

Special Report: Legal

March 2008

Change Your Address Not Your Life Style

When you move to a new home, it's important to update your address with all the necessary agencies. Here are some tips to help you get it done right.

Check these agencies:
 • U.S. Postal Service
 • State Department
 • Social Security Administration
 • Internal Revenue Service
 • Department of Motor Vehicles
 • Medicare
 • Medicaid
 • Health Insurance
 • Life Insurance
 • Creditors
 • Banks
 • Utility Companies
 • Cable and Internet Providers
 • Insurance Companies
 • Financial Institutions
 • Landlord
 • Neighbors
 • Friends and Family

Need a contractor? What you can do to avoid being scammed

Avoid those who 'just happen to be in the neighborhood'

When you need to hire a contractor, it's important to do your homework. Here are some tips to help you avoid being scammed.

Check these references:
 • Ask for references and check them out.
 • Visit the contractor's website.
 • Check with the Better Business Bureau.
 • Ask for a written contract.
 • Get a detailed estimate.
 • Don't pay in full until the job is done.

Special Report: Independent Living

March 2008

Meals, wheels, shopping needs, even social life

They're in business to help you remain independent in your own home

Meals, wheels, shopping needs, even social life. These services can help you stay independent in your own home.

Meals on Wheels: Provides nutritious meals to those who are unable to cook for themselves.

Transportation: Provides transportation for medical appointments, shopping, and social activities.

Shopping: Provides assistance with grocery shopping and other errands.

Social Activities: Provides opportunities for social interaction and companionship.

Milestones

News and Possibilities for Seniors

October 2008 • Free

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She's looking out for her older neighbors
Block captain 'keeps an eye on things'... p. 3

Boardwalk was built to protect hogs
Atlantic City before the casinos, Nostalgia, p. 12

Seniors volunteer to do maintenance on World War II sub at Penn's Landing

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Community clinics offer free flu shots to seniors

Community flu clinics will be set up later this month throughout Philadelphia, offering free inoculations to those over 50 and others who qualify. Beginning Thursday, Oct. 23, you'll be able to locate your nearest community flu clinic by calling 215-685-8458 or visiting www.phila.gov/health. In addition, the pneumococcal vaccine will be offered.

These clinics, operated by the city's Department of Health, are open to all Philadelphians meeting current recommendations for influenza vaccination, as defined by the Advisory Committee on Immunization Practices:

- 50 years and older
- 19 and older with chronic illness or immunosuppression

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created for: Philadelphia Corporation of Aging, a client since 2001

services provided: writing, editing, photography, illustration, graphic design, ad design, ad trafficking and pre-press

what it is: monthly newspaper for seniors

awards: National Mature Media Awards winner 2003 - 2008

related work: Hollister has created promotional materials for PCA's Retired & Senior Volunteer Program and its Seniors Celebrate the Arts program