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Wednesday, July 1, 2020 » MEDIANEWS GROUP

CORONAVIRUS

Seniors suffer most during pandemic

By Jen Samuel
jsamuel@dailylocal.com
@jenpoetess on Twitter

HARRISBURG » Loved ones want answers.

In Chester County, nearly 90 percent of all COVID-19 related deaths occurred inside assisted care living facilities. The largest number of deaths occurred at Southeastern Veterans Center in East Vincent.

“An investigation is now going on of what occurred at the southeast veterans’ home,” said State Sen. Andy Dinniman, D-19th, of West Whiteland, who is retiring this year. “If staff or families would like to get their voice into the investigation, they can certainly call my office and we will give their name to the law firm.”

The Pennsylvania Office of General Counsel has hired Morgan, Lewis & Bockius LLP to investigate the Southeastern Veterans Center on behalf of the Pennsylvania Department of Military and Veterans Affairs, established in 1793, and the Commonwealth.

Attorney Eric Sitarchuk is leading the case for Morgan, Lewis & Bockius LLP.

Dinniman said the director and another senior person are on temporary leave while the investigation is underway.

“Despite the fact of any allocations that would be given to nursing homes, the problem continues to exist today,” Dinniman said on June 19. “Other states that



JEN SAMUEL

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surround us, as the State of Maryland had done, used their universal testing and their programs to protect seniors way back in April. We are talking about implementing a testing program in the last weeks of July.

“In my judgement that is most unfortunate because the problem continues to exist in the nursing homes. One of the great failures of this state has been that the state has been slow and lacked a comprehensive

approach to the deaths in nursing homes or personal care facilities.”

He said 70 percent of the total COVID-19 deaths reported in Pennsylvania since March have occurred in nursing homes and assisted living facilities.

“If this is a war, you put your biggest resources, your artillery, into the place where the disease is most rampant,” Dinniman said. “And we’re talking about



JEN SAMUEL

Many veterans died in Pennsylvania during the 2020 pandemic at assisted care living facilities.

SENIORS » PAGE 2



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At Riddle Village, we understand that this is a time of change and adjustment for everyone. Having over 25 years of experience serving and caring for our residents at every level has helped us respond quickly and effectively to the Covid-19 crisis facing every individual in our global economy today.

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Seniors

FROM PAGE 1

July to do a full testing program? This makes no sense.”

Anyone who lost a loved one or whose family member suffered harm at the veteran’s center in wake of COVID-19 exposure may contact the law firm with their concerns, or reach out directly to their state senator, and file an official complaint with the Pennsylvania Department of Military and Veterans Affairs.

“It’s very important to note that our veterans deserve the very best care possible and we have a very long way to go in providing that for them,” said State Representative Christina Sappey, D-158th, of West Bradford.

She sits on the Veterans Affairs & Emergency Preparedness Committee in Harrisburg.

Senior citizens began to self-isolate at home to mitigate COVID-19 exposure on March 13 after the president declared a national emergency.

Also in March, Gov. Tom Wolf declared a statewide disaster and ordered assisted living facilities to go into lockdown. He also shut down all public and private schools on March 13, and on March 14 ordered the closure of all restaurant venues for indoor dining and the closure of all barber shops and hair salons.

By the end of March, all of Pennsylvania was under a state-mandated stay-at-home order, and all businesses, unless deemed essential by the governor’s administration, were mandated to close.

Society complied. The sentiment was clear, take action to protect the most vulnerable: senior citizens and people with underlying medical conditions who may be more susceptible to dying from COVID-19.

Yet, the seniors are still the ones who have suffered the most.

On May 19, the Chester County coroner’s office said that more than 83 percent

of COVID-19-related deaths in Chester County came from long-term care facilities as she called for officials to probe the circumstances behind the spike in deaths at those facilities. Of the 274 confirmed or probable COVID-19 deaths reported, 229 were residents of long-term care facilities.

“These statistics don’t begin to tell the story of this tragedy,” said Chester County Coroner Dr. Christina VandePol on May 19. “Each death is the death of an individual who lived a long life and will be missed by many, including those who took care of them in their last years, months and days. Why elders living in congregate care settings, particularly those with dementia or hypertension, are targets of the virus is not yet understood. But they are, and we need to be doing everything possible to prevent more deaths.”

Additionally, Pennsylvania Attorney General Josh Shapiro’s office is investigating several nursing homes in the Commonwealth for neglect of patients and residents, he announced on May 12.

“We will hold nursing facilities and caretakers criminally accountable if they fail to properly provide care to our loved ones,” Shapiro said. “We will not tolerate those who mistreat our seniors and break the law.”

However in March, Pennsylvania and the states of New York and New Jersey issued orders mandating that assisted living facilities accept into their nursing homes residents suffering from coronavirus, ultimately dramatically spiking the senior citizen overall statewide death rate from the pandemic.

“The nursing home statistics are chilling, and the stories downright horrifying,” state Sen. Thomas Kilion, R-9th, of Middletown told the Daily Local News back in May. “We now know this virus disproportionately affects our seniors and those with underlying conditions. Pennsylvania’s response to nursing and congregate care facility infections has been disgraceful



Andy Dinniman, D-19 of West Whiteland, works from home in Chester County on March 27 alongside the family dog, Jagger.

and inexcusable.”

As the curve has flattened, as of press time, nearly 20,000 people have tested negative for COVID-19 in Chester County during the last three months, according to the Pennsylvania National Electronic Disease Surveillance System (PA-NEDSS). The state has reported less than 3,400 total COVID-19 cases confirmed or defined

as probable, including 309 deaths.

Out of the total deaths from COVID-19 in the county, 257 have been residents from long term care facilities or personal care facilities, according to PA-NEDSS. The state also reported 799 COVID-19 cases of senior citizen residents at 43 different long-term care facilities in Chesco. There also were 207 employee CO-

VID-19 cases. However, 32 other long-term care communities and personal care homes in Chester County suffered zero COVID-19 cases.

“I have in my 30 years as service as county commissioner and senator have always advocated for senior citizens,” Dinniman said on June 19. “I realize that so much of what we have today is a result of their work

earlier. What happens in our society is that everyone thinks what they’re doing is new and innovative, and they don’t understand the foundation of the building that was created by people who are seniors.

“Much of the good life in Chester County is the result of people who are now older. We need to show them respect and admiration.”

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SENIOR LIFE

Spot of T: Rainbow connection

By Terry Alburger

What is it about rainbows that can bring an instant smile to our faces, often inspiring songs and paintings, and that sends people clamoring for their cellphones and cameras in hopes of capturing the beauty of the moment?

Is it just the fact that they are indeed beautiful, their bright colors resplendent against an often-darkened sky? What is the attraction?

I believe that the best part of a rainbow is that it usually follows a difficult time, a storm. It signifies that things are looking up, literally.

After rain and thunder and lightning, many times as the sun starts to break through the clouds, you will catch the colorful arc in the sky.

Rainbows are everywhere. As I was thinking of my topic for this week's article, I was literally surrounded by rainbows, in all shapes and forms: a child's song, a painting, T-shirts, in the news these days, and I was even asked to make a rainbow birthday cake for my granddaughter!

I also came across rainbows being referenced in the Bible, in Genesis 9:13: "I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth."

But more impressive for me are the rainbows that have been present of late in the sky, following some quick-moving and powerful summer storms. I choose to take this as a sign of hope in a troubled world. There will always be rainbows, no matter how overwhelming the storms that surround us.

If you think about a rainbow, the structure, the image, you likely know that it is formed by droplets of wa-

ter, and through reflection, refraction and dispersion of light, ultimately you see the full spectrum in all its multi-colored splendor.

This parade of colors, which includes red, orange, yellow, green, blue, indigo and violet, seem to form a bridge across the sky, a path to better times.

The proverbial pot of gold, associated with rainbows in Irish lore, has become the subject of many songs, books and film. It has come to symbolize the prizes which await us if we are patient enough to weather our personal storms.

What strikes me about rainbows is the harmony. Each color blends into the next in perfection. Each color is important. It takes all those colors to make a complete rainbow, and all colors matter. None is more or less important than the others. All are vital to the wholeness of the rainbow, and all are beautiful. I wonder, can we learn a thing or two from this marvel of nature?

Things are certainly challenging these days. It is easy to be disheartened and want to shut down from the outside world. My advice is to build your rainbow. Perhaps simple acts of kindness, extensions of generosity and simply trying to understand someone else's point of view can all contribute to building your rainbow and ultimately finding your pot of gold in the end.

If we can all work together, what a wonderful world it would be. Next time you see a rainbow, remember the promise of better times and smile. It's the first step toward building your own rainbow.

Terry Alburger is the life engagement coordinator at Brittany Pointe Estates in Lansdale, Montgomery County.



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LIVING HISTORY

Delco centenarian recalls living through two pandemics

By Peg DeGrassa
 pdegrassa@21st-centurymedia.com
 Editor of Town Talk, News & Press of Delaware County

MIDDLETOWN » Living through a pandemic is nothing new to 100-year-old Helen Edwards McHenry. The longtime Springfield resident, who now makes her home at Lima Estates, spent a lifetime never knowing her father after he passed away from complications developed from the Spanish Flu in 1921. McHenry was just 16 months old.

"Through the years, I got to know about my father and about the Spanish Flu from stories told to me by my mother and other relatives," McHenry explained.

The Spanish Flu, which first surfaced in 1918, was an unusually deadly influenza pandemic caused by the H1N1 influenza A virus, infecting 500 million people - about a third of the world's population at the time.

The next worldwide pandemic of coronavirus this year, infecting more than 7 million around the globe, has also impacted the Delaware County woman's life - but in a different way. She has been sequestered in Lima Estates since mid-March, unable to see her family or the outside world. She doesn't mind, she says, because she heard about the effects of the Spanish Flu epidemic while growing up, and watched recent news reports so she knew the importance of sheltering-in-place.

"It made me feel safe that visitors could not come and go during this crucial time," she said. "I never thought I'd live this long and I certainly never thought I would see another epidemic like this in my lifetime! However, I am totally confident that they'll get a vaccination or at least a medication to help fight it."

When asked if she was ever frightened by pandemic news she heard, she answered with the wisdom that comes through living a life full of ups and downs. "Not really," she quickly responded. "What will be, will be."

With Pennsylvania now in the Yellow Phase, the centenarian was finally able to venture out this past Tuesday, for the first time in almost three months.

"My son came and got me and we went for a ride and tour of the area," McHenry said. "It felt really nice to get out!"

McHenry's son David took his mother to Springfield, where she resided for well over half of a century. He drove by to show her the new Springfield High School and the damages around town from a recent wind storm. As the grandmother of five and the great-grandmother of ten, McHenry was also pleased, she said, to be able to get a quick glance and give a drive-by wave to her granddaughter who lives in Wallingford and her grandson, who resides in Springfield.

McHenry, who was born Sept. 15, 1919, in Wilkes-Barre, Pa., was raised with her late sister Jean by her single mother after losing her dad at the young age. The family moved to the Philadelphia area during World War II, where Helen got a job as a secretary for Stetson Hats, Philadelphia Division. She met her husband Robert "Bob" McHenry after he came home from serving in the war.

After marrying in 1946, the couple created a home in Springfield, nearby where Robert's father, F. L. McHenry owned the Mac and Sam car dealership on Springfield Road in Clifton Heights. They raised two children, David of Springfield and Shirley McHenry Guy of Sun City, S.C., in

PANDEMICS » PAGE 5



Delaware County resident Helen McHenry, 100 years old, shares how her life was touched by two pandemics - the Spanish Flu in the 20th century and the coronavirus in the 21st century.

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Pandemics

FROM PAGE 4

their house on Haines Lane in Springfield. Although McHenry says she was a “happy homemaker,” she says she went to work at Mac and Sam’s office after her children were grown. She also has fond

memories of her involvement in St. Matthew Lutheran Church, the Springfield Athletic League, playing bridge locally, and socializing at the Rolling Green Country Club where her husband regularly played golf. Her husband died in 1996. “We lived through so many wonderful things and a few that were not-so-won-

derful,” McHenry said reflectively. “I had a busy life. I had a good life.” McHenry said she was a little disappointed that the annual Delaware County Centenarian Luncheon at Drexelbrook was cancelled this past May due to the pandemic, but she was fortunate to get to one in May 2019, only a few months before her 100th birthday. She

called it a “lovely event.” Also, she is thankful that she saw all of her extended family at her 100th birthday celebration last September because she is not sure with the pandemic, if they will all be able to make it to her 101st, coming up in just a few months. “Now that we are in the next phase of this pan-

dem, I feel safe to a degree,” McHenry stated. “I’m not ready to go shopping yet or go to a big family party, but I feel safe going to the doctor. We all have to work back into our old lives gradually.” McHenry said that although she lived a very quiet life, she was always very active and that could

be why she has kept healthy enough to make it beyond the 100 mark. “I have no secret that I can share as to why I am living this long,” McHenry laughs. “No one else in my family lived past 100, so I have no clue. I just get up every day, climb out of bed, and thank the good Lord to be here.”



Helen McHenry, 100, is pictured in younger years.

SUBMITTED PHOTO



SUBMITTED PHOTO

Helen McHenry, who turned 100 years old last September, is pictured at her century celebration birthday party. The Delaware County centenarian, who lived through two worldwide pandemics, said she missed being able to see her family during the past few months, as well as socializing with the other residents of Lima Estates.



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GILBERTSVILLE

World War II veteran celebrates 100th birthday

By Holly Herman
 hherman@readingeagle.com
 @HollyJHerman on Twitter

Army veteran Robert E. Kline Sr. tells his family stories about when he walked for miles in the snow in his socks during the Battle of the Bulge in World War II.

He also talks about being hit by a German bomb while on a boat in the Mediterranean Sea, quickly recovering, and going back to battle.

When Kline, a retired Army corporal, shares his stories of fighting in World War II, his family listens to every detail.

“My dad was in the Battle of the Bulge, the Battle of Kasserine Pass, North Africa, Battle of Normandy,” Kline’s daughter, Sharon Rohrbach, 65, said proudly Tuesday, while spending the day celebrating her father’s 100th birthday in her parents’ home on Swamp Pike in Gilbertsville. “My dad told us about all of the invasions.”

Kline joked with his family about how he was expecting a huge party with more than 100 guests for his birthday.

But due to the outbreak of the coronavirus, his family scaled back the plans.

Instead, about a dozen family members celebrated Kline’s birthday with a pizza and cake party. Friends and relatives stopped by throughout the day to wish Kline a happy birthday.

The family is hoping to have that large gathering with relatives from Colorado, New Mexico and Minneapolis at a later date.

Kline grew up in Royersford, graduating from Royersford High School in 1938. He enlisted in the U.S. Army in 1941. He thought he would be in the Army for just one year, but ended up staying in the service until June 30, 1945. He earned a Purple Heart and a Bronze Star.



COURTESY OF SHARON ROHRBACH

World War II veteran Robert E. Kline Sr. celebrates his 100th birthday Tuesday night at his Gilbertsville home.

was hit by a bomb while he was on a landing craft in the Mediterranean.

He recovered quickly in a hospital in North Africa, and returned to his platoon.

On June 30, 1945, Kline flew back home. The plane landed in a New England airport. He rode on a train to Philadelphia and then to

Royersford.

He met the love of his life, Margaret, 91, at a hotel gathering in Royersford. The couple married, and they raised four children, Sharon, Patty, 64, Brenda, 62, and Robert Jr., 58.

Kline worked at a factory in Pottstown, always making time for his family.

His great-grandson, Tyler Durling, 24, of Boyertown, said he is so happy that he got to know his great-grandfather well.

“I am so proud of him,” Durling said. “I am lucky to spend time with him. I mow his grass. It humbles you when you hear all that he went through. He was

all over the world and he is still kicking. I learn so much from him.”

Family friend, Paul A. Dengler, a retired Vietnam veteran, dropped by to give his friend an American flag on his birthday.

“He is really a nice man,” Dengler said. “He’s so happy.”

Kline doesn’t complain, not even about the shrapnel in his shoulder from the war.

“It doesn’t bother him,” his daughter said. “He got hit while on the Mediterranean, and he went right back to war. He is proud.”



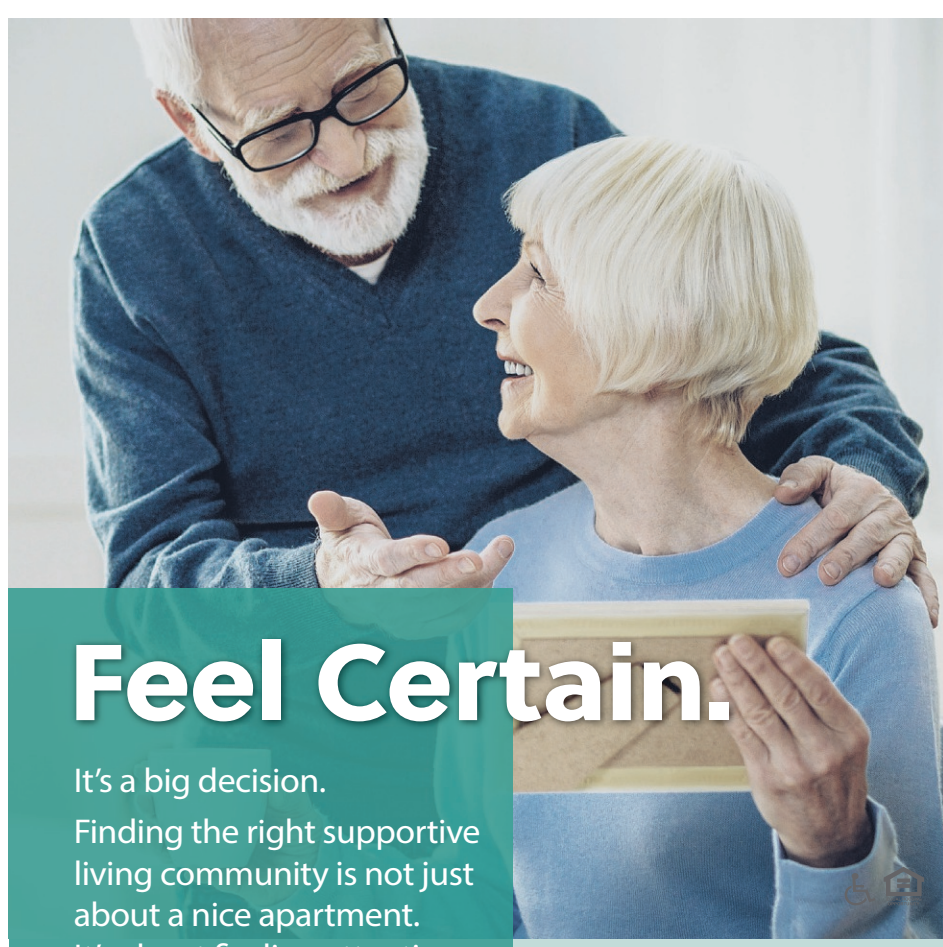
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SENIOR LIFE

Rosemont senior living community changes its name to The Mansion at Rosemont

HumanGood

Last June, Presby's Inspired Life affiliated with HumanGood, a nonprofit senior living organization headquartered in Pleasanton, Calif. As part of the continued affiliation efforts, HumanGood has changed the Rosemont senior living community name to The Mansion at Rosemont to better reflect the historical significance and rich culture of the Beaupre mansion in Lafayette Hill, Montgomery County.

For more than 65 years, The Mansion at Rosemont has been caring for and serving older adults in the greater Philadelphia region and has been recognized for

excellence in retirement living on the Main Line.

The Mansion at Rosemont offers residents the opportunity to live on the grounds of the historic Main Line mansion and estate once belonging to Robert Kelso Cassatt, nephew of Impressionist painter Mary Cassatt.

"I am proud of the exceptional care and services that The Mansion at Rosemont continues to provide to its residents, especially during these unprecedented times," said Sarah Jolles, corporate executive director, marketing and sales for HumanGood. "Our team members and residents are continuing to work together to help create customized art, mu-



COURTESY OF THE MANSION AT ROSEMONT

The Mansion at Rosemont in Lafayette Hill, Montgomery County.

sic and wellness programs that continue to enrich all of our community members' lives.

"This community has always been centered around the historic mansion and uniquely connected to the rich culture that the Main

Line offers, so I couldn't be prouder of the new name as it reflects the property and the overall Main Line community."

Some examples of ways that team members at The Mansion at Rosemont are engaging with residents:

- Live weekly "Name That Tune" bingo on Zoom, with in-house resident pianist

- Mobile wine and hors d'oeuvres bar

- Weekly email links to virtual places of interest and exploration, including museums, concerts, free college courses, gardens and diverse leisure pursuits

- Pre-programmed activities on Touchtown in-house TV, including Qigong, Tai chi, comedy hour, sing-along karaoke and a concert series

For more information, visit TheMansionAtRosemont.org.

About HumanGood: HumanGood was founded on the belief that everyone should have the opportu-

nity to live life with enthusiasm, confidence and security, regardless of physical, social or economic circumstances. Our mission is to ensure that those we serve have every opportunity to become their best selves as they define it. This extends to those who live in our communities, their family and friends and those who serve them. With approximately 5,000 team members serving more than 13,000 residents in our 21 Life Plan Communities and 95 Affordable Housing communities, HumanGood is the sixth largest nonprofit senior living provider in the country. To learn more, please visit HumanGood.org.

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SENIOR LIFE

Driving safely after age 60

By Sherry Kutz
Assured Assistance

Driving a car when you are over the age of 60, can become increasing difficult. There are changes that naturally occur as we age which can affect the way you drive. What you see and how quickly you can react to the ever-changing situations around you, can make all the difference.

According to American Optometric Association's website article, "Adult Vision: Over 60 year of Age," changes can occur in your ability to see things which are far away. This impacts how you see road signs, directionals and other traffic. You may notice changes in your vision for items which are closer to you, such as the car instrument panel, maps or GPS.

Changing your vision from distance to close up can also be impaired. You may no longer be able to make the transition from close to far, as quickly as you once did. This delay in processing can impact the decisions you make creating dangerous situations. Ultimately, this can lead to difficulty judging distances and speeds in which automobiles are traveling.

Changes in color perception, seeing in low light or at night as well as adjusting to bright sunlight or glare from headlights can have a tremendous impact on our driving. If low light is an issue, avoid driving after dusk or wearing sunglasses later in the day. If bright light is an issue, avoid driving without sunglasses or at night. As a guideline, driving in the evening or low light situations presents the most issues.

According to the SeniorDriving.AAA.com's article "Sharpness of Vision & Changing Focus," a big is-



Drivers over the age of 60 may face challenges they should be aware of.

sue affecting your vision that is much harder to recognize is the loss of the field of view.

In this article, you can look at the difference in the field of view you see when you are 16, verses 46 and 76 years of age. As you age, the field of view becomes significantly smaller.

When you are 16 years old, you can approach and intersection and see the

entire intersection and beyond. As a 76-year-old entering an intersection, you will only see what is in the intersection directly in front of you. You have limited ability to the right and left, as well as across the intersection to oncoming traffic. To be able to enter the intersection safely, you will need to take more time to assess the safety of moving forward.

Being able to drive safely means being able to acknowledge the deficits you experience and then have a plan to address them. Sometimes it is as simple as not driving after dark, wearing sunglasses, avoiding high traffic situations and times of the day. The answer is not always this easy.

If your field of view is diminishing there may not be

much you can do to counteract it. Use extra caution when entering the intersection. Be sure to look in both directions to compensate. Reduce your speed and limit the amount of driving you do.

Annual eye examinations as well as conversations with your doctors can help you to do decide when is the right time for you to give up driving, if neces-

sary. Several organizations offer driving courses for seniors as well.

These are ways you can make the decision to stop driving yours. If family or friends are talking to you about not driving, listen to them. This is a tough topic to bring up to anyone. Do your part and make the decision on your own. All anyone wants is for everyone to be safe.

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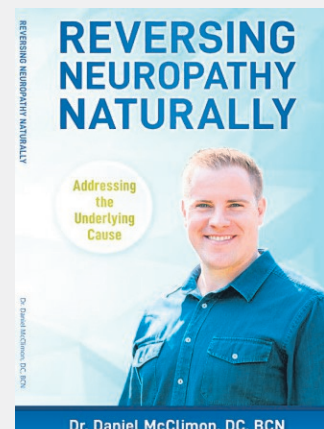
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SENIOR LIFE

Heritage of Green Hills sewing clubs makes masks for the community

Reading Eagle

In order to help protect their neighbors and the surrounding community, talented residents at The Heritage of Green Hill have made more than 1,500

masks, which can help decrease the spread of COVID-19.

Calling themselves the Heritage Rosies — a take on the iconic Rosie the Riveter — the group consists of members of two separate

sewing clubs at the community: the Heritage Quilt Makers, who donate their creations to the local community, and the Bag Ladies, who make various items to raise money for the Heritage Benefit Fund.

The Rosies work from their homes and use a mix of their own fabrics or donated fabrics to make masks in four different sizes: child, small, medium and large.

In addition to giving

masks to Heritage of Green Hills staff and residents, the Rosies have sent their creations to residents' friends and families, residents' children's workplaces and Flying Hills Preschool teachers.

To thank the Rosies for their generosity, the healthy life plan community in Cumru Township bought them all shirts that say "I Became a Mask Maker Because Your Life Is Worth My Time."



COURTESY OF THE HERITAGE OF GREEN HILLS

Members of the Heritage Rosies, who have been swing masks for the community, include, from left, Pat Kostanbader, Sig Schmidt and Barbara Stone.

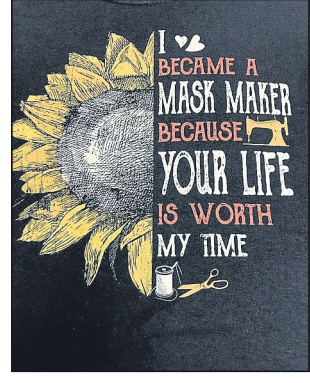


COURTESY OF THE HERITAGE OF GREEN HILLS

Members of the Heritage Rosies, who have been sewing masks for the community, include, from left, Ann Pierce, Henrietta Lucas and Kaye Fetherolf.

COURTESY OF THE HERITAGE OF GREEN HILLS

T-shirts with this design were given to members of the Heritage Rosies sewing group.



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with Faith C. Woodward
Director of Admission and Marketing

RAISE UP YOUR VOICE

Singing is as old as breathing. It can remind you of happy times spent with others over the years, singing in the car on road trips, in church, at baseball games, and at concerts. Seniors benefit greatly from joining singing clubs or local choirs in their community. They have fun, get out of the house, share their musical knowledge or skills, and reap the mental benefits of learning new songs. Sometimes, groups travel to other venues to compete or to entertain at town or school functions. It might be that you have a certain ability that lends itself to a barbershop quartet, or that you can play the group's piano. The possibilities are endless.

A recent study found that singing helped improve the brain functionality of those diagnosed with Parkinson's disease and aphasia. Singing can have positive health benefits, even if you're not a professional. Join a choir or sing with loved ones to experience the increased positive feelings, improved quality of life, and overall improved brain function. At BARCLAY FRIENDS, our team helps residents learn of their "not before realized" creativity through arts and music. Please call 610-696-5211 or tour our community at 700 N. Franklin St. in Chester County.

With Faith Woodward, Director of Admissions and Marketing at Barclay Friends—to learn more, please call 610-696-5211 or visit our website, http://bf.kendal.org/.

VOLUNTEERS

Career speakers morph into video guest stars

RSVP

A longstanding program that acquaints students with career opportunities in science, technology, engineering and mathematics (STEM) is creating a video library that could potentially reach classrooms (virtual or traditional) throughout the Delaware Valley.

Until this year's COVID-19 school shutdown, some 35 STEM career presenters, volunteering through a direct-service program at RSVP, offered classroom presentations to acquaint students with technology career opportunities.

"Then our speaking opportunities vanished overnight and we began to pivot our resources," said program coordinator Anabella Tracy. "Instead, we started to create videos that students can watch and teachers can play on demand."

Each 15- to 25-minute video interview features a STEM professional.

"It amounts to a virtual career fair," said RSVP spokesperson Tina Weaver.

"In addition to traditional STEM careers such as electrical engineering, pharmaceutical research and chemistry, we're including fields like criminal investigation, physical therapy and events marketing because so many jobs today incorporate technology.

"We wanted to offer students and teachers a more varied career menu. As a result, we are calling the program STEM Plus Career Presentations."

Videos will be organized and made available on RSVP's website. Teachers and school officials can reach out to Tracy at anabellat@rsvpmc.org.

"We need more volunteers to share their careers with students," Tracy said. "This is a great opportunity for folks who might be apprehensive about talking in front of a classroom."

Interviewees are asked questions such as:

- Why did you choose your field?
- How does your field harness your talents?
- What education is needed to do your job?
- What does a typical day at work look like?
- How has technology changed your field?
- What can students do now to prepare to be successful?

If you're interested in being interviewed for the program, call 610-834-1040, ext. 123 or email volunteer123@rsvpmc.org.

Tracy said she hopes classroom presentations can resume in the fall.

"We just don't know what the landscape will look like," she said.

In the meantime, the library of interviews can make STEM Plus Career Presentations available to students throughout the region and potentially beyond.



Ward



Stephen B. Griffin
Kober

In addition to describing their chosen fields, the STEM Presenters give advice to students about how to identify and explore potential careers. Here are some of their suggestions offered in a sampling of video interviews conducted by RSVP.

On exploring careers: "Students should decide what kind of work interests them the most and talk to people who have those jobs," said Alan Kober, a retired chemical engineer. "If you might want to be a plumber, your parents probably have a plumber who comes to your house to fix things. Talk to them. Your high school counselor can probably help you talk to

people in different careers."

Retired physical therapy administrator Beverly Samson advised students to "call somebody if you have an interest. If you're interested in a hospital, call a specific department and ask if you can come in and talk to a physical therapist or whatever your interest is. 'Could I observe for an hour?' Usually they'll say yes."

"From an early age, start thinking about what interests you," said Emma Ward, a municipal government senior grants coordinator. "Just start exploring things, even if you have no idea about a particular industry. Set aside weekly time to research three different career fields of inter-



Hosang

est."

In her interview, Ward displayed a "Future Career Fields" chart that helps students explore the educational requirements for their career interests.

Research: "If you love something, investigate, research what interests you," advised Martha Simelaro, an electrical engineer. "Then try to get internships or volunteer opportunities, study hard and stay true to what you want to do. I Googled 'engineering summer internships for high school students' and sites such as indeed.com, dodstem.us and internships.com had opportunities for students. They can also

speaking with their counselor at school for help in locating volunteer or internship opportunities."

"Read about the field, then go in and observe, not for a long time, but an hour or two, a half day if you can," Samson said. "Professionals are usually very good at following up with kids who are interested in their fields."

Marilyn Hosang, a pharmaceutical company clinical trials director, encouraged students to contact the human relations department of companies that interest them to ask if they can volunteer or observe.

"I am sure if a high school student calls HR to observe,



Simelaro



Samson

volunteer or seek summer work, it will certainly put the student in good light as being proactive," she said.

Other advice: You can change your mind.

"It's not to say the decision you make when you're 15 years old has to be the final decision," Kober said.

"Lots of people change their minds in high school, college or after they begin their careers," Simelaro said. "Don't be afraid to change course if your initial choice turns out not to be what you thought it would be like."

You can often get financial aid.

"If financial assistance is needed to pursue your higher education goals, definitely research scholarship opportunities," Ward said. "Talk to your guidance counselor. There are great organizations out there, grant makers, funders, that provide financial support."

Look for careers that fit your nature.

"Everything is a process for me," Simelaro said. "I always loved to take things apart and put them back together. That's the fun part. In electrical engineering you analyze what you want as an outcome, figure out the steps to get there, and then do it."

Nonprofit RSVP utilizes volunteers to meet growing community needs through targeted programs, primarily in Montgomery, Delaware and Chester counties. Its programs improve the lives of vulnerable populations in the community by focusing on education and wellness. To learn more visit www.rsvpmc.org

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HEALTH

A look at what's new in hip replacement surgery

By Hugh Bleemer

Hip replacement surgery or total hip arthroplasty (THA) procedures continue to increase. The frequency of THA in the U.S. is projected to grow to 635,000 procedures per year by 2030, according to Dr. Mengnai Lee and Dr. Andrew Glassman in the Journal of Bone and Joint Surgery.

Hip replacement surgery is a procedure in which a doctor surgically removes a painful hip joint and replaces it with an artificial joint often made from metal, plastic, or ceramic components. It is usually done when all other treatment options have failed to provide adequate pain relief. The procedure should relieve a painful hip joint, making walking easier, according to WebMD.com.

There are two main surgical approaches to hip replacement surgery. The first has been in use longer and is often referred to the traditional approach or posterior hip replacement surgery.

The second type is called anterior hip replacement surgery. It is a newer and more technically complicated surgery but has some

advantages over the traditional approach. However, after numerous studies which measure the success of each approach to hip replacement surgery, neither approach is the clear winner.

To find out more information about the two different surgical approaches, visit www.arthritis-health.com/surgery/hip-surgery.

A new study from the Hospital for Special Surgery, published in the March 2019 edition of ScienceDaily, says that low-risk hip replacement, using the posterior approach, can skip the standard hip precautions currently recommended for post-surgical recovery.

"The precautions can be limiting and cause fear in patients," said Dr. Peter Sculco, the study's lead author and an orthopedic surgeon specializing in hip and knee replacement.

For a posterior approach, standard precautions include not flexing your hip past 90 degrees, not internally rotating your hip more than 10 degrees, using an elevated seat cushion at all times and a grabber for anything that is on the ground, and sleeping on your back for six weeks.

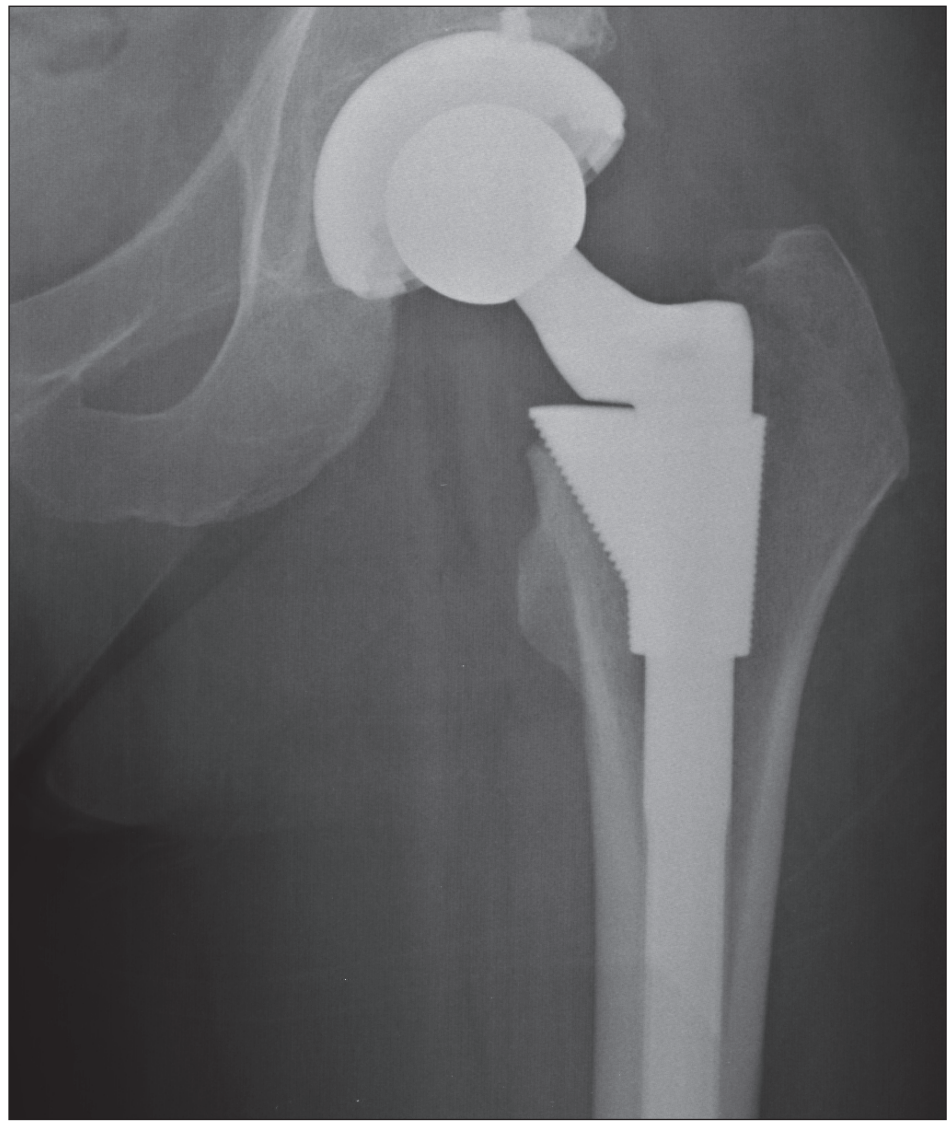
"The bottom line of the

study is in recent years, we have learned more about interventions that matter after joint replacement and those that really don't have efficacy," Sculco said. "In most patients, we got rid of powerful anticoagulants, for example, and we are moving toward a shorter stay and even outpatient arthroplasty (i.e. joint surgery) for total hip replacement."

"Minimizing precautions and simplifying the post-operative recovery is part of the larger simplification of surgery where we are using more selected resources and interventions for people, instead of blanketing everyone with the same kind of protocols."

If you are exploring the possibility of hip replacement surgery or are in the process of scheduling surgery, always consult with your doctor before making any final decisions.

Promoting Senior Wellness is provided by The Hickman Friends Senior Community of West Chester, a Quaker personal care home. Hugh Bleemer is the outreach and admissions counselor at Hickman. For more information, visit www.thehickman.org.



An artificial hip joint.

SENIOR LIFE

SageLife residents adapted to quarantine life and enjoyed their favorite pastimes



COURTESY OF SAGELIFE

The competition heated up as Echo Lake residents took to the balconies and patio for a round of outdoor bingo in Malvern, Chester County.



COURTESY OF SAGELIFE

With social distancing, Daylesford Crossing in Paoli opened its art studio for some creativity and conversation. Flowers were blooming on canvases.



COURTESY OF SAGELIFE

"Party of Two" gave a concert for residents in the Daylesford Crossing sculpture garden in Paoli, Chester County.

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SENIOR LIFE

Ask Lu: Your Medicare minute

By Lucille Bondi

Dear Lu: I am beginning to look into Medicare Supplement plans, and I am very confused. Can you give me some insight into Medigap.

Answer: First of all, you must have enrolled in Medicare Part A and Part B.

These plans only work with Original Medicare. You pay a private insurance company a monthly premium in addition to your Medicare Part B premium. They fill in some of the gaps in Medicare.

There are many licensed Medigap/Supplement companies in Pennsylvania.

Benefits are standardized. All plans and companies cover the same benefits.

In 1992 Medigap plans were standardized and in June 2010 "re-standardized" allowing new changes to go into effect. There are two important things to remember. Cost is important! In most states rates will in-

crease with age. These are called age attained policies. Some do not begin to increase due to age until age 68.

Financial stability is crucial. Purchase a Medigap policy from financially stable carriers. Only consider carriers with a B+ or higher rating with A.M.Best.

Here is the alphabet soup of plans available to choose from. A, B, D, G, K, L, M, N. Plan C and F are only available for seniors who turned 65 before 2020.

Seeking the help of a professional will increase your knowledge, improve your selection, reduce your stress and help you from making

a wrong and/or costly decision. We can help you "Solve the Medicare Mystery."

Contact: Lucille Bondi Insurance Solutions, 439 Main St., Harleysville, PA 19438. Phone: 215-256-5954. Email: lucille@bondimedicaresolutions.com. Website: bondimedicaresolutions.com

SENIOR LIFE

Car parade honors residents of retirement community in Amity Township

Reading Eagle

Keystone Villa at Douglassville wowed its residents with an honor parade on a recent afternoon.

Over 50 cars carrying 121 family members and 13 grand-dogs participated in the drive-thru event.

Families were encouraged to be creative and decorate their vehicles in honor of their loved ones and were staged at Wawa on Maplewood Drive in Amity Township.

With assistance from the Amity Township police department, parade traffic was guided safely across a section of Route 422 known as Benjamin Franklin Highway.

Anxiously awaiting residents were delighted by the lengthy procession, which traveled through the personal care and independent living parking lot.

"This was amazing," said longtime resident Mary Okuniewski. "It brought tears to my eyes. What a beautiful day!"

Overjoyed to see her family members waving from the line of cars, Okuniewski was especially elated at the sight of her great-granddaughter Erin Okuniewski holding a sign through the vehicle's sunroof that read, "We love you, MomMom."

Also thrilled by the Villa's endeavors was resident Bill Baseley. His brother made the trip from Maryland.

"We haven't seen each other in quite some time," Baseley said. "This was such a wonderful event."

The retirement community has restricted visitors to the building since March following recom-

mendations by the Centers for Disease Control and Prevention in efforts to prevent the spread of COVID-19.

"Our residents have missed seeing their loved ones, so we came up with a creative way to get everyone together while staying six feet apart," said Cyndi Trombley, marketing director for independent living. "We're all in awe of the amazing turnout."

"It couldn't have been a more beautiful day to celebrate our residents. The Villa team expresses our gratitude to the families, Wawa and Amity Township Police Department, for helping make this a safe and successful event."

During these uncertain times, staff members have helped residents to stay connected and engaged with each other and their loved ones. Since visitations continue to be restricted, families have communicated via video chat and arranged window visits.

Inside the community, residents have enjoyed a safe, socially distant music concert, community-oriented projects and planted a garden of fresh vegetables and herbs.

"We've really been trying to think outside the box to bring happiness to our residents," said Ann Carr, marketing director for personal care. "This has been a difficult time for everyone, but the staff and residents continue to work together to make the best of it."

About Key Villa at Douglassville: The community offers all-inclusive, spacious studios, one-bedroom or two-bedroom apartments designed to suit your style.



COURTESY OF KEYSTONE VILLA AT DOUGLASSVILLE

Participants in the honor parade held at Keystone Villa at Douglassville are Kevin and Kathey Graul, seen holding a sign in support of her father and resident, Larry Steinmetz.

There are no buy-in fees or hidden costs, and the apartments are leased on an affordable month-to-month basis. To learn more, visit www.keystonevillaatdouglassville.com.



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The Hickman Senior Living Community has provided quality home-like care for 129 years. We have steadily held people *In The Light* during wars and epidemics, movements for civil rights, and other major events. This year, our early pandemic response involved adjustments to daily practices to maintain community health. **Working together, we developed a process to allow new people to move in to The Hickman with community safeguards in place. We would love to tell you more!** Our dedicated team of nurses, caregivers, physical therapists, nutritionists, and activity leaders are following the guidance of our Infection Preventionist and COVID-19 Task Force. Our administrators and Board ensure that our evolving plans are in keeping with our Quaker values.



COURTESY OF KEYSTONE VILLAGE AT DOUGLASSVILLE

Longtime Keystone Villa at Douglassville resident Mary Okuniewski awaits the start of the honor parade. She was overjoyed to see her loved ones, including her great-granddaughter Erin Okuniewski, among the parade's participants.

SENIOR LIFE

Department of Aging releases reopening guidance for aging services providers

Reading Eagle

The Pennsylvania Department of Aging has issued reopening guidance for aging services providers located in counties that are entering the green phase.

In collaboration with representatives of Area Agencies on Aging (AAAs) and adult day centers (ADCs), PDA has developed guidance and procedures for resuming operations of adult day centers, senior community centers (SCCs) and aging and protective services that involve in-person consumer contacts and in-home visits.

"The process of reopening will be conducted gradually, strategically and cautiously, while allowing flexibility at the local level to keep older adults and staff safe," said Secretary of Aging Robert Torres. "There is not a 'one-size-fits-all' approach to resuming operations, and our overriding objective is to ensure the health and safety of older adults and staff."

Guidance for SCCs has each AAA in a county that has entered the green phase identify which SCCs can reopen at full attendance and adhere to Centers for Disease Control and PA Department of Health pre-

cautionary and social distancing guidelines; which SCCs can reopen, but with reduced attendance to ensure social distancing; and which SCCs, if any, will not reopen immediately and provide the reason to PDA.

"Some Area Agencies on Aging and senior community centers may choose to reopen for in-person consumer services at a slower pace because they may not have the square footage to practice social distancing, or may currently lack volunteers or staff," Torres said. "Our ongoing support for them will focus on working within the existing guidance to make service and activity decisions that best fit their individual capacities and situations."

SCCs that fully or partially reopen are to develop new operational policies to address sanitation practices, social distancing, the number of participants attending at any one time, changes in programming and communication of the new rules to participants. SCCs are required to routinely conduct health screenings and PDA has provided a health screening tool for this purpose.

Each SCC is to have a meal service policy in place that allows for social dis-



Robert Torres

tancing, changes in meal service and how it will manage meal service if it must serve fewer participants due to social distancing.

Recognizing that seniors may have ongoing concerns and fears, alternative services and practices implemented at the start of the

pandemic, such as maintaining different modes of getting meals to seniors, will continue for some time. Older adults needing a meal or in-home support are encouraged to call their local AAA.

PDA regulates more than 250 ADCs, which are non-residential facilities that support the health, nutritional and social needs of seniors and adults with disabilities. The reopening guidance recommends daily health checks for participants and staff prior to them entering program areas and use of a written wellness checklist developed by PDA.

ADCs are to create separate areas both for screening participants who are entering the building, and for holding staff or participants with COVID-19 symptoms to wait until they can be transported out of the center.

"ADCs serve older adults who are among the most care-dependent," Torres said. "The guidance we've developed provides cautionary measures that providers can take to ensure that participants and staff are protected as they adjust their center's operations and activities."

PDA has also issued guid-

ance to AAAs to safely resume operations for in-person visits for aging services and protective services. The new screening tools for in-person visits — one focusing on consumer comfort level, the others on consumer health — have been created to help AAAs assess the situation and readiness of the older adult for resuming in-person visits.

"Our department recognizes the concerns and fears of older adults and staff regarding COVID-19, resulting in the need for ongoing caution and flexibility during the transition to normalize operations," Torres said.

Torres noted that the protective services program has operated throughout the pandemic, with face-to-face safety measures in place to protect older adults and investigative staff. Anyone suspecting elder abuse should call the statewide reporting hotline at 1-800-490-8505Call: 1-800-490-8505 which operates 24 hours a day 7 days a week.

The reopening guidance documents, including health screening and other tools developed by PDA, can be found at <https://www.aging.pa.gov/Pages/default.aspx>.

CORONAVIRUS

Reopening from coronavirus does not mean all clear, senior advocacy group says

Association of Mature American Citizens

The reopening of America does not signal an all clear when it comes to COVID-19, according to the Association of Mature American Citizens.

"We already know what life is like in lockdown mode, but are we ready to face the COVID virus as the nation begins the journey back to a semblance of normality?" said Rebecca Weber, CEO of AMAC. "Bear in mind that precautions will still be required; this bug is not going gently into the night. It remains a clear and present danger and will be for quite some time to come."

Weber cautions the elderly, in particular, to be

aware of the potential for a "second wave" of infection. Medical researchers support the notion that the older you are the more susceptible you can be to this new, deadly strain of virus, especially if you have chronic infirmities. The Centers for Disease Control and Prevention reports that 80% of the deaths due to COVID-19 have been among the 65-plus population in the U.S.

Meanwhile, there are signs that easing restrictions that mitigate the spread of the disease may have consequences, Weber said.

"Several states that may have been too quick to 'get back to normal' have seen spikes in the numbers of new coronavirus cases,"

she said. "So, it's important that you don't get overconfident as the nation reopens and that you continue to observe protective practices in your daily life."

"There may be no need to take draconian measures, but it would be wise to keep your face mask on when you leave your home and to wash your hands for at least 20 seconds when you come back, for example."

The AMAC chief offers this menu of additional suggestions courtesy of the CDC:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently

touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs and cabinet handles) using a regular household detergent and water.

▪ If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>. Always follow the manufacturer's instructions for all cleaning and disinfection products.

Weber offers additional advice, particularly if you find yourself feeling anxious and afraid.

"You are not under house arrest, so don't let yourself feel that all you can do is sit around the house watching TV," she said. "Call your friends and family for chats and, by all means, get up and get out even if you have to wear a face mask."

"Take walks, and when you are at home keep busy with stimulating distractions such as crossword puzzles, jigsaw puzzles, a new book and household chores. When you get up in the morning make a plan for the day."

"The supermarkets are open for business, and many of them offer special senior shopping hours. And,

it's okay to strike up a conversation with a fellow shopper — just as long as you don't get too close."

About the AMAC: The 2 million member Association of Mature American Citizens, www.amac.us, is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a nonprofit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's nonprofit organization, dedicated to supporting and educating America's seniors.

