Book sale & signing. 10 a.m. Marconi Older Adult Program. 215-717-1969.

Twilight Yoga: Gentle Vinyasa. All body types & skill levels. 6:30 p.m. Franklin Square. Presented by POP UP Yoga Philly. 215-629-4026. \$

15

Blood Pressure Screening. 10 to 11:30 a.m. Center in the Park. 215-848-7722, ext. 225.

Confronting Political Corruption in Pa. Daily News columnist John Baer discusses ways to promote a cleaner political culture. 11 a.m. Parkway Central Library. 215-686-5331.

Trip: QVC Studio Tour. Lunch at Iron Hill Brewery in West Chester, Pa. See how products are sourced, tested & shown on air. 10:15 a.m. to 5:30 p.m. Presented by KleinLife. 215-698-7300, ext. 176. \$

22

Beginners Computer Class. 10 to noon. West Phila. Senior Community Center. Register: 215-386-0379, ext. 0. (Wednesdays) \$

Summer Musical: "You've Got A Friend." Show at Bristol Riverside Theater in Bristol, Pa. features music of Carole King, James Taylor & Paul Simon. Optional box lunch for purchase. 12:45 to 4:30 p.m. Presented by KleinLife. Register: 215-698-7300, ext. 176. \$

29

Cooking Through the Alphabet. Healthy cooking demo by nutritionist. 11 a.m. St. Anne's Senior Center. 215-426-9799.

Trip: RiverLady Paddlewheel Riverboat Cruise. Sail on Toms River & Barnegat Bay in N.J. Includes meal. 9 a.m. to 4:30 p.m. KleinLife NE Phila. Register: 215-698-7300, ext. 176. \$

U.S. Supreme Court's Marriage Equality Decision. Drexel Law Professor David Cohen analyzes this important civil rights case. Parkway Central Library. 215-686-5331.

Thursday

2

Allegiance. Kermit Roosevelt, author & law professor discusses novel about debate over imprisonment of Japanese Americans during World War II. 7 p.m. Ethical Humanist Society. 215-735-3456.

Farm Stand. Fresh, local produce, eggs, cheese, & more. 11 a.m. to 5 p.m. Between Jeanes Hospital & Fox Chase Cancer Center. Rain location: Jeanes Hospital Cafeteria. 215-728-2131. (Thursdays through November.)

9

Enhance Fitness Exercise Class. 9 a.m. Center in the Park. Register: 215-848-7722, ext. 225. (Tuesdays & Thursdays)

16

Screening Under the Stars: "The Wizard of Oz." 8:30 p.m. Great Plaza, Penn's Landing. 215-922-2FUN.

Trip: Harrington Casino in Delaware. Includes slot dollars & lunch buffet. 9 a.m. to 6 p.m. Phila. Senior Center - Main. Register: 215-546-5879, ext. 209. \$

23

Red, White & Blue Festivus. Food trucks & vendors, activities, & patriotic beer garden presented by Barren Hill Brewery. 4 to 10 p.m. Franklin Square. 215-629-4026.

Screening Under the Stars: "Back to the Future." 8:30 p.m. Great Plaza, Penn's Landing. 215-922-2FUN.

30

Jazz Celebration Big Band. 17-piece jazz Orchestra featuring vocalist Claudia Perry. Works by Basie, Kenton, Herman & others. 8 to 10 p.m. Café Lava. Tickets: 215-673-5282. \$

Screening Under the Stars: "Home." 8:30 p.m. Great Plaza, Penn's Landing. 215-922-2FUN.

Friday

3

Independence Day Family Fun. Commemorate America's 239th birthday just steps from Independence Mall. Activities include Philly Mini Golf, Liberty Carousel & Lightning Bolt Express Train. Noon to 3. Franklin Square. 215-629-4026. (Continues July 4 & 5) \$

Independence Day Party. Celebrate our nation's independence with food, fun & games. 10 a.m. St. Charles Senior Community Center. 215-790-9535.

10

Christmas in July. Celebrate the spirit of Christmas in the summer. Gift for all attendees. 10 a.m. St. Charles Senior Community Center. 215-790-9535.

17

Cookology Class. Dietitian creates delicious healthy treats with samples. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

Line Dancing with Gloria. 10:30 a.m. St. Charles Senior Community Center. 215-426-9799.

Philadanco Founders Concert. Family-friendly event featuring all types of dance performers, ages 12+. 7:30 p.m. The Dell Music Center. 215-387-8200. \$

24

Yoga. 11 a.m. to 12:30 p.m. Center in the Park. 215-848-7722, ext. 225. (Fridays) \$

31

Franklin Square 9th Birthday Celebration. Activities include Ben Franklin blowing out the candles. 11 a.m. Franklin Square. 215-629-4026.

Saturday

4

Independence Day

Philadelphia's Independence Day Celebration. 10 a.m., celebration of freedom ceremony, Independence Hall. 11 a.m., parade, Historic Phila. Noon to 7, Party on the Parkway, Benjamin Franklin Parkway. 7:30 p.m., Concert & fireworks, Eakins Oval. www.welcomeAmerica.com

11

Fun & War Games. Gaming vendors from the Phila. area will present games soldiers played to pass the time between battles during the American Revolution & Civil War. 10 to 4 p.m. Fort Mifflin. 215-685-4167. \$

18

Civil War Weekend. Living history displays, weapons demos, hearth cooking, scavenger hunt & guided tours. Commemorates 150th anniversary of Civil War. 10 a.m. to 4 p.m. Fort Mifflin. 215-685-4167. (Also July 19) \$

Saturday Night at the Movies. Bring a blanket & watch a movie outdoors. 7 to 11 p.m. Games & pre-show activities start at 7; movie begins at 9 pm. Franklin Square. 215-629-4026.

25

25th Anniversary Celebration of the Americans with Disabilities Act (ADA). 10:30 a.m. to 3 p.m. City Hall. 215-634-2000.

Free Kimmel Center Tour & Organ Performance. Featuring organist Michael Stairs. Kimmel Center, Verizon Hall, 1 p.m. 215-790-5800.

Veggie Restaurants

• continued from page 11

Eggplant Salad, with char-grilled and peeled Thai eggplants tossed in spicy onion, tomatoes, bell pepper, and chili sauce, then topped with crispy diced tofu, is among the many vegetable delights. Another is Vegetarian Curry, made with green vegetables, tofu, curry paste, coconut milk, bamboo shoots, bell peppers and basil leaves.

Vedge, on the fine dining end of the spectrum, occupies a building listed on the National Register of Historic Places, designed by architect Frank Furness for the Princeton Club in the 19th century. Kate Jacoby, co-owner with Rich Landau, says one of the most popular dishes at this vegan eatery is the Rutabaga Fondue, made with roasted rutabaga and topped with caramelized onions, served with a house-baked soft pretzel bun and a rutabaga salad. "Other favorites include our Smoked

Golden Beets with creamy cucumber-dill sauce and our Eggplant Braciolo with Sicilian salsa verde," Jacoby says. Among Vedge's more unusual dishes is the fancy radish plate that features about eight different varieties of radishes, all prepared and seasoned differently and served with smoked tamari for dipping. "For dessert, we have a Sweet Potato Arancini, which is served with citrus supremes in pho syrup, halva cream and lime sorbet," Jacoby says.

Jacoby and Landau also co-own V Street in Center City, which she describes as "a vegan street food bar where the inspiration comes from popular street food dishes from around the world." Among its notable offerings is Cauliflower 65, an Indian dish typically made with chicken. Jacoby says V Street's meatless version is seasoned with curry, cumin and red chili, and served in tortillas with cucumber chutney, harissa and avocado.

"This is the food we want to eat – and it's all we know how to cook," she says.

"We love this food, and we want to share what we've learned with other people, so they know how delicious it can be."

Veggie vocabulary and venues

Whether you are vegetarian (do not eat meat, fish or fowl), pescetarian (eat fish, but not meat or fowl), vegan (do not consume any animal products, including cheese, eggs and honey), or you simply enjoy delicious vegetable dishes, Philadelphia's diverse culinary scene has much to offer.

To learn more about local vegetarian and vegan restaurants and restaurants offering vegetarian options, visit www.vegphilly.com, where you can search by neighborhood; cuisine; or specific features offered, such as gluten-free foods or craft beers.

Following is a list of restaurants featured in this article:

Charlie was a sinner: 131 S. 13th St.; 267-758-5372; inquire@charlieswasasinner.com; www.charlieswasasinner.com

Grindcore House: 1515 S. 4th St.; 215-839-3333; info@grindcorehouse.com; www.grindcorehouse.com

HipCity Veg (Rittenhouse): 127 S. 18th St.; 215-278-7605; (University City): 214 S. 40th St. 19104; 267-244-4342; hello@hipcityveg.com; www.hipcityveg.com

Lemon Grass Thai Restaurant: 3630 Lancaster Ave.; 215-222-8042; lemongrassphila@gmail.com; www.lemongrassphila.com

Mama's Vegetarian: 18 S. 20th St.; 215-751-0477; www.mamasvegetarian.com

Taj-India: 10863 Bustleton Ave.; 215-677-4400; tajindia05@gmail.com; www.taj-india.com

V Street: 126 S. 19th St.; 215-278-7943; info@vstreetfood.com; www.vstreetfood.com

Vedge: 1221 Locust St.; 215-320-7500; info@vedgerestaurant.com; www.vedgerestaurant.com

Contact Marcia Z. Siegal at: msiegal@pcaphl.org

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'FitC' helped Mary (left) and Sal Scialla settle into life in the city.

Photo by Paola Noguerras

Engaging with Friends in the City

By Marcia Z. Siegal

Mary and Sal Scialla were new to Philadelphia and looking to make new friends and explore what the city had to offer when they joined Friends in the City (FitC) two years ago. Both recently retired, they thought city living might meet their needs at this stage of their lives. They were familiar with the city through frequent visits when their children attended college here. "We knew the city had a lot to offer in terms of history and the arts," says Sal Scialla, a retired physician. But moving here from Scranton after their children had graduated and settled elsewhere proved daunting in the beginning.

"We did not know anyone," says Mary Scialla, a retired hospital pastoral care specialist. Often the friends you make are those you meet through your children's activities or through the workplace, she says. With their children grown and the couple no longer working, traditional social connections were not readily available.

Then they learned about FitC, a social organization that had its roots in a small Quaker-oriented retirement community, based at the Riverfront, a multi-generational condominium building at 22 South Front St. It began with a small group of senior citizens who moved into the building with the intention of creating a community where they could gather to share meals, exercise, converse and participate

in activities on the premises and citywide.

While that residential program has grown slightly and remains important, FitC now focuses primarily on an expanding array of activities that draws senior participants from diverse living situations. It numbers nearly 400 members from Center City and beyond. As noted on its website, its goals are "to take full advantage of city living, to socialize with each other, to give back to the community, and to enhance our healthy aging and enjoyment of life." Non-residents of the Riverfront pay a \$65 annual membership fee to join.

"When someone mentioned FitC to us, we jumped at the suggestion," Mary Scialla says. "We've met some wonderful people and done some wonderful things," she says.

Like the Sciallas, retired teacher Pam Freyd, a longtime Rittenhouse Square resident, is enthusiastic about what the organization provides. FitC offerings span health and fitness, cultural, educational, creative, volunteer, and dining group activities and events, all organized by members for members, says Freyd, FitC board member and program chair. "If you count the monthly meetings of book clubs, play reading, knitting or other special interest groups, there are about 70 events going on each month," says Freyd. "My favorites are the book club, play reading and the walking groups."

• continued on page 19

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Is This Thing On?

• continued from page 10

to empower themselves to think of the computer as the front door to their home. You should protect it the same way. You wouldn't let a stranger into your house who you didn't recognize. You need to realize that when you receive e-mails or see a window pop-up online about making your computer faster or trying the latest thing, it's an advertisement," said Stokes.

First, ask yourself, "Should I?" If you are unsure whether to open an e-mail, click on a link or download software, the answer is probably no. "No harm will come from waiting to show it to your daughter or just deleting it. Chances are, it's spam or a sales pitch anyway," said Stokes.

"In my mother's case, I have a particular sign off that I use for every e-mail I send to her. So there's no question about whether it came from me. When you receive a suspicious e-mail that looks like it came from someone you know, move your mouse over the name to reveal the sender's e-mail

address. You'll probably see it's not sent from that person's e-mail address. If you have any doubts, do not reply or click on any links. Get on the phone and call them, if you want to follow up," said Stokes.

Privacy is another important consideration. Think of the Internet as the front door to your home. If you wouldn't be comfortable putting something on the door, don't post it on Facebook, put it into an e-mail, or enter it into a website. The same goes for restricting access to your device. "Unless a device is password-protected, once it leaves your hands it's an open door to your pictures and information," she said.

Practice caution, but don't let fear or uncertainty stop you from exploring. If you encounter a problem or have questions, check out Abby Stokes' book and website, ask a tech-savvy friend or relative, or take a computer class at your local library or senior center.

Creative connections

Technology can allow you to stay in touch with family and connect in ways you've never imagined. It's more than just sending photos or messages by e-mail. You can create a family history on Ancestry.com or by cataloging interviews with family members. By scanning old photos of yourself or your children and sending them to your grandkids, you can start a conversation about what life was like for you at their age.

Consider giving gifts that are inspired by technology. If your grandchild likes to play video games, such as Angry Birds or Tetris, you may want to get the board game version so you can play together.

Stepping it up a notch, a grandparent with a favorite chocolate chip cookie recipe can use this to make a direct connection. "You can e-mail the ingredient list to your grandchild, then schedule a time to meet on Skype. With both sides armed with all ingredients, you can make the cookies together over video chat," said Stokes.

Finding ways like these to connect creatively through technology can increase the opportunity for meaningful communication between generations, Stokes said.

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Apps

• continued from page 1

along with the far easier and cheaper choices for connecting to Wi-Fi have made apps a wonderful boon for older adults," says Dichter.

"Someone who has been 'left off' or shut out of the information highway due to the cost and complexities of desktop computers is far less intimidated by mobile devices," she says. "Mobile apps and mobile devices are relatively new to everyone, so you don't have to be embarrassed to ask for help."

Apps enable you to customize your device to suit your needs and interests. At Star Harbor Senior Citizen Center in Southwest Philadelphia, seniors have avidly embraced the new technology on their Apple iPad tablet computers, under the guidance of volunteer instructor Michelle Barton. Barton says games like solitaire and Candy Crush Saga are popular, as is the Bible study app, Holy Bible. West Philadelphia Senior Community Center member Sarah Ancrum, uses apps to pay her bills, catch up with family and friends on Facebook, and check out restaurant reviews. She just connected to the Ancestry app to explore her family history.

Tablet computers, like the iPad, offer a particularly senior-friendly way to use apps, says Dichter, since they have large touchscreens, are easier to view and operate, and offer easy prompts to get from one function to the next.

Here's a look at some of what the wide world of apps has to offer. Many apps listed below are free or of modest cost, and many are available for downloading on both Apple and Android mobile devices. Some apps, such as those for Facebook or Amazon, are actually pared-down versions of websites, adapted for use on a smaller device. Others, such as Siri (see below), are designed specifically for use on a smartphone or mobile device.

ADAPTIVE AIDS

Cognitive Impairment

Clevermind: Helps people dealing with



Photo by Paola Noguera

Generations on Line helps to promote internet access and skills for older adults through an easy-to-use software program tailored to this age group.

cognitive impairments that come with problems associated with Alzheimer's disease and other forms of dementia. Includes quizzes and games, big buttons, voice command controls and more.

Hearing

OtoSense: Allows people who are deaf or hard-of-hearing to see audio alerts and other sounds on their smartphones, such as ringing doorbells and smoke alarm alerts.

Live Caption: Transcribes face-to-face conversations.

Subtitles: Provides subtitles on an iPhone to be played along with a TV show or movie.

Mobility

Unlock Philly: Maps of wheelchair-accessible SEPTA stations and accessible shops and restaurants near those stations; shows broken elevator reports.

Wheelmap: Global online map to search, find and mark wheelchair-accessible places.

Visual

LookAround: GPS iPhone app that can speak your location and the direction you are facing, and identify nearby streets and points of interest.

Siri: Enables you to perform tasks, such as sending messages, hands-free using just your voice.

VoiceActions: Performs tasks, such as searching, getting directions, making notes, setting alarms, with just your voice.

CAREGIVING

CaringBridge: Enables multiple caregivers and family members to share pertinent information, such as updates, encouragement, and arranging care for people facing various medical situations.

CareZone: Stores care recipient's pertinent medication and other health information; keeps track of appointments; provides reminders for prescription refills; keeps track of important phone numbers and e-mails, including doctors, pharmacies and insurance providers.

Tell My Geo: Enables family caregivers to program a relative's smartphone, so it sends regular location updates to the caregiver's smartphone. Older adults can also use the app's global positioning system technology to find out where they are, send their locations to another smartphone or call for help.

Unfrazzle: Enables user to create task lists; keep notes; track food, medications, pain, or behavior; and connect with and delegate caregiving tasks among family, friends, care aides, and others participating in care.

COOKING

Allrecipes: Recipes, cooking tips, and how-to food videos – all rated and reviewed by millions of home cooks.

Epicurious: Offers more than 30,000 recipes sorted by convenient categories; includes a digital recipe box for saving your favorite recipes.

Healthy in a Hurry: Healthy meals that can be prepared in 45 minutes or less; includes nutritional information.

EDUCATION & HEALTHY BRAIN

Coursera: Access online courses and lectures on a wide variety of topics from instructors at more than 115 top universities and educational institutions.

Luminosity: Games designed by neuroscientists to enhance memory and cognitive speed; includes personalized brain training programs that can focus on improving your attention, memory or problem-solving capacities.

Peak: Personalized self-improvement app designed to help you improve your memory, focus and attention.

TED Talks: Talks from some of the world's most fascinating people and innovative thinkers in the fields of technology, medicine, arts, education, business and more.

FINANCES

Banks: Your bank or credit union likely has its own app that will allow you to check your balance, and view recent or pending transactions on all your accounts. Bank apps may also allow you to deposit checks, transfer money or pay bills.

Gas Buddy: Finds and compares prices at local gas stations.

Expense IQ: Combines an expense manager, a bill reminder, checkbook register and a budget planner.

Mint: Helps you manage your bank accounts, credit cards, and investments; track spending; create a budget; receive bill reminders; check your credit score; get tips for reducing fees and saving money.

Mint Bills: Helps you stay on top of and pay your bills, and monitor your bank accounts and credit cards.

HEALTH

Medisafe: Aids in keeping track of medications and when to take them.

My Medical: A record-keeping app for your personal medical information; you can use it for multiple people, such as yourself, a spouse and an aging parent.

Web MD: Health information and news (for personal medical advice, it should not replace consultation with your doctor).

NEWS & INFORMATION

Google: World's most popular search engine enables you to find information on

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July 2015

More apps

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the Internet by typing in a word or phrase.

iHeartRadio: Listen online to live radio, sports, news, NPR, podcasts, and create customized music stations based on your favorite artists, songs or albums.

Television and radio: All of the major broadcast networks, as well as local stations, have apps, including CBS3, 6ABC, NBC 10, Fox 29, ABC News, CBS News, CNN, NBC News, FOX News, NPR News, and Philly.com. There are also many free sports apps, including ESPN, that provide up-to-the minute scores or play-by-play, player and team stats, news, video highlights, and score alerts.

Philly 311: Submit service requests (potholes, noise complaints, dangerous conditions, etc.) directly, to be routed to the correct administrator in the appropriate city government department.

SEPTA: Information on SEPTA train and bus routes and schedules; and updates, alerts, detour or service advisories on your route.

Weather Channel: Local weather, including updates, forecasts, pollen count; and weather news elsewhere in the region and nationwide.

ENTERTAINMENT

Reading Material

Free Books: Offers more than 23,000 books for downloading.

Goodreads: Connects you with a large population of readers and their reviews, and enables you to share your reviews.

Overdrive: Borrow e-books from the Free Library of Philadelphia to read on your device.

Zinio: Access current feature stories in a number of magazines.

Movies & TV

Fandango: Search movies, locations and show times, and buy tickets.

Netflix and Snagfilms: Offer movies and TV shows on your mobile device.

Music

iHeartRadio: Listen to your favorite live

radio stations or create your own commercial-free custom stations from a catalog of 20 million songs.

Pandora: A personalized Internet radio service that helps you find and play music based on old and current favorites.

Overdrive: Download audio tapes from the Free Library of Philadelphia.

Yesterday USA: Broadcasts "old-time radio shows."

Restaurants

OpenTable: Search for restaurants by location; get descriptions; view menus, price ranges and reviews; make a reservations.

Urbanspoon: Search for restaurants based on criteria, like price range, ratings, type of cuisine; and make a reservation.

Yelp: Reviews and ratings by users of shops, restaurants and services locally and worldwide.

SHOPPING

Groceries: Fresh Direct and Peapod offer online grocery shopping and delivery services. Most major supermarket chains also have apps that feature sales, recipes, customizable shopping lists and coupons.

Key Ring: Store information and bar codes from store loyalty or rewards cards to scan at checkout instead of plastic card; view coupons and sales.

Retail: Many online, department and specialty stores, including Amazon, Macy's and Target, have apps that enable you to search for and purchase items; make shipping/pick-up arrangements; and get information on special savings and promotions.

SOCIALIZING

Facebook: Social networking site, en-

ables you connect and share with your family and friends online.

Skype: Videoconferencing enables you to see and talk with other Skype users, either one-on-one or in groups.

Tapestry: Enables e-mail, photo sharing and storage, and other functions common to social networking on one site.

TRAVEL

Goby: Helps you find entertainment and cultural places and events, dining, lodging in your vicinity for locations worldwide.

Google Maps: Helps you get around a new location and locate amenities, such as restaurants, stores and gas stations.

Google Translate: Translates text into the desired language, or say a phrase in English and the app will repeat your words in the language you choose.

Kayak: Helps you compare the best deals for airfare, hotel rooms and car rentals; book reservations; check your flight status and manage your itinerary; includes lodging photos and reviews.

TripAdvisor: Listings, customer ratings and reviews for hotels, restaurants and attractions in thousands of cities around the world.

TripIt: Helps you plan your trip from flights and car rental to train tickets and accommodations; enables you to construct an itinerary.

For details on how to download apps, see story on page 20.

Contact Marcia Z. Siegal at:
msiegal@pcaphl.org



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Care Transition

• continued from page 4

to manage his health going forward, Mann says.

Team effort

Another advantage of seeing the participant at home is the chance to meet and work with family members and caregivers, Fitzgibbons says. "If they are the ones providing the care and supports, it's important they be educated and involved just as much as the participant."

Another case illustrates such a collaboration. A participant in the program, now back at home, was not doing well. The doctor who was treating his chronic illness advised him to go to the emergency room. "The participant told the bridge care coordinator that he was just tired of the hospital and tired of going to the emergency room," Fitzgibbons says. "He said he had been in the hospital so many times, he was not willing to go again at this point. We had to start with where he was at that

moment. The goal became to get him to his primary care physician, which he was agreeable to." However, he had recently moved in with a niece to another section of the city and was largely bedbound. Getting to his doctor's office in his old neighborhood would be difficult.

Noting that there was a doctor's office on the first floor of the apartment building, the bridge care coordinator suggested that the niece inquire whether her uncle could be seen there. The niece followed through quickly and was able to transport her uncle by wheelchair to the doctor's office, where he was diagnosed with a treatable infection and prescribed an antibiotic. As a result, he did not have to go back to the hospital. In addition, he could now readily turn to a new physician for his primary care, one much more convenient for him, the niece gratefully reported.

"It's one of our success stories," says Fitzgibbons, "and there are many."

Contact Marcia Z. Siegal at:
msiegal@pcaphl.org

Friends in the City

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"Research tells us that social engagement is a key to successful aging," Freyd says. "FitC offers the opportunity for social engagement with others who want to age in place in an urban environment and relish the wonderful diversity, theaters, restaurants, museums, concerts, the independence and the vitality that our city offers. FitC members help each other do that."

Though non-denominational, FitC was inspired by the Quaker notion of community-building, according to Freyd. "The activities and ongoing groups are deliberately kept small in an effort to give people an opportunity to get to know each other," she says. "I think what I enjoy the most is meeting other members when I am going about other aspects of my life. I like seeing people I know in the street or meeting them at concerts or the grocery store. I feel a greater connection to the community in which I have lived for so long."

"I've been amazed at the friendliness," says Mary Scialla. "I've enjoyed so many physical endeavors: walks around Rittenhouse Square, walks along the Schuylkill. It's good to do this with people in the same situation. A majority of the people are retired like we are."

Sal Scialla concurs. "We walked across the Ben Franklin Bridge. That's something we never would have done ourselves, but we did it with a group. There's a picture of us on the bridge with the whole panorama of Center City behind us. We do flat walking with a tour guide. He'll pick different spots in the city, and we'll walk a mile. He's picked places we'd never find otherwise and also introduced us to special types of eateries. We're finding various spots in the city we never would have known. It's been very fulfilling."

To learn more about Friends in the City, call 267-639-5257, e-mail infriendscentercity.org or visit www.friendscentercity.org.

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Ready, set, download! Some basics

Before getting started, make note of whether you have an Apple device, such as an iPhone or iPad; or an Android device, because the apps for one do not work on the other.

For Apple devices: Look for the Apple Store icon on your device, it comes already installed. You can also go to a local Apple retail store for assistance or visit www.apple.store.com.

For Android devices: Look for the Google Play Store app, which comes already installed on Android smartphones. Information is also available at <http://play.google.com>, or where Android devices are sold.

Tap the Apple Store or Google Play Store icon to launch the app, then you can search for apps by name, or browse by category. To search for free apps, include the word "free" in your name search, such as "free Scrabble" or "free calorie counter." Once you decide what app you want, click on "download." There are usually permissions requested, which may range from just the device ID and call information to your device history, your location, calendar, your identity, and more. If you are uncomfortable accepting this, don't – but you won't be able to use that app. Once you tap to accept the app's terms, it will begin to download. If there is a cost for the app, you will be prompted to input payment information or may select to have the cost charged to your cell phone bill. Choose paid apps wisely, as you may not be able to get a refund. You probably will want to

download apps when you have a Wi-Fi connection, in order to not use your data allowance. This can take awhile. Once the app is downloaded, it will give you the option of opening it. If you don't want to do that right away, you can find it later in your library of apps.

To learn more about connecting to the Internet, including using apps:

Free Library of Philadelphia (FLP) offers the E-Gadget Helpdesk, where you can consult "tech gurus" to get the help you need to make the most of your new electronic device. The Helpdesk is open from 3 to 6 p.m. on Tuesdays and Thursdays at FLP's Parkway Central Library, 1901 Vine St. For information: 215-686-5415 (E-Gadget); 215-686-5322; www.freelibrary.org.

Generations on Line (GoL) offers a software program and support to simplify the Internet for seniors through tablet training classes, called Sip 'n Swipe Cafes, held at senior centers, HUD-subsidized housing, retirement communities, public libraries and nursing homes. There is no cost to participating older adults. For information: 215-222-6400 or www.generationsonline.org.

Senior Community Centers: Many senior community centers offer computer training. For information on senior centers in your neighborhood, call the PCA Helpline at 215-765-9040; visit www.pcaCares.org, type "senior center" in keyword search on the right side, and select the category "Senior Centers."

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New normal: Family's roles are reversed on traditional vacations "down the shore"



By Sally Friedman

After years of grabbing a few days at the beach with our kids when they were little bucket-toting beachcombers, the "new normal" began about 10 years ago. Now, our annual pilgrimage to Long Beach Island (LBI) plays out with the role reversal that we should expect by now, but that still comes as a slight shock.

Now Jill, Amy and Nancy – all grown up and parents of their own kids – rent a home together and invite the old folks – us – for a few overnights.

And it always begins, ironically, with the very same caution we used to utter to them: "Be careful!"

Except this time, we're on the receiving end of those words as one or the other of our daughters will "supervise" us as we maneuver the steps that typically lead to their stilt houses on LBI.

Amy, the former family daredevil, is ironically the most attentive of the safety queens. Vic and I just exchange glances, and then do as we're told.

Marvelous mayhem

With a seashore cottage filled with seven grandchildren, three sons-in-law and three daughters, serenity is not the vibe. There is mayhem as meals take on epic proportions, and people large and small come and go.

And we wouldn't change it for the world.

Our end-of-summer odysseys on this island are a steady reminder of so many things, not the least of which is the march of time.

Once we led – our daughters followed. Now they set the agenda; plan the meals; deal with the heaps of wet towels, the trails of sand, the slathering of sunscreen; and one year, the presence of our oldest granddaughter's terrific boyfriend.

Wasn't it just yesterday that Hannah wanted to dig holes all the way to China? That she clung to my hand as we faced the mighty Atlantic Ocean?

Now – dare I say it – I sometimes reach for hers when those breakers crash around me...

Once, I stationed myself at the water's edge and kept a super-keen eye on my three little hostages to fortune as they jumped the waves.

During our recent visit, I could swear that the watchful eyes were on us.

Weird. And yes, wonderful, too.

Age has perks

It's not so bad to be watched over, and it's definitely a luxury to be shuffled out to the deck as the next generation makes dinner.

It's all obviously part of the circle of life, the dance of the generations. What will remain a mystery is how it all happened while our backs were turned.

But lingering over breakfast muffins and bagels at an old pine table in a beach house bursting at the seams – well, it doesn't get much better than that.

Not unless you factor in searching for perfect seashells with the "smalls," our youngest grandchildren.

Or unless it's sitting in a huge circle on the beach remembering family foibles past, and laughing until our sides hurt.

There have been those moments, and some amazing conversations with our adult kids about their lives, their thoughts, and yes, even their worries as the sea air seemed to open whole highways of feelings.

Was it all mellow perfection? Certainly not.

There were the inevitable minor squabbles and irritations. And sometimes, it was really tough to remember that our parental advice about everything from what is appropriate bed-

time for the "smalls," to our tips about how best to organize the jammed refrigerator, were not welcome.

Still, I can't explain why my husband and I always sleep better than we usually do at the shore on these annual visits, despite makeshift arrangements, and a bit more noise than we empty-nesters are used to.

I can't explain how the two days seem to slip away, yet how the memories linger for weeks.

Carpe diem

This I do know:

On these brief odysseys, we don't communicate with harried and hurried cell phone calls or accursed texts.

We may not see eye-to-eye on things but we do have eye contact – and yes,

in this era, that's now in the category of a treat.

We laugh more, reminisce more, dredge up old family lore and if we're lucky, take long walks on the beach when secrets seem to spill out and sometimes silence speaks volumes.

When it's time to leave, our kids and grandkids lug our stuff to the car, and warn us to drive carefully – the ultimate turnabout.

We still warn them to slather on the sunscreen and watch out for the undertows. Habits are tough to break.

And as we head back to the causeway that links this little island with the real world, the fervent hope is always that it will be same time next year.

Sally Friedman can be reached at pinegander@aol.com

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It may have looked sleepy, but Ogden Street was bustling with activity

By Dorothy Stanaitis

To an outsider, it looked like a sleepy little block of row homes. No cars were parked on Ogden Street – most of the owners could not qualify for a windshield sticker to purchase gasoline during World War II. Luckily, close at hand, on 52nd Street, was the PTC (Philadelphia Transportation Company) Market-Frankford elevated train, which led, in one direction, to 69th Street terminal and in the other, to Center City's great department stores: Wanamaker's, Strawbridge & Clothier, Frank & Seder, Gimbels, and Lit Brothers.

Not that Ogden Street families went downtown often. The 52nd and Market Street area provided ample shopping



Pony rides were a special treat.

opportunities, from the Woolworth's 5&10 to the shoe stores, dress shops, hardware store, cigar and cigarette emporium, Hanscom's Bakery, Loft's candy store, and the wonderful Horn and Hardart Automat.

Right around the corner were two groceries, a barber, a drug store, a candy store and a dry goods shop. The butcher shop, with its sawdust-covered floor, was three blocks away, but since meat was rationed and scarce, we didn't go there too often.

No need for supermarket

For big weekly food orders, Baltimore Market and the A&P did require a longer trip, but our mother seldom shopped. Dad was a meat cutter in the supermarket, and he brought home the groceries.

For those who didn't want to leave the street, even to go around to the corner store, there were daily deliveries from the breadman, the milkman and the huckster with his cart of fresh produce. Most housewives had standing orders for the milk and bread that would be placed by the front door early in the morning. Often, in the winter, the cardboard lid on the glass milk bottles would be pushed up by the frozen cream that rose to the top – an icy treat!

The huckster appeared in mid-afternoon. The housewives clustered around his cart to haggle over the fruit and vegetables he sold. Many stayed on the curb chatting even after the huckster moved on.

The iceman cometh

Because there was very little traffic, the street was the children's playground. A game of racing tag or Red Rover was usually going on; girls would jump rope Double Dutch; roller skaters had right-of-way.

All games stopped abruptly when the iceman's wagon came along. We knew his routine. He would chop a block off the huge chunk of ice in his wagon. Then, with tongs, he would hoist the block onto his shoulder and carry it into the icebox in the kitchen –

while the children were swarming over his wagon to gather ice chips to chew. We would pat his gentle, patient horse, as well as the horses that drew wagons for the junkman and the ragman.

Most afternoons, we would be visited by the organ grinder, whose funny little red-capped monkey would snatch pennies from the hands of any children lucky enough to have some.

Picture on a pony

The luckiest children were those who could afford a ride on the little truck-drawn merry-go-round, or on the pony whose owner – for a few extra coins – would take your picture as you rode. "Folding money" was needed, however, when the Dollar-a-Week man came around to collect. The dresses, jackets and blouses that he sold were paid for on his weekly installment plan. Another weekly collector was Jack, the insurance man. When he came around for the premiums, he always gave a stick of Wrigley's Spearmint Chewing Gum to his customers' children.

The men eking out a living from rags, ice, junk, clothes and slightly wilted produce were our visitors, our friends and our entertainment, and they made Ogden Street anything but a sleepy little street.

Dorothy Stanaitis is a retired librarian and a freelance writer.

Volunteers Sought

Philadelphia Corporation for Aging is looking for volunteers to be trained as facilitators for the Chronic Disease Self-Management Program workshop, "Help Yourself to Health." Training is five days long and will take place on August 31, September 1, 2, 3, 4, from 9:30 a.m. until 4p.m. Please call Diane Brown at 215-765-9000, ext. 5119 to register.

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Se Habla Español

Don's Column

Might my memory deceive me?



By Don Harrison

House calls may be history, but the doctor you stagger in to see in his (or her) office is a lot better prepared to deal with whatever ails you than doctors used to be.

That's one reason a lot of us are still around.

The doctor may look 14, but he or she knows lots more about my innards than I do. All I ask is that the doctor listen to me, and more important, make me feel better.

Sometimes, that may be impossible. Just as we've lived this long because of treatments and medications not available to our grandparents, doctors in the future may help our grandkids last longer than we have, thanks to information and techniques that today's doctors don't have.

Just as we look back on some past "healing" practices as primitive, future generations probably will see today's treatments the same way.

It's easy to be objective and logical about it, except when you're in pain or when what's supposed to work doesn't. The doctor understands this ...

Or should.

* * *

A gap? No, a chasm

My recollections of Baltimore, I told the 24-year-old, were those of a GI, more than 60 years ago.

"What's a GI?" he asked.

After I told him, he said, "Oh, like GI Joe."

Later, I mentioned "vaudeville." The same blank stare. He'd obviously never heard of the word.

A generation gap? More like a generational chasm.

It goes two ways, of course. Sitting among young people, I realize occasionally that I haven't the slightest idea

what they're talking about.

And I'm overwhelmed with wonder at all those gadgets they're familiar with!

Considering today's fast-moving technology, this chasm may be unavoidable, but the solution is simple: If there's something you don't understand, just look it up ...

On your phone.

* * *

A stain on my record

Unearthing an elementary school report card was a shocker. I did fine in the Three Rs, but under "Character Traits," I flunked Cooperation and Self Control.

Although I'm sure I was no Goody Two Shoes, I don't recall being a disciplinary problem. Of course, it was a long time ago, which could play tricks with the memory (especially of things I'd just as soon forget), but surely, if I had been a chronic troublemaker, I'd remember.

Even if the teacher is still around, which is unlikely, she too might not recall. So, too, former classmates who might have been able to jog my memory. Alas, I may never know the justification for this blot on my escutcheon.

At that Great Roll Call in the Sky, will I be remembered for how I might have enriched others? For good deeds? For positive achievements? For this column?

I'd like to think so, but how do I know I won't be identified as That Kid Who Flunked Cooperation and Self Control in 4th grade at William Cullen Bryant School?

Milestones Editor Emeritus Don Harrison served as deputy editor of the Daily News opinion pages and as assistant managing editor and city editor of the Philadelphia Bulletin

The Milestones Crossword

Boot Up

Across

- 1 Kind of rain
5 Girl's encouragement
9 Code for cons
14 Foe of 007
15 Negotiation
16 Smell
17 Act foolish
18 To be, to Bardot
19 Curly cabbage
20 Hardware
23 JFK sign
24 *Enter the Dragon* star
25 Closes
28 Passing fancy
30 Witt maneuver
34 TV camera shot
35 Legendary clay figure
37 Brian, of rock
38 Software
41 Mighty Joe Young, e.g.
42 Gymnastic apparatus
43 Down East
44 Unpopular student
46 Dobbin turner
47 Starr, of the West
48 Overwhelm
50 Hamburger helper

- 51 State-of-the-art equipment
58 Danny's daughter
59 Like a string bean
60 Pride's place
62 Tatum
63 Nudge forward
64 Gershwin tune
65 Far from spiffy
66 Fortune teller
67 Wonderland

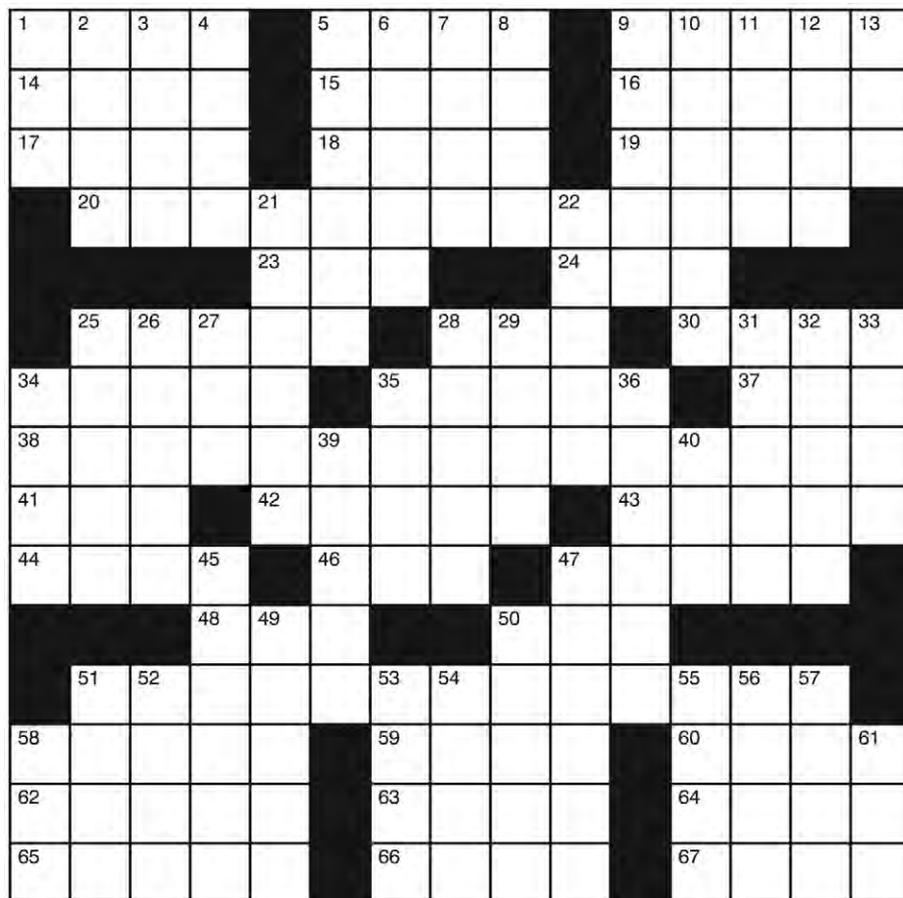
Down

- 1 Increase
2 *I've Gotta ____: Peter Pan* song
3 Dividing word
4 Active soul
5 Skilled individuals
6 Tropical fish
7 Poi root
8 A Baldwin
9 Unstylish
10 Obliterates
11 New, to Lepidus
12 Cupid
13 Melody
17 Road sign
22 Sort of statesman
25 Cant

- 26 Classical reading
27 Strike caller, for short
28 Create
29 Heidi's home
31 Pauline's problem
32 Simple
33 Alaska city
34 Use radar
35 Code carrier
36 Brief time
39 Princetonian
40 Unit of acceleration
45 Southfork setting
47 Memorable Archie
49 Lanate
50 Jag
51 Malacca, for one
52 Pyrite and bauxite
53 More
54 Diner's request
55 Supermodel MacPherson
56 Occasion at Minsky's
57 Junior or jumbo
58 Popular tattoo
61 Competed at Belmont

Solution

The solution for the crossword puzzle can be found on page 2.



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