

# Milestones™

News and Possibilities for Seniors

December 2009 ■ Free

2009  
National Mature  
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## Inside

### Those in need matched with caregivers

Seniors Helping Seniors group formed here. p. 10.



### 'Cozy' alley attracts senior bowlers

They vie in league in S. Phila. basement. p. 7.



## Men at The Manor blaze a trail while male-bonding at assisted living facility

By Joe Clark

It was their first opportunity for a little "male bonding." Where should they go?

What trail would these adventurous 60-, 70- and 80-year-olds choose?

The silver-haired Chestnut Hill Trailblazers blazed a trail to ... Hooters!

Over a "very long lunch," of fries and chicken wings, they bonded.

"They had a blast," says Sandi Hewitt, social event planner for The Manor at Chestnut Hill, the assisted living facility where the men reside. "The male-oriented program got them to bond. It was my jumping-off point."

Besides Hooters, the guys have gone together to a Phillies game and to Eagles training camp. They've visited the Firemen's Hall museum in Center City Philadelphia. They've gone fishing in Center Point Pond.

"My mother never allowed me to go fishing," one member recalled. "She was afraid I'd drown."

When Hewitt arrived at the Manor last fall, she noticed that most of the activities were geared toward women, and that the men "sat around watching TV." Even the peach-colored tables and walls in the recreation room had a tinge of femininity.

So Hewitt set out to create programs "geared toward the men." With input from the Manor's men and the staff, she came up with the Chestnut Hill



Arthur Brown is successful during a recent fishing trip with Chestnut

## Elder abuse often not reported; 'Stay connected,' seniors are advised

By Elaine Welles

Philadelphia Corporation for Aging (PCA) receives as many as 2,000 reports of elder abuse a year on its Helpline at 215-765-9040, and experts agree that thousands of incidents of elder abuse are never reported to any authority.

This abuse may be physical in nature, perpetrated by a partner or other family member. But it can also be financial exploitation, neglect or intimidation in the form of psychological or verbal abuse.

Neglect can include depriving a person of necessary food or hygienic care. Financial exploitation can include stealing of funds from a bank account, identity theft, scams, misuse of property or medical billing malpractice.