

Senior *life*

A senior living and lifestyle section

C1

Wednesday, October 7, 2020 »



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A breath of FRESH AIR

Lillian S. Cauldwell of Wernersville operates an internet radio station that has an audience of millions around the world.



By Ron Devlin
rdevlin@readingeagle.com
@rondevlinre on Twitter

When Lillian S. Cauldwell was in high school in the late 1960s, her parents urged her to get a part-time job.

Having a job, they told her, would expose her to the wider world out there.

Cauldwell took her parents' advice and, more than 50 years later, she's blazing a trail that connects her to the wider world made accessible by social media.

Working at a laptop in her apartment at Phoebe Berks Village in Wernersville, the 69-year-old Cauldwell operates an internet radio station that has an audience of millions around the world.

Passionate World Talk Radio streams live, on-demand programming to 165 countries.

"We have about 15 million listeners," Cauldwell said. "Our target audience is people between 18 and 55, which account for about 53 percent of our listeners."

A voice for everyone

About 15 years ago, when she

was living in Cleveland, Cauldwell came to a profound conclusion that would shape the rest of her life.

"I realized that unless you're a big-wig, somebody famous, your voice is not going to be heard on TV or radio," she said.

The fundamental unfairness of the dynamic bothered her, and

AIR » PAGE C2

Lillian S. Cauldwell, 69, operates Passionate World Talk Radio, an internet station, out of her apartment at Phoebe Berks Village in Wernersville. Her message to millions across the world: We must keep on growing.
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Air

FROM PAGE C1

she decided to do something about it.

Pretty much on her own, with only a basic understanding of the intricacies of the internet, she founded Passionate World Talk Radio to sort of even the scales.

“Our station gives voice to ordinary people,” Cauldwell said. “We’re a conduit for them to be heard.”

The station’s introduction reflects Cauldwell’s world view.

“No matter what ethnicity, size or age, your voice is heard,” it says. “Passionate World Talk Radio educates, enlightens and entertains.”

What Cauldwell calls “belly of the beast programming” focuses on things that can make a difference in people’s lives.

“When there’s a crisis, it’s no time for your fingers to be walking through the Yellow Pages,” she said, dating herself with a reference to a 1970s ad slogan. “We provide information to get you through, to give you what you need.”

Cauldwell selects audio and video programs built around problem-solving, self-improvement, critical thinking and self-help themes.

The station’s lineup includes contributions from the United Kingdom, Los Angeles and Chicago.

Navigating the new world

When she graduated from Columbia High School in Maple Wood, N.J. in 1969, as Cauldwell recalls it, the world was a place where young people could take time to travel before getting on with their lives.

Today’s youngsters, in Cauldwell’s view, have no such luxury.

“The world is increasingly verbal and technical, and it’s changing fast,” she said. “Youngsters need to be able to adjust their skills and knowledge level



Lillian S. Cauldwell, 69, operates Passionate World Talk Radio, an internet station, out of her apartment at Phoebe Village in Wernersville. COURTESY OF PHOEBE BERKS VILLAGE

and adapt to change.”

Passionate World Talk Radio, Cauldwell insists, offers innovative programming that can give youngsters the skills they need to navigate an emerging technological world where they will have to communicate with artificial intelligence.

The station has secured licenses to five television channels, one of which will be devoted to educational programming.

“We need to teach the humanities,” she said, “which means teaching youngsters to think on their feet, to think independently.”

The other channels will be devoted to holistic programming, entertainment and use by the radio station.

On her own

Lillian Caldwell (she

later changed the spelling to Cauldwell) was raised, as she puts it, to get married and have kids.

After two years at Hartford College for Women and a year at the University of New Hampshire, she got married and started a family in 1973.

The marriage was short-lived, and for 15 years she raised her son, Benjamin, as a single-parent in Houston.

“The way I was raised, I was not prepared to face the world alone,” she recalled. “I had to reinvent myself.”

Raising a child alone and working as a temporary administrative assistant, it turns out, strengthened her resolve.

“It taught me how to handle seemingly insurmountable problems by breaking them down into little

chunks,” she said. “I also learned that people are different, and you have to take that into account.”

Cauldwell would draw on those lessons when, years later, she ventured into the uncharted world on internet radio.

While she had basic computer skills, Cauldwell relied on her own initiative to navigate the complex world of starting an internet broadcasting company.

“I had no one to teach me,” she said. “So, I taught myself.”

New horizons

Cauldwell and her husband, Barry Jacobson, moved into an apartment at Phoebe Berks about three years ago.

They were married in 1989, when Cauldwell’s son was 15 years old.

Ben Caldwell, who spells his last name differently than his mother, now 47, is a well-known artist and illustrator whose credits include work on “The Lord of the Rings,” “Spider Man” and “Harry Potter.”

The move to Berks came after Jacobson, a professor of organic chemistry who’d taught at Barnard College in New York City, had been diagnosed with Alzheimer’s disease.

He died at age 74 on Sept. 24, 2019.

They’d prepared for his death, setting up a trust and living will. Still, after 31 years together, Cauldwell was devastated.

“I felt like my world collapsed,” she said.

The months following Jacobson’s death were trying. Cauldwell moved from a two-bedroom apart-

ment with a den to a one-bedroom unit. Then, COVID-19 struck, imposing six months in lockdown.

“I grieved, but I kept on going,” she said. “I just coped.”

Cauldwell noted that her grandfather died young, and her grandmother lived to be 86. Her father, too, died young, and her mother lived to be 85. Counting on longevity genes, she’s shooting for 100.

With renewed vigor, at a time when she might well be thinking of retirement, Cauldwell has embarked on a new venture as CEO, president and creative officer of an internet radio and soon to be television station.

“Life moves forward,” she said. “We have to remain vigilant, we have to keep growing.”



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SENIOR LIFE

Spot of T: What's your story?

By Terry Alburger
Life Engagement Coordinator,
Brittany Pointe Estates

I'm a people-watcher. Given the opportunity, I love to sit and watch people go by and wonder about their stories. Where are they going? Where did they come from? What kind of people are they? What's their story?

Sometimes, based on the expression on their faces, I can create an amusing and detailed fictitious story. I'm quite sure I'm wrong an overwhelming number of times! But first impressions can be fun to run with and make for an interesting way to pass the time.

If you've ever sat in a waiting room or airport, you've likely done a little of this yourself. Certainly, there is no harm in creating amusing stories of strangers based on appearances.

But bear in mind, looks can be deceiving. When I first started working at Brittany Pointe, I knew nothing about the generation who I'd be teaching. I had never worked in that kind of environment, and quite honestly, it was a bit daunting.

I met countless people those first few days and I encountered many new faces, some stern-looking, others of a more jovial countenance. I can remember my first day teaching an exercise class to a group of about 40 seniors. ... There I was facing a group of serious-looking strangers and fearing the worst.

What I didn't realize was while I was nervously assessing them, they too were nervously assessing me. I'm quite sure they were wondering about my story! Who was this whippersnapper who was hired to teach them?



Many people in the waiting room of the station

In very short order, I learned that judging a book by its cover is a huge mistake. As time went on and I got to know the residents, it was an incredible eye-opening experience.

That "little old lady" was an aide to one of the highest-ranking officers in WWII and had top-secret clearance. And that "little old man" worked on the Eniac (Electronic Numerical Integrator and Computer), the first programmable computer in the late 1940's.

That quiet and shy lady who always sat off to the side in exercise class? She taught male pilots to fly during WWII. At that time, women could not ac-

tually fly themselves, but she certainly made her mark teaching the men. Hers is one of my favorite stories — one day she and a female friend decided they would "borrow" a plane and go for a joy ride. Yes, they got in trouble, but boy, did they have fun, according to her.

After the war, she taught mathematics at a local university. But to look at her? Never in a million years would I have guessed it.

See that quiet and humble old man over there? He was a pediatrician, in the days when they made house calls. He never turned down a patient. During both WWII and the Korean War, he volunteered and ended

up on ships in the Pacific.

He performed emergency appendectomies and other surgeries in the passageways of the ships because they were the least turbulent areas in high seas! Remember, he was a pediatrician!

What about that lady with the great laugh and fun demeanor? She was a nurse and tended to many of the wounded during the war. I would not have guessed that if I had relied on my first impressions. She seemed the belle of the ball, fun loving and not at all serious. Yet she saved countless lives.

Some of the sternest-looking people that I have met have turned out to be

the nicest and most generous of people, with amazing stories. Looks can most definitely be deceiving.

There are literally hundreds of stories like this. If you saw me in a waiting room or passed me on the street, I wonder what story you might assign me? Who do you think I am? Because I promise you, I'm way more than that.

And so are you. Each of us is an amazing person with our own incredible story to tell. So, by all means, enjoy those first amusing impressions, but always strive to look deeper. The reality is always so much better than the fiction. So, what's your story?

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GARDENING

a SPARKLE of color

Bern Township couple are especially happy about the success they had planting zinnias in their garden this season.

By Kathy Folk
kfolk@readingeagle.com
@kbick on Twitter

As another summer and another gardening season wind to a close, flowers start to wither, their colors fading.

Of course, we still can look forward to the reds, yellows and oranges of leaves as trees take on the fiery hues of fall foliage before the inexorable march of winter is upon us.

But a 20-acre Bern Township property wasn't ready to give up its summer sparkle even as Labor Day, the traditional end of summer, approached.

Lowell Peters, 88, and his wife, Roseanne, 90, maintain a very special garden, according to Lowell's daughter, Heather Horst.

Lowell has gardening in his blood, according to his daughter.

"As a young man, his family moved from Kentucky to Leesport to go to work at Ontelaunee Orchards," Horst said. "As a grown man with his own family to feed, he grew all our fruits and vegetables."

"He had one of the biggest gardens you have ever seen. He has downsized only slightly in the past few years."

"With a small orchard including pear, peach, fig and paw paw trees, it is quite impressive at any age."

The Peters' flower gardens feature a variety of colors and plants that attract numerous butterflies.

"This year they planted zinnia seeds, and the volume and colors are a sight to behold," Horst said.

The Peters talked about their love of gardening in an email they sent to the Reading Eagle.

Why is gardening important to you?

Lowell: It helps me to relax and leave my worries behind.

Roseanne: It adds to the happiness in your life.

How does your garden reflect your personality?

Lowell and Roseanne: It



COURTESY OF APRIL GEORGE

Zinnias bloom in the Bern Township garden of Lowell and Roseanne Peters.



Courtesy of Linda Handwerk Lowell and Roseanne Peters stand in front of a bed of zinnias in their Bern Township garden.

reflects both of our colorful personalities.

What has been your greatest garden

success?

Lowell and Roseanne: The zinnias this year.

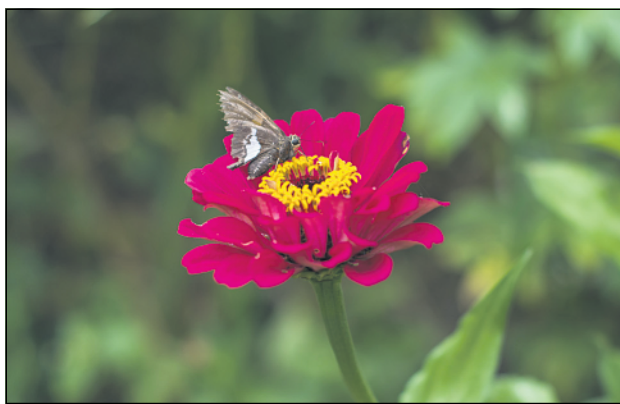
What was your worst gardening mistake?

Lowell and Roseann: Not getting a head start on the weeds.



A swing by the pond.

pick one, I love them all.



A silver-spotted skipper butterfly lands atop a zinnia.

gardening book or resource?

Lowell: My favorite resource is my past gardening experience.

Roseanne: Nature is the book I go by.

What's the best advice you have for other gardeners?

Lowell: Plan ahead for the next season and the challenges it will bring.

Roseanne: Water often and be patient.

What are your favorite plant and season?

Lowell: It's too hard to

Roseanne: Lilacs in the spring.

What is your favorite

Contact Kathy Folk: kfolk@readingeagle.com.

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Less is more

For older adults, downsizing makes perfect sense to free up money and free up time for recreation. Here are some ways to make it work.

Courtesy of Metro Creative

Aging men and women often take inventory of their lives in an effort to focus on activities or lifestyle changes that can ensure happy retirements.

Data from the U.S. Census Bureau shows there are some 76 million baby boomers — those people born between 1946 to 1964 — across the country. With the youngest of the boomers in their mid-50s and the majority having already reached retirement age, many boomers are trying to decide if it's time to move out of their family homes and into smaller, more manageable abodes.

Many older adults find they do not need the same amount of space as they did when they had children living at home. Retirees and those on the cusp of retirement may find that downsizing is a smart financial move that frees up more time for recreation.

However, it can be challenging to cut down on living space and then deal with figuring out how to make furniture, belongings and stored items fit in more condensed areas. Moving can be stressful even without having to cut down on prized items. Taking an inventory of belongings can help the process go smoothly.

Before moving, men



STEVE RINGMAN/TNS

A downsized master bedroom in a downtown condo incorporates colors from the painting and the armchair. The wall color brings some richness to the space.

and women can go room by room, making piles of items that will be kept, donated, sold or discarded. This can be a tedious task, but it is necessary to avoid clutter in a new home.

People downsizing can attempt to sell items they do not need via newspaper classified sections or online classified sites. Appliances and furniture in excellent shape may fetch

good prices. Any extra cash can be put toward buying new items that are size-appropriate for the smaller home.

Another way to clear out clutter is to sort duplicates from the stock of items. A person may no longer need multiple sets of dishes or silverware.

If the move involves switching from a king-sized to a queen-sized bed,

donate or trash bed linens that will no longer fit. Pay close attention to kitchen and bathroom items, which tend to accumulate over time but might not be discarded when clearing a home of clutter.

People moving from a detached home to a condominium or a townhouse may learn that homeowner's association fees cover everything from snow re-

moval to lawn maintenance to pool upkeep. If so, it's unnecessary to bring lawn and garden supplies.

Homeowners are advised to look at the floor plan of their new dwellings and pay attention to storage space.

This can make it easier to plan ahead for what may fit, what will need to be purchased new and which storage solutions may be needed. Having a plan in

place can make unpacking and settling in go smoothly.

The organizing company Organize Me says that homeowners should consider how cabinets and closets will be used before moving in.

Downsizing can free up time and money. When done right, downsizing can make retirement easier and create more leisure time for retirees.



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SENIOR LIFE

Expecting a NEW NORMAL

By Bruce Horovitz
Kaiser Health News

Imagine this scenario, perhaps a year or two in the future: An effective COVID-19 vaccine is routinely available, and the world is moving forward. Life, however, will likely never be the same — particularly for people over 60.

That is the conclusion of geriatric medical doctors, aging experts, futurists and industry specialists. Experts say that in the aftermath of the pandemic, everything will change, from the way older folks receive health care to how they travel and shop. Also overturned: their work life and relationships with one another.

“In the past few months, the entire world has had a near-death experience,” said Ken Dychtwald, CEO of Age Wave, a think tank on aging around the world. “We’ve been forced to stop and think: I could die or someone I love could die. When those events happen, people think about what matters and what they will do differently.”

Older adults are uniquely vulnerable because their immune systems tend to deteriorate with age, making it so much harder for them to battle not just COVID-19 but all infectious diseases. They are also more likely to suffer other health conditions, like heart and respiratory diseases, that make it tougher to fight or recover from illness. So it’s no surprise that even in the future, when a COVID-19 vaccine is widely available, and widely used, most seniors will be taking additional precautions.

“Before COVID-19, baby boomers, those born after



LOS ANGELES TIMES

Six Mile Road in the heart of Gold Country provides a scenic drive through a canopy of trees in the town of Murphys, Calif. Even when a COVID-19 vaccine is available and in wide use, many seniors will be looking at car trips as opposed to flying.

1945 but before 1965, felt reassured that with all the benefits of modern medicine, they could live for years and years,” said Dr. Mehrdad Ayati, who teaches geriatric medicine at Stanford University School of Medicine and advises the U.S. Senate Special Committee on Aging. “What we never calculated was that

a pandemic could totally change the dialogue.”

It has. Here’s a preview of post-vaccine life for older Americans:

Medical care

Time to learn telemed. Only 62% of people over 75 use the internet, and fewer than 28% are comfortable with social media, accord-

ing to data from the Pew Research Center.

“That’s lethal in the modern age of health care,” Dychtwald said, so there will be a drumbeat to make them fluent users of online health care: 1 in 3 visits will be telemed.

Dr. Ronan Factora, a geriatrician at Cleveland Clinic, said he saw no patients age

60 and up via telemedicine before the pandemic. He predicted that by the time a COVID-19 vaccine is available, at least a third of those visits will be virtual.

“It will become a significant part of my practice,” he said.

Older patients likely will see their doctors more often than once a year for a

checkup and benefit from improved overall health care, he said.

More regular remote care will be bolstered by a team of doctors, said Greg Poland, professor of medicine and infectious diseases at the Mayo Clinic. The team model “allows me to see more patients more efficiently,” he said. “If everyone has to come to the office and wait for the nurse to bring them in from the waiting room, well, that’s an inherent drag on my productivity.”

Drugstores will do more vaccinations. To avoid the germs in doctors’ offices, older patients will prefer to go to drugstores for regular vaccinations such as flu shots, Factora said. Your plumbing will be your doctor. In the not-too-distant future, perhaps just a few years from now, older Americans will have special devices at home to regularly analyze urine and fecal samples, Dychtwald said, letting them avoid the doctor’s office.

Travel

Punch up the Google Maps. Many trips of 800 miles or less will likely become road trips instead of flights, said Ed Perkins, a syndicated travel columnist for the Chicago Tribune. Perkins, who is 90, said that’s certainly what he plans to do, even after there’s a vaccine. Regional and local travel will replace foreign travel. Dychtwald, who is 70, said he will be much less inclined to travel abroad.

For example, he said, onetime plans with his wife to visit India are now unlikely, even if a good vaccine is available, because they want to avoid large

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Normal

FROM PAGE C6

concentrations of people. That said, each year only 25% of people 65 and up travel outside the U.S. annually, vs. 45% of the general population, according to a survey by Visa. The most popular trip for seniors: visiting grandchildren.

Demand for business class will grow. When older travelers (who are financially able) choose to fly, they will more frequently book roomy business-class seats because they won't want to sit too close to other passengers, Factora said.

Buying three seats for two. Older couples who fly together — and have the money — will pay for all three seats so no one is between them, Perkins said.

Hotels will market medical care. Medical capability will be built into more travel options, Dychtwald said. For example, some hotels will advertise a doctor on-site, or one close by.

"The era is over of being removed from health care and feeling comfortable," he said.

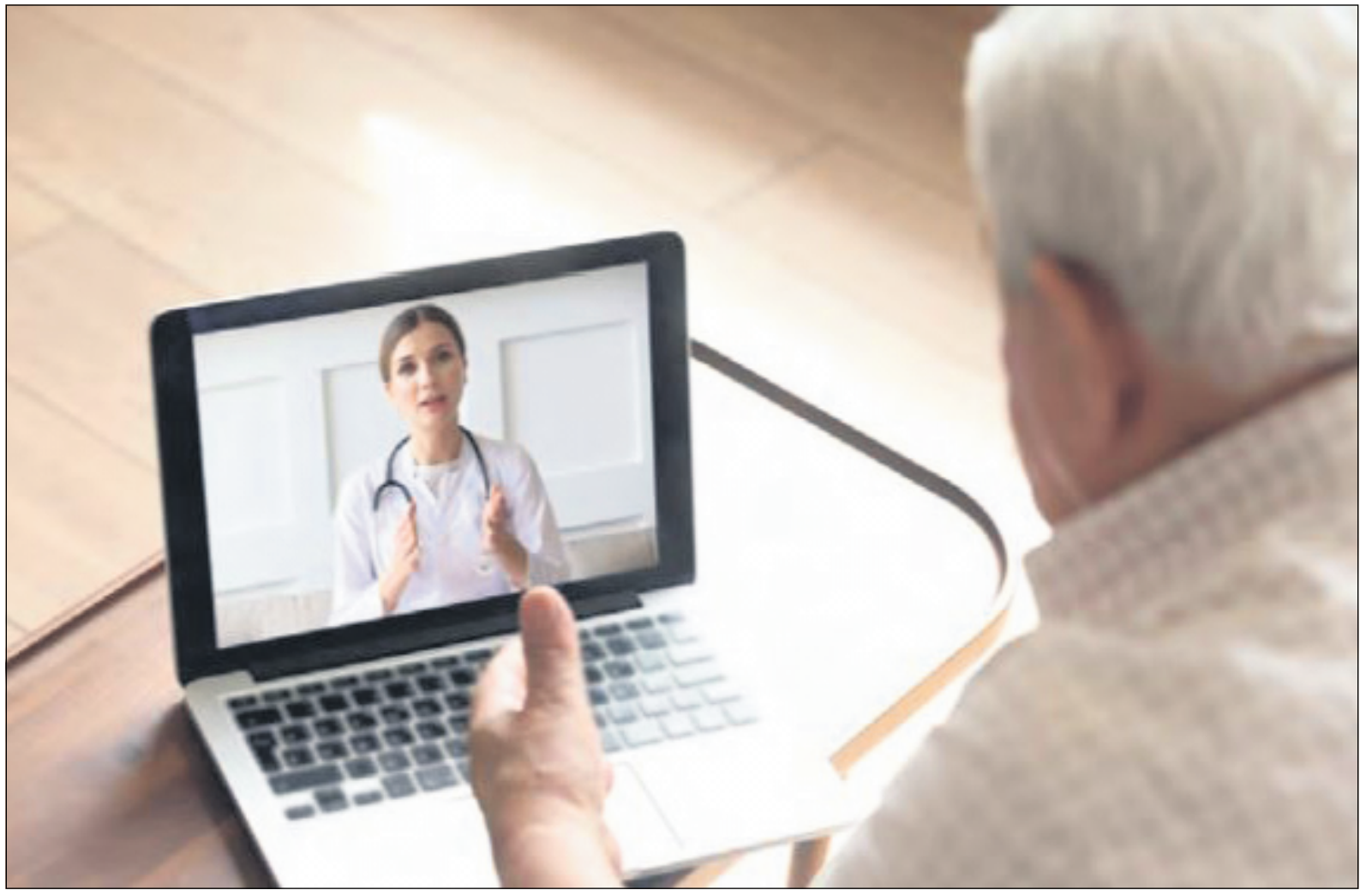
Disinfecting will be a sales pitch. Expect a rich combination of health and safety "theater" — particularly on cruises that host many older travelers, Perkins said: "Employees will be wandering around with disinfecting fogs and wiping everything 10 times."

Cruises will require proof of vaccination. Passengers — as well as cruise employees — will likely have to prove they've been vaccinated before traveling, Factora said.

Eating/shopping

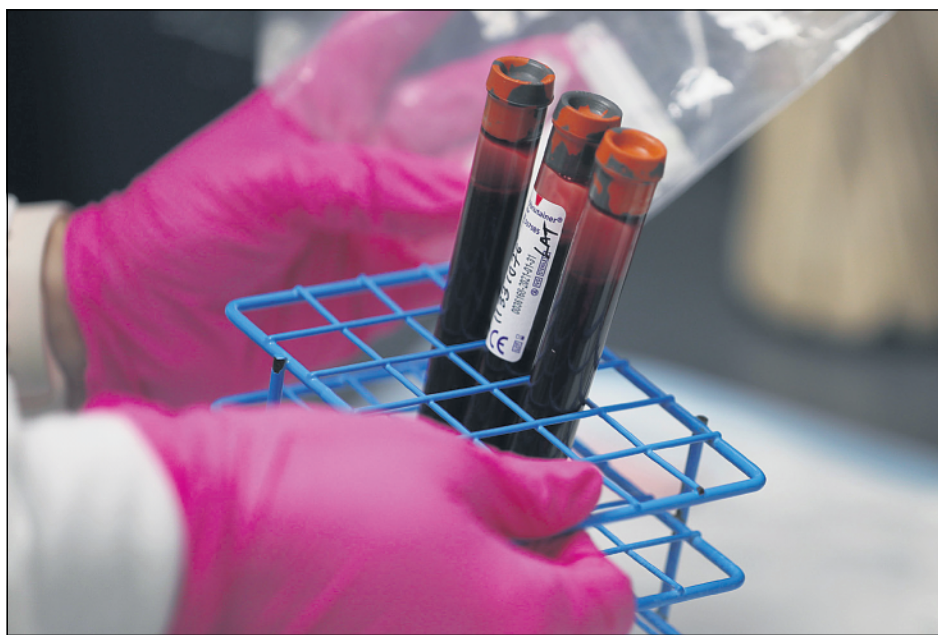
Local restaurants will gain trust. Neighborhood and small-market restaurants will draw loyal customers, mainly because they know and trust the owners, said Christopher Muller, a hospitality professor at Boston University. Safety will be a bragging point.

To appeal to older diners in particular, restaurants



COURTESY OF PETRA SHAW

Telemedicine allows doctors to remain in contact with patients and treat concerns that don't require an in-person visit.



A patient's blood samples are seen during a COVID-19 vaccination study at Research Centers of America in Hollywood, Fla.

will prominently display safety-inspection signage and visibly signal their clean-

ness standards, Muller said. They will even hire employees exclusively to wipe down

tables, chairs and all high-touch points, and these employees will be easy to iden-

tify and very visible.

Home life

The homecoming. Because of so many COVID-19 deaths in nursing homes, more seniors will leave assisted living facilities and nursing homes to move in with their families, Factora said.

"Families will generally move closer together," he said.

The fortress. Home delivery of almost everything will become the norm for older Americans, and in-person shopping will become much less common, Factora said.

Older workers will stay home. The 60-and-up workforce increasingly will be reluctant to work anywhere but from home and will be very slow to re-embrace grocery shopping.

"Instacart delivery will become the new normal for

them," Dychtwald said.

Gatherings

Forced social distancing. Whenever or wherever large families gather, people exhibiting COVID-like symptoms may not be welcomed under any circumstances, Ayati said.

Older folks will disengage, at a cost. Depression will skyrocket among older people who isolate from family get-togethers and large gatherings, Ayati said.

"As the older population pulls back from engaging in society, this is a very bad thing," Avati said.

Public restrooms will be revamped. For germ avoidance, they'll increasingly get no-touch toilets, urinals, sinks and entrances/exits.

"One of the most disastrous places you can go into is a public restroom," Poland said. "That's about the riskiest place."w

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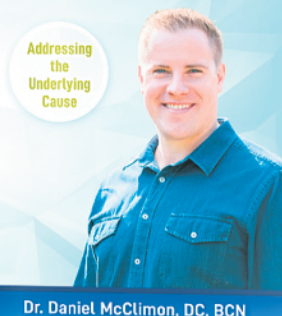


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Wednesday, October 7, 2020 » MORE AT

GENERAL ELECTION

HOW SENIORS CAN VOTE SAFELY

MediaNews Group

The Pennsylvania Department of Aging encouraged older adults to be informed about their options for voting in the Nov. 3 general election if they are concerned about being able to vote safely amid COVID-19.



Torres

"The Department of Aging urges older Pennsylvanians to keep their health and well-being in mind however they choose to cast their ballot in November," Secretary of Aging Robert Torres said. "The older adult population consistently votes more

often than any other age group, and the turnout for the upcoming election may likely be no different. Therefore, it is important that they are able to vote without putting themselves at risk."

"The coronavirus may have put large parts of our lives on hold, but there's one event it won't delay — the 2020 election," said AARP Pennsylvania State Director Bill Johnston-Walsh. "At AARP, we're fighting to protect 50+ voters and ensure they can vote safely from home or in-person."

Torres noted that if older adults are opting to vote by mail-in ballot, they should apply for one as soon as possible at votesPA.com.

Here are some guidelines for

voting by mail-in ballot:

Read the ballot and instructions carefully.

Pay attention to where you place your pen. Don't rest it on the ballot as it could potentially make an unintended mark somewhere and the tabulator will not read it correctly, or the pen could accidentally mark a candidate for whom you didn't want to vote.

Return the ballot by mail or in person to your county Board of Elections or officially designated drop-off site as soon as possible.

Be sure to place your ballot in the inner secrecy envelope and then put the secrecy envelope into the outer return envelope, which you must sign. County election officials will not count your ballot

if it is returned without both envelopes. Be sure to sign the declaration on the outer envelope so the ballot will be counted.

In addition, Pennsylvania voters now have the option of voting in person at their county election office before election day. Just go to your county election office, request a ballot, fill it out and submit it — all in the same visit.

For older Pennsylvanians who are looking to vote at their polling place on election day, the polls will be open 7 a.m. to 8 p.m. Wear a mask, bring your own pen and follow social distancing guidelines.

The Pennsylvania Department of State is supplying counties with masks, face shields, hand

sanitizer, floor marking tape and other supplies for polling places so Pennsylvanians can safely exercise their right to vote during this COVID-19 emergency.

Older adults can check the status of their voter registration by visiting votespa.com or by calling 877-VOTESPA (868-3772). Pennsylvania law now allows residents to register to vote up to 15 days before an Election Day. The deadline to register to vote in the November election is Oct. 19. Absentee and mail-in ballots must be returned by 8 p.m. on election day.

Learn more about the various programs offered by the Pennsylvania Department of Aging at www.aging.pa.gov.

HEALTH

Don't let COVID-19 stop you from going to the ER

MediaNews Group

The COVID-19 pandemic requires people to maintain social (or physical) distance from others, as well as minimize unnecessary trips outside of the house. These common-sense precautions can go a long way to keeping everyone safe.

However, in some cases, fear of contracting COVID-19 is causing people to postpone necessary medical procedures or even avoid visits to hospital emergency rooms at times when they really should be evaluated for a medical emergency.

You may be asking yourself, is it safe to visit the ER during the COVID-19 pandemic? Medical experts say yes.

Mindy Clark, health and wellness director from SageLife's innovative senior living community,

Daylesford Crossing in Tredyffrin Township, Chester County, offers some tips and advice for safer ER visits.

Hospitals are taking precautions

Businesses in all industries are taking precautions against the spread of infectious diseases such as COVID-19, and hospitals are no exception.

"From bottom to top, hospitals have undergone an overhaul in processes and procedures to prevent the spread of germs," Clark said.

Here are some examples of what health care providers are doing to keep patients and staff safe during the COVID-19 pandemic:

Ambulances are decontaminated with methods aimed at preventing the spread of COVID-19.

Masks and temperature checks are enforced at hospital entrances.

Enhanced cleaning and sanitization processes are followed.

In general, hospitals are well-stocked with protective gear and supplies and are no longer facing PPE shortages that were common at the start of the pandemic.

Patients who have (or are presumed to have) COVID-19 are diverted and isolated in a dedicated part of the hospital.

Dedicated staff are assigned to the COVID-19 wing in order to reduce the chances of carrying the disease into other parts of the hospital.

Patients with non-urgent medical concerns are "seen" and treated through telemedicine instead of in-person whenever possible.

The number of non-patient hospital visitors are generally restricted.

Don't avoid the ER in an emergency

"If you are experiencing a medical emergency, do not skip a visit to the emergency room," Clark said. "The consequences of avoiding the ER out of fear are far more dangerous than the potential risk of contracting COVID-19."

If you experience any of the following symptoms, call 911 or visit your local ER immediately:

- Difficulty or inability to speak.
- Drooping face.
- Difficulty breathing or chest tightness.
- Pain the chest or upper abdominal area.
- Uncontrolled bleeding.
- Uncontrolled pain.
- Confusion or dizziness.
- Persistent or severe vomiting and diarrhea.
- Seizures.

- Broken bones.
- Head injury.
- Uncontrolled fever.

Address minor conditions outside of the hospital

If you are experiencing a medical condition that is not life-threatening, check in with your primary physician or medical professional for advice.

"In many cases, you may be able to select a virtual doctor's visit (an appointment by phone and/or video) to take care of urgent but non-emergency health issues," Clark said.

Minor conditions include skin rashes or irritations, muscle sprains, sinus or ear infections, minor cuts or skin wounds, minor nausea or stomach issues and sore throats, coughs or colds.



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NON-VIOLENCE

Heritage of Green Hills celebrates INTERNATIONAL DAY OF PEACE

MediaNews Group

Residents and staff at the Heritage of Green Hills, a healthy life plan community in Cumru Township, Berks County, celebrated the International Day of Peace with a moving and inspiring event.

It included peace poem readings by residents, including the poem "For Our World" written by young poet Mattie J.T. Stepanek, which he wrote on 9/11 when he was 11; a series of songs, including John Lennon's "Imagine," Michael Jackson's "Heal the World" and USA for Africa's "We Are the World"; participation in a worldwide moment of silence with candles; a community peace walk; and the release of white dove biodegradable balloons.

Each year, the International Day of Peace is observed around the world on Sept. 21.

The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

This year's theme was "Shaping Peace Together."

At the Heritage of Green Hills, two Peace Columns stand in the main lobby. They feature resident thoughts, poems and quotes about peace, as well as symbols from various world religions and the world peace written in dozens of different languages.

A peace lily and lit candle used during the Sept. 21 event will remain on a lobby table.



COURTESY OF THE HERITAGE OF GREEN HILLS

White dove biodegradable balloons are released as part of an event at the Heritage of Green Hills marking the International Day of Peace.



Well By Design Director Cheryl Anderson of the Heritage of Green Hills during the International Day of Peace event.



A peace lily and lit candle used during the Sept. 21 event.



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19TH AMENDMENT

Heritage of Green Hills re-enacts suffragists' marches

MediaNews Group

The residents at the Heritage of Green Hills, a healthy life plan community in Cumru Township, Berks County, celebrated the 100th anniversary of the passage of the 19th Amendment with a parade — complete with iconic “Votes For Women” sashes, ribbons and extravagant hats — in honor of the suffragists’ historic marches.

In addition to the parade, there were readings of historical suffragist songs by various community members and a brief speech providing historical context by resident Ruth Shaffer, a researcher and frequent contributor to the Berks County Historical Review.

Shaffer wrote of a series of articles about the suffragist movement in Berks County that have been published this year.

“Founding Mother Boards” featuring pictures and bios of diverse heroines of the women’s rights and suffrage movements decorated the halls.

A suffrage-themed quiz and crossword was available to test residents’ knowledge. Yellow roses were given to every woman in the community.

Mail-in ballot applications were on hand for all community members.

“Voting is so important,” said Shaffer, who will be giving a presentation about women’s suffrage at the community this month. “When you consider how long it took to get the vote — the movement started officially in 1848 with Susan B. Anthony and Elizabeth Cady Stanton and it took three generations of women taking up the struggle to make it happen — how can you not vote?”



COURTESY OF THE HERITAGE OF GREEN HILLS

Residents of the Heritage of Green Hills march during a parade commemorating the passage of the 19th Amendment 100 years ago, which gave women the right to vote.



Tanya Russ wears a shirt with the image of the late Supreme Court Justice Ruth Bader Ginsburg.



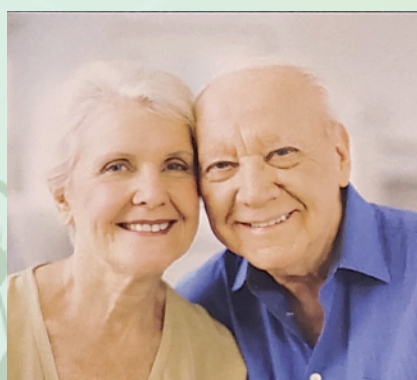
Heritage of Green Hills resident Deborah McCone takes part in a celebration of the 100th anniversary of women getting the right to vote.



Ruth Shaffer, a resident of the Heritage of Green Hills, gives a reading.

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ENTERTAINMENT

Kutztown Pipe Band provides socially distanced performance



SUBMITTED PHOTO - JOHN ZANGARI, KU

The Kutztown Pipe Band rehearses socially distanced from one another during practice on Kutztown University's campus on Sept. 9. From left to right, rehearsing are Cathy Reighn, Jennie Frieauf and Rachel Massie.

The Lutheran Home residents have been isolated since the start of COVID-19

By Lisa Mitchell
 lmittell@21st-centurymedia.com @facebook.com/northeast-berksnews/

The Kutztown Pipe Band performed this summer at The Lutheran Home at Top-ton to provide socially distanced entertainment to residents who have been isolated since the start of COVID-19.

"It is exceedingly important for members of nursing and retirement homes to know that they are remembered and appreciated during the extended isolation that they have endured during the pandemic... not just remembered and appreciated by their close family, but by their community as well," said band founder and pipe major Laura Sherrod, a professor of geology at Kutztown University.

Performing is also helpful for the progression of the band as the Kutztown Pipe Band is a teaching and learning community group and a KU student organization.

"It is important for members of the band to have performances that give them goals for their own personal achievements in learning to play the bagpipes. Performances greatly enhance the abilities and quality of the band," said Sherrod.



The Kutztown Pipe Band – which consists of Kutztown University faculty and staff, Kutztown Area School District staff and students and Borough residents – performs traditional Celtic music, primarily Scottish, on the Great Highland Bagpipes with Scottish snare, tenor, and bass drums. From left, Harry Edwards on snare drum and Andy Mull and Laura Sherrod (foreground) on pipes.

The band – which consists of KU faculty and staff, Kutztown Area School District staff and students and borough residents – performs traditional Celtic music, primarily Scottish, on the Great Highland Bagpipes with Scottish snare, tenor, and bass drums.

"During 2019, we played at festivals during the normal performance season (spring and summer), and transitioned to playing volunteer performances at nursing and retirement homes in the winter to keep ourselves in performance shape and to contribute to the community," she said.

PIPE » PAGE D5



Kutztown Pipe Band piper Caroline Brown rehearsing on Kutztown University's campus.



Kutztown Pipe Band piper Andy Mull.

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SUBMITTED PHOTO

The Kutztown Pipe Band performed Aug. 26 at The Lutheran Home at Topton to provide socially distanced entertainment to residents who have been isolated since the start of COVID-19. The Kutztown Pipe Band is a teaching and learning community group and a Kutztown University student organization.

Pipe

FROM PAGE D4

When COVID-19 restrictions went in place in March, the band canceled its weekly practices for a few weeks, but then met via Zoom.

“They were challenging as there is a lag time in the Zoom transmission which means we can’t hear ourselves play together during the practices,” said Sherrod. “Instead of playing all together, one band member would have their microphone on and all the others would be on mute. The person with the microphone on would lead the tune, and everyone else would follow along from their home, staying in time with the person leading the tune.”

When the weather grew warmer in spring, the band met for outdoor practices.

“We have maintained social distancing during the in-person practices to decrease the potential for transmission of the virus – using a distance between each person of more than the CDC guidance of 6 feet,” she said.

“Our summer 2020 performance season was wiped clear by the pandemic, so we have spent our summer months working on new tunes and expanding our

repertoire,” Sherrod added. During the performance at The Lutheran Home, there was plenty of space between the band and residents.

“The Lutheran Home had been scheduled to be our next performance just before the COVID-19 restrictions went in place last spring. These restrictions at the nursing homes meant that the residents were confined to their rooms in isolation. This lifestyle was very taxing on the residents,” said Sherrod. “The members of the KPB wanted to bring some joy to the residents. This location was chosen as our first performance venue since the COVID restrictions went in place primarily because the grandmother of one of our members is a resident. This meant that we had contacts within the facility who were willing to work with us to get the residents outdoors for the performance.”

The performance was presented at a distance of more than 100 feet from the residents, “To far exceed the social distancing guidelines of the CDC and keep the residents safe and healthy. The bagpipes are a very loud instrument, so this distance of 100 feet would be considered normal even in non-pandemic times. Being very close to a bagpipe band can



Laura Sherrod founded the Kutztown Pipe Band in 2017. She is a professor of geology at Kutztown University.

be unpleasantly loud in any circumstances.”

“The residents were very pleased to have us perform,” she added. “The band has received a great deal of gratitude from both the residents of the facility as well the staff of the facility.”

Debra Gogno, Executive Director at The Lutheran Home at Topton, said, “They very much appreciated the opportunity to enjoy the music.”

For months, visitors were restricted until recently at The Lutheran Home.

Events such as this are important at this time of social distancing, Gogno said, “Evoking toe tapping and hand clapping; the event was very much appreciated.

In fact, residents requested a return visit from the band in the future.”

And all health guidelines were followed.

“The performance was held outside and physical distancing was maintained, masks worn and hand hygiene practiced as always. Individuals in their wheelchairs or chairs were seated according to guidance from the federal CDC,” she said.

“We hope that performing in a manner that meets all applicable social distancing and health safety requirements can bring a little joy to the lives of people that have been experiencing isolation and the loneliness that that brings with it,” said KPB snare drummer and piper Harry Edwards,

a retired engineer and a multi-instrumentalist and composer (<https://www.harrison-music.com/>).

KPB piper Cathy Reign, a physical therapist at Good Shepherd who started learning the pipes in 2018, said, “The people living in the facilities have been very isolated. Most have had no family visits and no stimulation from outside groups. It’s a perfect match, we need someone to perform to and they need the interaction.”

For piper Rachel Massie, a substitute teacher in the Kutztown Area School District who started learning the pipes in 2017, this performance was very personal.

“This was the first time I

had seen my Grandmother aka ‘Meemaw’ since March. Even though I couldn’t give her a hug or even get close enough to talk to her. It was a comfort to see her, and give her and the other residents an evening of entertainment.”

KPB piper Jennie Frieauf, an accountant who started learning the pipes in 2017, answered the question about the importance of performing at this time.

“One take on it is that it’s not any more important than any other form of entertainment, I guess. Most people are missing going to movies, concerts, live music in pubs, watching sports, etc. – it all serves a purpose,” said Frieauf. “I feel especially sorry for older people in these residences who have even LESS interaction. What’s nice about bagpipes, unlike most instruments, that it’s so great to play outdoors and so it’s do-able right now, and their initial purpose, right?!”

Margaret Young, a piano and violin teacher and instrument repair apprentice as well as private wildlife educator who started learning the pipes in 2017, said, “I’m not very good with words, but I do think that performing during this time is important. It may brighten someone’s day just when they need it the most.”

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Vitamin D and sun exposure: Here's what you should know



ADOBE STOCK

By Dr. Daniel Shurman



Dr. Daniel Shurman

Sun exposure in moderation is key

Most of us know that the best way to avoid a nasty sunburn is to lather up with sunscreen. But in doing so, are we depriving ourselves of necessary vitamin D?

Vitamin D, also known as the "sunshine vitamin" because it is produced in your skin in response to sunlight, is essential for several reasons, including maintaining healthy bones and teeth. It may also protect against a range of diseases and conditions, such as type 1 diabetes. Vitamin D has the important role of helping the body absorb calcium and phosphate from our diet.

Inadequate vitamin D levels can increase your risk for numerous health problems including cancer, osteoporosis, heart disease, asthma and even the common cold.

One of the best sources of vitamin D is the sun. However, there is a longstanding debate among many health care professionals on how much sunlight is appropriate to balance between positive and negative effects of solar UV exposure.

The American Academy of Dermatology proposes that most problems with vitamin D deficiency are nutritional in nature; and even though sunlight is necessary to synthesize vitamin D, it takes only 10 to 15 minutes of exposure to arms, legs, abdomen and back, two to three times a week, followed by good sun protection.

That minor amount of exposure produces all the vitamin D your body can use. After that, your body automatically starts to dispose of vitamin D to avoid an overload of the vitamin, at which point your sun exposure is giving you nothing but sun damage without any of the presumed benefit.

Therefore, tanning or prolonged exposure to sunlight will not increase your vitamin D levels more than what you are getting. Instead, the AAD recommends getting vitamin D from a healthy diet, which includes naturally enriched vitamin D foods, fortified foods and beverages and/or vitamin supplements.

Know your vitamin D infused foods

Because very few foods naturally have vitamin D, it is important to become familiar with those that do.

Fatty fish such as salmon and mackerel are among the best sources of vitamin D. In fact, a 3.5-ounce serving of canned salmon can provide 50 percent of the reference daily intake. Beef liver, cheese and egg yolk provide small amounts. Mushrooms also contain this vitamin if grown under UV lights.

Vegan foods high in vitamin D include fortified soy products like tofu, soy milk, soy yogurt and fortified cereals.

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