

FITNESS

Rolling along

At age 78, there is no stopping Dennis R. Eves when it comes to road biking.

By Courtney Diener-Stokes
For MediaNews Group

At age 78, there is no stopping Dennis R. Eves when it comes to road biking. He rides about 6,000 miles a year and sometimes more.

"The highest I had was over 7,000 miles in 2017," said Eves of East Coventry Township, Chester County.

He rides solo two to three hours daily, averaging 25 to 30 miles, and takes a longer 50-mile ride on weekends with a friend.

"I'll go through Kimberton and then through Charlestown and Nantmeal," Eves said of one of his routes.

He recently participated in the Shoo-Fly Classic scenic bike ride through Oley and the Covered Bridge Classic in Lancaster.

"We rode through 13 covered bridges in Lancaster," he said.

A friend wanted to cross a ride off his bucket list, so Eves joined him for that trip.

"We pedaled to the art museum in Philadelphia," he said. "It was 80 miles round trip."

Eve's wife, Velva "Char" Eves, recently posted a photo on Facebook of him along with his Trek road bike that he purchased seven years ago.

"It is me and my bike at 50,000



COURTESY OF CHAR EVES



COURTESY OF CHAR EVES



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COURTESY OF CHAR EVES

Dennis R. Eves often keeps up his biking regimen on his travels.

Rolling along

FROM PAGE 1

mileage he put on his bike. Eves keeps track of his mileage through a small cycling computer as well as the Strava cycling app. The primary motivation Eves has to keep up this biking in his 70s is to keep his health in check. "I try to keep active," he

said. "When you get older everything hurts, but you have to move as much as you can — as long as you have your health you should be as active as you can." Eves was in his late 30s when he borrowed one of his son's mountain bikes to take it for a ride. He found it enjoyable and easier on the body than his old exercise regimen. "I used to jog when I was younger, but it's hard on the knees," he said. He eventually bought

himself a bike, and his appreciation for riding began to grow. "I enjoy biking," he said. "It's peaceful." Eves also finds biking to be beneficial for his back. "I have back troubles and it seems to help my back quite a bit," he said. The owner of a truck transportation company, Eves typically fits in rides in between his work schedule. He prefers starting his rides about 1

to 1:30 p.m. during the week and 9 to 9:30 a.m. on weekends. "I go when there's no traffic," he said. "You want to stay off the road when people are going home from work." In addition to carving out time for biking, Eves also sets aside plenty of time for travel with his wife. They love skiing on the West Coast as well as abroad. "I have two trips planned," he said. "We're

going to Austria and Germany skiing and then a week of skiing in Italy." On a trip he has planned to Mazatlan, Mexico, Eves plans to rent a bike to keep up his riding. When Eves departs on rides from his home, he sticks to back roads for his routes and avoids biking during rush hour. "I don't like to ride on main roads," he said. While Eves rides year-round, you won't find him out in the bitter cold, and

he's not particularly fond of high temperatures either, but he grins and bears it. "The first five miles is the hardest to get moving," he said. "I'll sweat a lot." As we settle into fall with cooler temperatures, Eves said this weather is ideal for him to do his rides. "It's perfect weather to bike right now," he said. "You throw on a windbreaker and off you go."



Save Money on Medicare

The Chester County Department of Aging and PA Medicare Education and Decision Insight, PA MEDI, formerly APPRISE health insurance counselors will provide free, confidential assistance to Medicare beneficiaries during the **Annual Open Enrollment Period, October 15, 2021 to December 7, 2021.**

You can join, switch or disenroll from a Part D Prescription Drug Plan, a Medicare Advantage Plan, or switch to Original Medicare with or without a Medicare Part D Plan. The counselors will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium. For information, visit <https://www.chesco.org/477/PA-Medicare-Education>, or email smilam@chesco.org

Not a Chester County resident? Call 1-800-783-7067 to connect to your County's PA MEDI. Most appointments are by phone this year.

Call to schedule an individual appointment:

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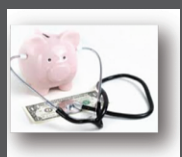
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FUNDRAISER



COURTESY OF WHITE HORSE VILLAGE

Christine Cooney, left, DJ Malcolm Poindexter III and Susan Abtouche, White Horse Village vice president of mission enhancement, spin festive tunes to motivate walkers and entertain attendees at the event.



COURTESY OF WHITE HORSE VILLAGE

DJ Malcolm Poindexter III pumped up a spirited and enthusiastic crowd before the walk started that brought residents, from left, Julie Dallett, Yvonne Webster and Fay Gregg to their feet.

White Horse Village raises \$27,000 at second Walk to End Alzheimer's

White Horse Village

White Horse Village, a nonprofit senior living community in Edgmont Township, Delaware County, held its second annual Walk to End Alzheimer's on Sept. 10, featuring a weeklong schedule of activities.

Both residents and team members embraced the event, raising over \$27,000 for the Alzheimer's Association, exceeding the fundraising goal of \$20,000 and increasing total funds by over 35% from last year.

The community welcomed celebrity judges Shelly Buck, president of Riddle Hospital, and DJ Malcolm Poindexter III, KYW Newsradio traffic reporter, to select winners of various contests and encourage walkers.

Poindexter had participants moving and shaking with his fun music playlist.

Poindexter III lost his father, also a KYW Newsradio personality, to Alzheimer's 11 years ago.

White Horse Village thanks the following planning committee members and volunteers for their hard work to make the walk a success.

Residents: Pat Cassels, Carol Henn, Bonnie Scott, Carolyn Shaffer, Beth Stensrud and Duane Thurman.

Team members: Susan Abtouche, Barbara Caso, Melissa Dell'Orefice, Kelli Foley, Casey Gonzalez and Peter Leonowitz.

Alzheimer's Association: Abbey Hunton and Holly Rush.

White Horse Village offers a full range of senior living options and healthcare services, including Four Season Memory Care. The specialized facility cares for individuals with

cognitive changes. A highly trained and compassionate nursing team strives to maximize each resident's independence and provide person-centered care in a therapeutic setting.

White Horse Village: Situated on 96 acres in southeastern Pennsylvania, White Horse Village is an active senior living community offering a full range of living options and healthcare services. The community intentionally creates opportunities for extraordinary living in a vibrant, diverse community through personal growth, connectedness, and relationships. As a nonprofit organization, White Horse Village reinvests earnings back into the organization to further the mission and vision. For more information, please visit www.whitehorsevillage.org.



COURTESY OF WHITE HORSE VILLAGE

Residents Mary Last, left, and Barbara Schneider won the costume contest and a gift basket.



COURTESY OF WHITE HORSE VILLAGE

White Horse Village President and CEO Len Weiser dresses in festive purple attire, the color of support for the Alzheimer's Association, to welcome nearly 100 walk participants.

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PROMOTING SENIOR WELLNESS

Prevent potential autumn problems for seniors

By Samantha Gordon

The fall season is officially upon us, and that means cooler weather, falling leaves and potential safety hazards for older adults.

Keeping an autumn checklist to stay ahead of the changing weather can prevent potential problems. Consider the following as the autumn season approaches:

Shorter days

While fall time can look beautiful, the days start to become shorter and shorter, which means it gets darker earlier in the day.

It's important to keep this in mind when driving or going out of the house, especially if driving at night is not something you feel comfortable doing.



Falling leaves can become a hazard, especially if they are wet on roadways.

Falling leaves

The wind is blowing the cool, crisp air, and it looks picture perfect. But falling

leaves can become a hazard if not kept up with.

Gutters, walkways, sidewalks and roads can be-

come clogged or covered and pose a risk especially if they are wet.

Raking leaves or hav-

ing help raking leaves and maintaining gutters can create a clean yard and prevent a hazard from occurring.

Flu shot

Don't forget flu season is upon us, and that means getting updated on our annual flu vaccinations. Check-in with your doctor on how and when you can get the flu shot.

Stock up

With cooler weather, shorter days and hurricane season coming to an end while the winter season approaches, it's always good to be prepared for the unexpected.

Stock up on batteries for flashlights, light bulbs, and warm clothes as the temperature begins to drop over the next few months.

Autumn is a wonderful

time of year. It's filled with delicious food and meals prepared around the holidays and time with friends and family. Many of us cannot wait to decorate and eat all the candy in the world, but it's important to keep in mind the changing seasons and what that means for ourselves and for our home.

Keeping up or staying ahead of the fall season allows us to enjoy it more and get ready for the next season to come.

Promoting Senior Wellness is provided by The Hickman, a Quaker-affiliated licensed personal care home in West Chester. Samantha Gordon is the communications and outreach manager. She can be reached at sgordon@thehickman.org or www.thehickman.org.

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SPOT OF T

Life can be like that small, scenic snow globe

By Terry Alburger

Did you ever watch someone shake up a snow globe? At first glance, the globe depicts a peaceful and pleasant panorama of a tourist attraction or famous scene.

But what happens when you shake it? The ensuing frenzy is mesmerizing to watch as hundreds of tiny bits of “snow” vigorously twirl and swirl in a miniature cyclone contained within the glass.

The storm within the contained world starts with a frenzy and then slowly calms down as each of the minuscule bits gradually falls to the bottom. Calm is restored. Without an external force to agitate it, the scene remains peaceful.

Life is rather like that small scenic globe. When things are going well, then there is no pressure, life is pleasant and calm. As the stress begins to build in your life, it is as if a giant hand reaches down and starts to shake things up. The globe can be turned upside down, and your world can seem shaken to its core, but remember, as with the snow globe, it will once again calm down and peace will be restored. You just have to hang in there. All the pieces will fall into place with time. Literally.

Each of our snow globes represents a visual reminder that calm is the best strategy in life. If we can get through each day without agitating any snow globe, ours or those of other people, life would be much more pleasant.

Storms come and go in our lives, what's important is that you persevere. Certainly, over the last 19 months, our globes were shaken nearly to the point of exhaustion.

But as we start to emerge from the COVID cocoon we were in for so long we feel more and more tranquil — our globes are quieted. We may not quite be at the point of complete peace, but we are certainly moving in the right direction. With vaccines and boosters available and strategies in place for prevention and even treatment of this disease, many are breathing a little easier.

Each of our snow globes represents a visual reminder that calm is the best strategy in life. If

we can get through each day without agitating any snow globe, ours or those of other people, life would be much more pleasant. But, if things happen out of our control, it is comforting to know that with a little time, things will once again return to peace.

If you think of your life as a snow globe, there is another benefit. You now have a protective dome around you, keeping you safe. You can visualize problems coming at you but bouncing off the glass and deflecting harmlessly away.

Visualization is a powerful tool in keeping calm and remaining in control. It's your snow globe — you make the rules for your life! You might not be able to control who shakes it up, but you can know with certainty that things will calm down. Remember, your peace comes from within. Don't let yourself be shaken.



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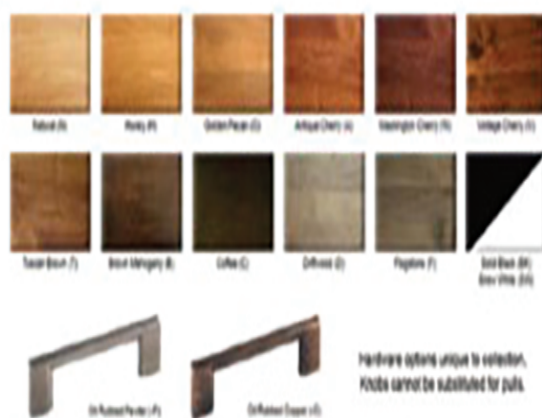
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HEALTH

It's time for National Check Your Meds Day

By Shelley Kanther
Griswold Home Care

Every Oct. 21, individuals and organizations across the country observe National Check Your Meds Day.

Officially established in 2017 by the U.S. Department of Health and Human Services, National Check Your Meds Day is a time for patients to gain a clearer understanding of exactly what their pre-

scribed medication does, how it affects them, if they're taking them correctly and if there's a more cost-effective alternative to what they're being prescribed.

This is a particularly important matter for older adults, as most seniors are likely to develop multiple chronic conditions that require different prescription medications to manage — making it easy for mix-ups to

happen. Here are some questions that you may want to consider asking your pharmacist to help prevent medication-related health hazards:

Are my medications safe to take together?

Taking more than one prescribed medication at a time or taking medication with specific foods and beverages may have a risk of a drug interaction. It's recommended that you consult your doctor or pharmacist when starting new medications.

What medication should I not mix with alcohol?

It is important that you consult a doctor or pharmacist before taking any medication if you drink alcohol. There are many medications that should not be mixed with alcoholic beverages and being educated by a professional could potentially save your life.

How long should I wait between medications?

Always refer to the instructions on your medication or speak directly with your pharmacist about the length of time between medications.

Everyone should be curious about what they are being prescribed while trying to be as educated as possi-

ble about their medication, their intended effects, and what warning signs or side effects an individual should look for.

In addition to speaking with your pharmacist, there are other ways you can participate in National Check Your Meds Day. Don't leave unused medication lying around, check your medication for expiration dates and speak with your pharmacist or local police department for information on how to properly dispose of unused and expired medication.

Communication with your family or friends is an important step to take, especially for those who have elderly loved ones who rely on medication. Prescriptions can be a source of anxiety, and it may not be easy for older adults to ask for help. Talking about medication with a loved one can provide them with a sense of comfort and understanding the steps to managing medications effectively can help keep them safe!

Observing National Check Your Meds Day by taking these steps ensures that you are safely taking the right doses and the right prescriptions.

At Griswold Home Care, we work with thousands of

seniors who require daily medication, and our caregivers know the importance of ensuring the health and well-being of the people we serve every day. If you or an older loved one needs extra assistance in handling prescriptions, we can help with medication reminders so you never miss a dose and we can watch while you take your meds to help ensure you are using it safely, as prescribed.

ABOUT GRISWOLD HOME CARE » With 168 locations in 29 states, Griswold Home Care is one of the country's top home care companies, delivering compassionate care 24/7 to its clients. Its purpose is to give people the help they need to live in the place they love. Through this purpose, Griswold Home Care helps adults maintain quality of life despite advanced age or onset of illness through services including companion care, home services, personal care, and respite care. Founded by the late Jean Griswold in 1982, the company has maintained its founder's profound sense of empathy for older and disabled adults and those living with chronic conditions. For more information, visit www.griswoldhomecare.com or call 215-402-0200.



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MEDICARE

Department of Aging recognizes PA MEDI volunteers

MediaNews Group

The Pennsylvania Department of Aging hosted a news conference to acknowledge the Pennsylvania Medicare Education and Decision Insight (PA MEDI) volunteers, the known and trusted community resource for Medicare information for Pennsylvania's Medicare beneficiaries.

"I'm so grateful for the flexibility, dedication and hard work of all the PA MEDI volunteers, especially during the COVID-19 pandemic," said Susan Neff, PA MEDI director. "The volunteers quickly shifted to virtual and phone meetings when in-person interactions with Medicare beneficiaries couldn't take place.

"Having such a large, dedicated volunteer force allows us to maximize PA MEDI's reach to those most in need of our services. With the Medicare Annual Open Enrollment Period starting on Friday, PA MEDI volunteers and staff are available and committed to assisting older adults with any questions and concerns they have about their Medicare plan options for 2022."

Over the past year, nearly 650 PA MEDI volunteers housed in local Area Agencies on Aging (AAAs) contributed approximately 35,000 hours of service by assisting Medicare-eligible older adults, their families, and caregivers to help them make informed decisions about their healthcare. PA MEDI volunteers also provide educational presentations to community groups, individuals and at health fairs and senior expos.

Through local Area Agencies on Aging, PA MEDI provides free, confidential, objective and easy-to-understand information about Medicare Advantage Plans, prescrip-



Pennsylvania Secretary of Aging Robert Torres

tion drug plans and Medicare Supplemental plans, Medicare appeals and Medicare eligibility. PA MEDI counselors can assist Medicare beneficiaries with plan comparisons, help with enrollment in a new plan, and help evaluate eligibility for any of Pennsylvania's Medicare cost-savings programs.

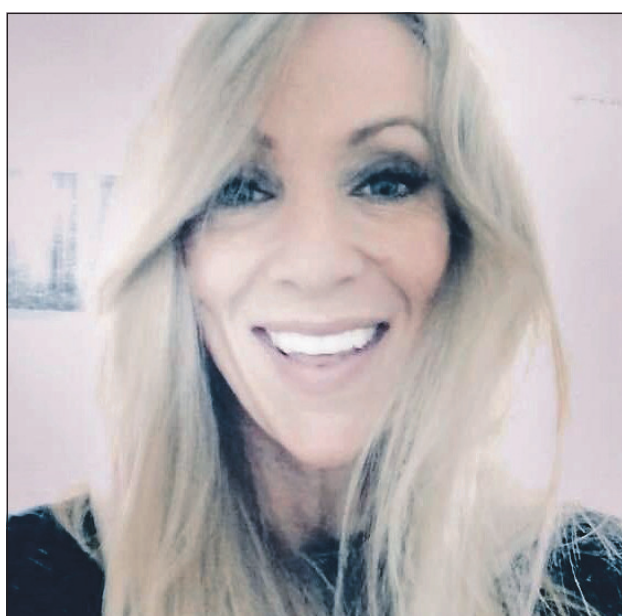
"Volunteering for PA MEDI is the most rewarding challenge," said Lisa Bollinger, PA MEDI volunteer through the Mifflin/Juniata Counties AAA. "It takes dedication, an open mind, and a thirst for knowledge. The very best part of volunteering for PA MEDI is the educational assistance to a person who can make an informed decision that best suits their healthcare needs. Once I became Medicare educated through the training and mentoring, I became aware that PA MEDI is the best kept secret for our retirees."

"It is extremely gratifying to meet people who are so grateful for the service you are providing," said Donald Soslow, PA MEDI volunteer through the Delaware County AAA.

"The work is intellectually stimulating, and you feel as though you are positively contributing to society. There is a large void when it comes to understanding the intricacies of Medicare. You will be astonished at the level of gratitude people will have towards you for what you are doing."

Individuals wishing to learn more about volunteer opportunities for PA MEDI and other Department of Aging programs in their communities can visit www.agingpa.gov. Additionally, PDA recently launched a page on its website for older adults to find PA MEDI events and programs in their local county, www.aging.pa.gov/aging-services/medicare-counseling/Pages/Programs-and-Events.aspx.

"Many PA MEDI volunteer counselors started off as Medicare beneficiaries themselves," said Secretary of Aging Robert Torres. "After learning about PA MEDI and how it could benefit them, these older adults felt they wanted to learn more about how they could share that knowledge with others. By be-



PA Medi Director Susan Neff

coming experts, these volunteers are providing the best guidance to beneficiaries who can be confident

in knowing the best options are available to them.

"On behalf of the Department of Aging, I

would like to thank the volunteers for their time and compassionate dedication with helping older adults navigate through the Medicare options year-round."

The Medicare Annual Open Enrollment Period ends on Dec. 7. Medicare beneficiaries are encouraged to contact their local Area Agency on Aging to schedule an appointment with a PA MEDI Counselor for assistance during this time when beneficiaries can join, switch, or drop Medicare Advantage or Prescription Drug Coverage.

In addition to PA MEDI events and programs, older adults can learn more about PA MEDI on the Department of Aging's website or by calling the PA MEDI Helpline at 800-783-7067, Monday through Friday, 8 a.m. to 5 p.m.

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FALLS PREVENTION



ADOBESTOCK

Department of Aging participates in falls prevention event

MediaNews Group

Pennsylvania Department of Aging Secretary Robert Torres and Susan Neff, the department's representative for the National Falls Free Coalition, recently participated in the inaugural Falls Prevention Event hosted by the Berks County Falls Free Coalition.

"We may assume that falls are just a normal part of getting older, but that is certainly not the case," Torres said. "In fact, most falls can be prevented, and we need to do everything

we can to make falls prevention a priority for public health. Falls threaten the health and independence of older Pennsylvanians, and the risks associated with falls should not be overlooked.

"I would like to thank the Berks County Falls Free Coalition for the great work that it's doing to assist older adults in avoiding falls. In addition, the Department of Aging is here to help older adults maintain a good quality of life by increasing awareness of falls prevention, providing educational

programs and encouraging all Pennsylvanians to take steps to protect themselves and their older loved ones who may be at increased risk of suffering from falls."

The event provided resources including health screenings and exercises, as well as information on nutrition, mental health and wellness to individuals age 55 and older on how they can prevent falls, trips and improve their balance.

The Pennsylvania Department of Aging provides resources for older adults on how to assess their risk

for falls and how to prevent them. The department also offers a fall risk screening and prevention program to adults 50 years of age and older.

"In addition to overseeing the Department of Aging's Health & Wellness Programs, which includes falls prevention programs, I serve as the leader of Pennsylvania's Falls Free Coalition," Neff said. "In the commonwealth, the CDC estimates that more than 500,000 older adults have a fall each year. Although falls among older

adults are very common, events such as the Falls Prevention Event in Berks County and the programs offered by the department provide simple and easy steps an older adult can do that could reduce their risk of falls and potentially save their life."

Falls are the leading cause of fatal and nonfatal injuries among people 65 and older in the commonwealth, accounting for 69.2% of fatal traumatic brain injuries, and resulting in 1,781 deaths and 59,2267 hospitalizations

in 2019, according to the Bureau of Health Statistics and Research. Older adults who experience a fall may face depression, loss of mobility and loss of functional independence.

The event coincided with Falls Prevention Awareness Week, which was Sept. 20-24. Gov. Tom Wolf recently presented the department with a proclamation commemorating the week in the commonwealth, which is also recognized nationwide by the National Council on Aging.

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VOLUNTEERING

RSVP teams up with Chesco groups to boost digital literacy

RSVP

RSVP has joined forces with several Chester County nonprofits to bring online literacy and access to some of the county's most digitally isolated residents. The new Digital Equity Coalition intends to offer instruction in online activities such as using email, Zoom and a browser.

By early next year the coalition plans to reach out to the families serving the agricultural industry in the Kennett Square area. Many of them are Spanish-speaking and unable to communicate online with schools, telemedicine providers and other key services. If that pilot effort succeeds, the program could be expanded to others who are cut off from help with digital literacy.

RSVP this month has begun to "train the trainers," a group of 20 staff members and volunteers from three Chester County community organizations that serve the agricultural workers.

"We're seeking to help a close-knit, largely Spanish-speaking community," said Scherri Roberts, senior projects manager for RSVP, a nonprofit volunteer community service organization. "We all agree it will be most effective if trusted community service providers, people they already know, deliver the technology training."

The organizations providing trainers include the Maternal and Child Health Consortium's Family Center, Mighty Writers and the Kennett Area Senior Center.

The need

"When the pandemic shut-downs began, the need became so evident," said Michele Moll, RSVP's executive director. "In March 2002 we began to see seniors shut in with no way to get groceries. They didn't have computers or didn't know how to order online. RSVP began to work with county aging departments to provide volunteers willing to drop off groceries. That's when we began our Senior Tech Training program to help seniors navigate

the internet." As the pandemic continued, the need clearly extended beyond seniors, Moll said. "Some students learning at home were provided with Chromebooks, but their parents didn't have the technology skills to help them," Moll said. "Schools had difficulty communicating with families. And some families had no internet access."

Joan Holliday and retired businessman Jim Mercante saw this need, too. As members of the Southern Chester County Opportunity Network, "We wanted to start a group that would improve digital equity," said Holliday, a retired public health nurse and founder of Study Buddies, a program to help at-risk children excel in school.

Holliday and Mercante worked with the Chester County Intermediate Unit to obtain a federal grant to study internet availability, which can be spotty in the southern part of the county. That needs assessment gets underway this month.

"We will also learn about available funding for municipalities to get better connectivity," she said.

Holliday and Mercante then turned to digital literacy.

"The schools have been wonderful helping families to use the computer," Holliday said. "But a lot of follow-up is needed for families to use Zoom, email and other programs. The schools can't be stretched that thin."

"Southern Chester County has some fabulous agencies working with the vulnerable population. We had a Zoom meeting of people who wanted to join the literacy coalition" including RSVP, which Holliday had worked with on a kindergarten readiness program.

"We wanted to include a nonprofit that could seek funding for a new digital training program, and RSVP is wonderful at bringing in resources," she said.

Train the trainers

RSVP obtained a \$15,000 matching grant and turned to



Joan Holliday



Michele Moll



Scherri Roberts



Michelle Hang

Oasis, a nonprofit that provides technical training to reduce isolation among older adults across the nation. The objective: to train 20 staff members and volunteers provided by the participating agencies. They, in turn, will provide training to agricultural workers and other vulnerable families who lack digital access.

"We have used Oasis materials in our Senior Tech Training program," explained Michelle Hang, RSVP's senior technology coordinator. "Now we're customizing them for this new initiative. We worked backwards, first asking the agencies what they want the user to be able to do. That helped us to select five

modules: email, web browsers, apps, Zoom and internet safety and security."

A veteran teacher and business school trainer, Hang said she and Oasis are producing training materials in English and Spanish in PDF format to make them easily accessible.

"The trainers are going to have their own take on what we're trying to do," she said, "so we expect to make revisions as we go along."

"Our goal is to make sure this group of individuals and their children will not get left behind. We hope they will become confident and knowledgeable in using tools that make their lives better."

Several Southern Chester

County school districts reach parents exclusively via email and internet postings.

"If parents can't communicate with the teacher, how can they help their children get the best possible education?" Hang asked.

Looking ahead

Moll said RSVP expects to apply methods developed for its Southern Chester County and Senior Tech Training programs to other digital equity initiatives.

"We've talked to the Norristown School District about helping their parents to learn email so they can communicate with the teacher," she said. "We're gaining knowledge about what works, and that will help us to raise funds to help Norristown and other low-income areas. Providing internet access and training is desperately needed. That's why all our new partners are so committed. They know how important it is."

Holliday envisions local libraries as a potential hub for literacy training.

"They could be the backbone, with permanent digital navigators on their staffs," she said.

Most libraries already have computers for public use, but they conceivably could also lend devices.

She calls the Digital Equity Coalition an ongoing process.

"Digital literacy is going to be needed for the future, period," she said. "Hopefully it will become a federal initiative like ESL (English as a Second Language) classes and other forms of literacy. New skills bring income into our communities/

"Once we help people gain these skills, they can pass them along to their friends and family. That's the dream. Everyone's helping everyone else."

Nonprofit RSVP connects volunteers to dozens of community service opportunities. Its programs improve the lives of vulnerable populations in the community by focusing on education and wellness. For more information, visit rsvpmc.org, email volunteer123@rsvpmc.org or call 610-834-1040, ext. 123.

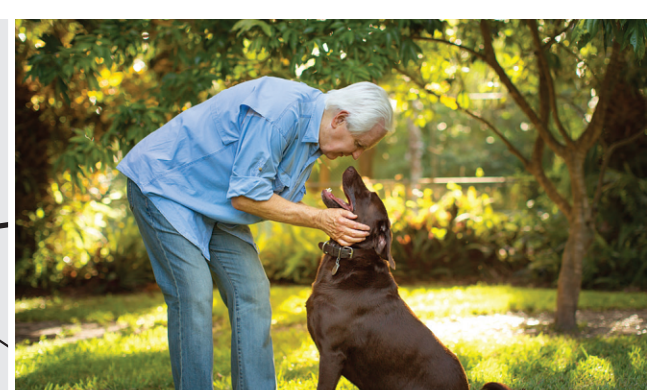
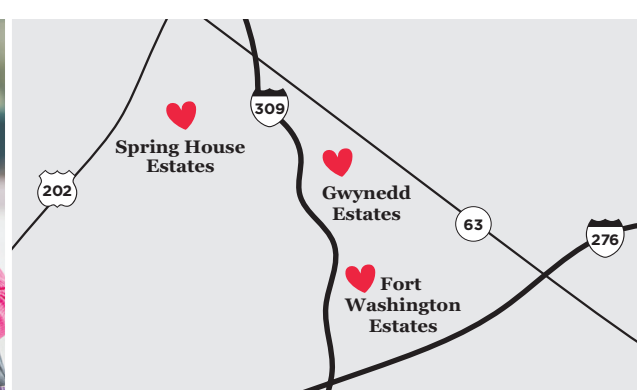
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Living life and looking ahead

PREVENT FRAUD



DEPOSITPHOTOS

AMAC Foundation launches new Elder Fraud Initiative

By John Grimaldi

Life handed us a lemon with the onset of the coronavirus pandemic. It's been causing fear and worry over the past year and a half, and it looks like it will continue to cause angst as we approach the two year mark. The masking mandates, self-isolation and safe distancing have caused discomfort and anguish wherever you are, wherever you live. But for the elderly it has also increased their risk of being conned out of their

money by scammers and fraudsters, adding insult to injury, says Gerry Hafer, executive director of the AMAC Foundation, the nonprofit arm of the Association of Mature American Citizens. The foundation's focus is on the needs of America's senior citizens. According to RBC Wealth Management-U.S. there's been a 40% increase in cons targeting senior citizens so far in 2021. RBC's scam assessment shows that in 2020 there was a 54% rise in elder fraud.

Senior manager of client risk prevention at the company, Tara Ambrose, says, "Fraudsters are taking advantage of people's isolation and they're getting more sophisticated. We categorize a scam as an incident where a client has been duped or coerced by a fraudster to participate in a scheme. Scammers usually trick victims by building an emotional connection so the victim trusts them, or by using pressure tactics and threatening consequences." Hafer has announced that the AMAC Foundation,

in concert with AMAC Inc. and its advocacy subsidiary, AMAC Action, have joined forces to embark on an Elder Fraud Initiative focused on creating awareness of the "insidiously menacing" rise in scams targeting senior citizens. "Each of AMAC's three subsidiaries is already engaged at some level in promoting elder fraud awareness and now we will be adding materials available from the Travelers Insurance Company," Hafer said. "It will allow us to augment what we are already do-

ing and help us to develop a more instructional approach to assisting seniors in protecting themselves. "Our aim is to provide a guide for online protection, a sort of how-to protocol for defending against fraud." Hafer notes that the AMAC Foundation has long been gathering information and recommendations as regards elder fraud. "Our website blog page already presents a variety of news and info posts associated with elder fraud and will soon provide a comprehensive guide for online

protection that our tech folks are in the process of preparing," Hafer said. *The 2.4 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 non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country.*

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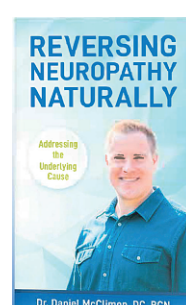
"I cannot believe, it's 3 1/2 months later, and I am able to work in my garden. When I first started, I couldn't even walk 4 minutes, now I am walking 45 minutes. It's like a miracle. I thank God that he sent me here." -Mary S.

"I went from not being able to tolerate wearing my hiking boots to wearing them for 7.5 hours and 3.5 miles over the weekend. No pain in my feet or ankles at all after doing the hiking." - Sharon G.

"To me, it is like celebrating Christmas every day, to be able to get out of bed, to be able to walk in my bare feet, and I also have better balance. I could go on and on because this is so exciting for me." - Susan D.

"I am getting much better. My legs don't hurt when I walk. My feet don't burn at night time. My ankles were extremely painful when I started, and now they very seldom hurt anymore. I can go up and down the steps again. I'm feeling way better, and I'm starting to lose a little weight." - Gerri V.

"I couldn't sleep. I was having terrible pain when I went to bed. I was sleeping less than 2 hours per night. I almost lost my job. Now I can sleep as long as I want. I had blister-like pain under my feet. I don't have that anymore. It is working for me." - Lily N.



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HISTORY

HOME FOR A HERO

WWII-era living history museum dedicated to Gen. Spaatz

By Jesi Yost
For MediaNews Group

BOYERTOWN » After three years and countless volunteer hours, the General Carl Spaatz National U.S. Army Air Forces Museum hosted its grand opening. A self-guided immersive World War II-era experience that places visitors in living history interactive exhibits, the museum is dedicated to Boyertown native Gen. Carl Spaatz and all from his hometown that served in WWII in uniform or at home in support.

With about 250 in attendance, Oct. 2 event began with live music from the 1940s and a display of military vehicles.

Boyertown Mayor Marianne Deery spoke at the dedication ceremony, "Listen to this," she said to the gathered crowd, "General Carl Spaatz National United States Army Airforce Museum — Wow! Right here in Boyertown."

The museum was founded by retired Marine Corps Col. Keith A Seiwel.

"Col. Keith Seiwel not only had a dream, but he also had a mission. And behind these doors is the realization of his mission," said Deery. "The displays are impressive, to say the least."

To learn the history of a four-star general is a must-read but Deery is also impressed by the men and women who serve from the local area.

"Some came home and some didn't. The men and women that served, as well as those men and women who serve today, solidifies in my mind the guts of Boyertown area," said Deery. "It is my hope that young people become inspired by what's in this museum, behind these doors, that they will continue the heritage that has been laid right before them."

Deery dedicated the newly renamed General Carl Spaatz Avenue.

"From now on, our address is not 28 Warwick Street. It is number 10 General Carl Spaatz Avenue," said Seiwel, founder and CEO of the museum.

The legacy of Ge. Carl Spaatz is not well known outside of military circles, and certainly does not rise to the importance of his contribution to our success as a nation, said Seiwel.

"Current and future generations should know of Carl Spaatz's contribution to the American victory in WWII, and consequently our leadership position in world affairs," he said.

Promoting and preserving his legacy is the museum's goal.

"The evolution of the United States Air Force as we know it today would not be possible without Carl Spaatz," said Seiwel. "He is known as the Architect of Air Supremacy, a guiding principle in modern warfare, but incomprehensible



PHOTO BY JESI YOST — MEDIANEWS GROUP

KC-135 air tanker and WWII era T6 Trainer airplanes flew over the General Carl Spaatz National U.S. Army Air Forces Museum in Boyertown as part of the ribbon cutting ceremony Oct. 2.



PHOTO BY JESI YOST — MEDIANEWS GROUP

Gen. Carl Spaatz (played by Chris Boswell) arrives at the General Carl Spaatz National U.S. Army Air Forces Museum in Boyertown for the Ribbon Cutting Ceremony on Oct. 2.

to those around him at the beginning of WWII."

Some noted facts about General Carl Spaatz

- Eisenhower said he was "One of the two greatest generals of WWII.

- He commanded the Army Air Corp in North Africa, Europe and the Pacific in WWII.

- He was the overall commander of the units that provided air cover for the D-Day invasion.

- He commanded the Army Air Corp unit that dropped the atomic bombs

on Hiroshima and Nagasaki.

- He pioneered aerial refueling, keeping an airplane, "The Question Mark," in the air for 150 hours.

- President Truman named Gen. Spaatz Chief of Staff when the US Air Force was established in 1947.

- After his death in 1974, he was interred on the ground of the US Air Force Academy in Colorado.

"Among the giants of America's military leadership during WWII, Spaatz



PHOTO BY JESI YOST — MEDIANEWS GROUP

Melissa Taylor from the Military Vehicle Club explains how the makers of the board game Monopoly hid maps and files and key blanks in the game boards hoping they would be sent in care packages to POWs helping them to escape.

has gotten too little notice. This museum will change that," said Seiwel.

Museum Tours & Displays

The living museum concept includes almost 6,000 square feet of museum space comprising 10 exhibits, of which six are featured as interactive.

The self-guided tours of the museum feature audio

descriptions, including the career of Carl Spaatz career and the experience of a WWII pilot.

Visitors are immersed in the world of aerial warfare with everything from attending pre-flight briefings, donning gear and equipment to piloting a bomber and acting as waist gunners and bombardiers.

There is also an Escape Room experience where

MUSEUM » PAGE 4

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Museum

FROM PAGE 3

guests search for clues before progressing to the next room.

Explaining the inspiration for the inclusion of an Escape Room experience, Seiwel said, "Being shot down in enemy territory was a terrifying and common occurrence among allied crews. To be captured was lucky considering the alternative, and attempting to escape was an order written into the prisoner code of conduct. The heroism of the French resistance and cruelty of the Germans camp guards are well documented. It would not be a valid experience without it."

Catherine and Michael McCaleb attended the museum opening because Catherine's grandfather, Rev. Peter W. Smith, 381 Bomb Group, 8th Air Force, was a World War II POW in Belgium.

"They had made a radio in my grandfather's prison camp with flashlight batteries and parts," said Catherine. "They would listen to all of these foreign radio reports. There was a report that was all in broken English. Every once in a while they would throw in one word for the prisoners that they knew were listening. On D-Day, they (the guards) were trying to convince all of the prisoners that it was a terrible failure but the radio broadcast snuck the word success into the broadcast."

A Monopoly board game is on display in the POW Barracks exhibit. Melissa Taylor from the Military Vehicle Club explained how the makers of the board game hid maps and files and key blanks in the game boards hoping they would be sent in care packages to POWs helping them to escape.

"It's funny because you think, 'Oh! It's just a kid's game, but even they (the game makers) were doing whatever they could to support the troops," said Taylor.



PHOTO BY JESI YOST — MEDIANEWS GROUP

WWII display at the General Carl Spaatz Museum in Boyertown.



PHOTO BY JESI YOST — MEDIANEWS GROUP

Retired Marine Corps Col. Keith A. Seiwel and his daughter Sara Seiwel stand in front of the General Carl Spaatz National U.S. Army Air Forces Museum and behind the plaque honoring Seiwel for his efforts to open the museum dedicated to a Boyertown native.

Building a Museum

"(Seiwel) came into Boyertown as a stranger with an idea," said Tom Gosse, director of marketing for the museum, explaining the origins of the General Carl Spaatz National U.S. Army Air Forces Museum.

"It's really not that long, this vision. I remember when Keith (Seiwel) came into my office, only a few years ago and told me what he thought he could capture of a Boyertown native. I thought, Wow! That's really awesome," said Rep. David M. Maloney Sr.

"You want a Marine Colonel, not from Boyertown, to head a group to build a museum for Gen. Spaatz," said Charles Haddad of the Museum Board of Directors.

"Col. Seiwel, it is with a great deal of pride, we of Boyertown and the borough and this community thank you for what you have done to bring this museum to what it is today," said Haddad before introducing the Colonel's daughter Sara Seiwel.

Sara presented her father with a plaque honoring Seiwel: "A man who dedicated his life to military service had a vision to honor Gen. Carl Spaatz of Boyertown with a museum dedicated to him and all from his hometown that served in World War II in uniform or at home in support. They will be remembered and honored in this museum."

A KC-135 air tanker and two WWII-era T-6 Trainer



PHOTO BY JESI YOST — MEDIANEWS GROUP

Rebecca Palo, granddaughter of Gen. Carl Spaatz, cuts the ribbon, officially opening the General Carl Spaatz National U.S. Army Air Forces Museum in Boyertown Oct. 2.



PHOTO BY JESI YOST — MEDIANEWS GROUP

Joe Slavinski of Pottstown and John Fry of Amity Township pose with Slavinski's 1942 Army Ambulance at the General Carl Spaatz National U.S. Army Air Forces Museum opening.

airplanes flew over the museum just before Rebecca Palo, granddaughter of Spaatz, cut the ribbon, officially opening the museum.

"It's really nice to see him (General Carl Spaatz) honored," said his granddaughter, Rebecca Palo.

"He would have hated it," she joked. "He really deserves it. I love that it is about everyone, the whole community and about everyone who served — that

he would have liked."

"I have never seen a community quite like Boyertown where people come together to make things happen in this community that you don't see in other communities across Pennsylvania. I'm not knocking any other area but I've not seen this type of support and cooperation in any community like I see here in Boyertown," said Berks County Commis-

sioner Christian Y. Leinbach. "That's what makes Boyertown different — it's everyone, it's community."

The museum is open Thursday through Sunday from 10 a.m. to 4 p.m. Entry for self-guided tours will end at 3 p.m. as the tour takes about one hour. To purchase tickets or for more information, visit <https://www.spaatzmuseum.org/> or call 484-945-3402.

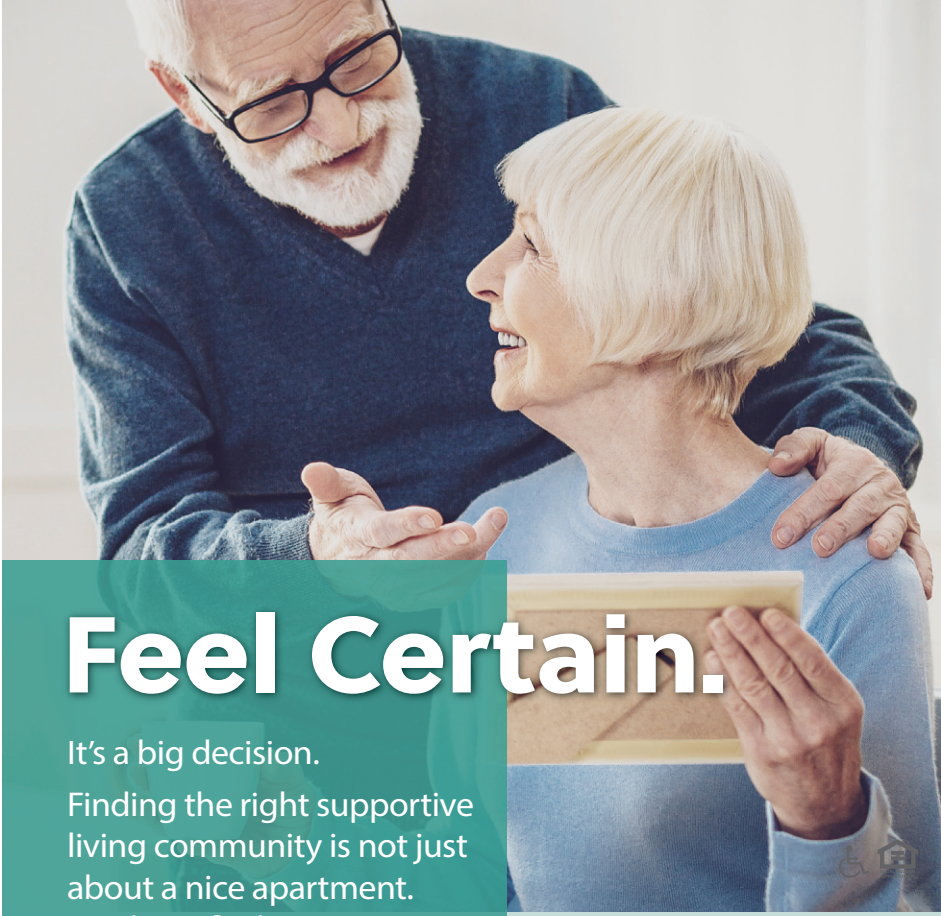


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