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NEXT MONTH:
Health Care

[National Senior Center Month | September]



Katherine Montgomery (left) and Chandrika Amin give their arms a workout using pool weights during KleinLife: Northeast Philadelphia's SilverSplash class.



Photos: Shannon Reyes

Fun, fitness offered at senior centers

By Shannon Reyes

It's no secret that physical activity is linked to a number of health benefits for people of all ages. When it comes to seniors, participating in regular fitness activities can mean more than just staying in good physical health. It can also mean maintaining one's independence for as long as possible. According to the Center for Disease Control and Prevention's "Physical Activity Guidelines for Americans, 2nd Edition," older adults who are physically active are less likely to experience falls. Physical activity for adults 65 and older is also linked to preserving physical function and mobility, as well as performing daily living tasks with more ease.

For those looking to begin a fitness regimen or add some variety into an already existing routine, the 27 senior centers and satellite meal sites funded by Philadelphia Corporation for Aging (PCA) offer a wide variety of exercise and fitness activities. While the schedule and offerings vary, all senior centers do offer activities for free or at a nominal price.

If you're looking to try something out on

your own, most senior centers have a dedicated physical fitness room. These rooms are stocked with exercise equipment, such as free weights and treadmills, and allow you to workout at the time and pace that is right for you.

Senior centers also offer a variety of popular group fitness activities that have a dedicated following. Try any – or all – of the following to get you moving:

- Aerobics
- Line dancing
- Tai chi
- Walking groups
- Zumba

Exercise to the beat

"There are seniors who love [line dancing] so much they will take the class wherever it is," said Karen Washington, assistant director of program management at PCA. "The active seniors will travel from center to center for classes or to follow a particular instructor who they like." Line dancing enthusiasts even get to show off their skills each year at West Oak Lane Senior Center's annual line dancing competition.

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Get Physical

Booming in the saddle: Riding horses for activity, bonding

By Barbara Sherf

What do you get when you corral 16 women with six horses and place a 95-year-old (but young at heart) man at the helm of the group? "Exercise and a really strong community!" says Donna Antonucci, a neuro-developmental pediatrician and baby boomer.

Antonucci is a member of the Philadelphia Saddle Club (PSC), a shared-riding cooperative based out of the Monastery Stables in West Mount Airy that borders the Wissahickon Valley and is close to Forbidden Drive and the historic Valley Green Inn. PSC members, who range in age from mid-30s to early 70s, enjoy riding along the trails and taking lessons in riding, dressage, jumping and carriage driving.

As you drive up the winding road, a series of 18th century buildings and a large open field makes you soon forget that you are still in Philadelphia.

"Not only do I get exercise, I also embark on a mindful meditation from the minute I park my car until the time I leave," says Glenside resident Antonucci, who

• continued on page 17



Victor Grabarczyk on Unsplash



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Philadelphia Corporation for Aging (PCA) is a nonprofit agency dedicated to serving Philadelphia seniors. In addition to bringing you Milestones newspaper, PCA offers:

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- Transportation



- Ombudsman services
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For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

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Health Brief



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Physical activity is important for healthy aging, but use caution

We're taught from a young age about the importance of exercise and proper nutrition, yet levels of physical activity often decrease with age. According to the Centers for Disease Control and Prevention, only 28% to 34% of adults 65 to 74 are physically active. The rate for those 75 and older is 35% to 44%. The good news is that health experts say we're never too old to reap the benefits of physical activity.

According to the National Institute on Aging (NIA), most older adults can safely participate in daily physical activities, such as walking, dancing, swimming, gardening or riding a bike, without issue. However, those with unexplained symptoms and those living with chronic conditions should consult with their doctor before beginning a new physical activity program.

For those who are well enough to increase their level of physical activity, the NIA offers the following tips for exercising safely:

- **Start slowly.** Allow your body to get used to performing physical activities and build up your level of activity over time, especially if you have been inactive for a prolonged period.
- **Use proper equipment.** Find comfortable shoes for walking or jogging, and always use safety equipment, such as a helmet and pads when biking.
- **Drink plenty of fluids.** Unless a doctor has instructed you to limit fluids, be sure

to drink plenty of water when physically active, even if you don't feel thirsty.

- **Warm up.** Before stretching your muscles, allow your body to warm up with some light walking or arm pumping.

The benefits of an active lifestyle are plentiful. Research has shown that regular physical activity for older adults:

- Reduces the risk of falling
- Reduces the risk of developing heart disease and other chronic conditions, including high blood pressure, colon cancer and diabetes
- Reduces symptoms of anxiety and depression
- Helps maintain healthy bones, muscles and joints
- Improves stamina
- Helps control joint swelling and pain associated with arthritis

For many of those looking to be more active, the hardest part may be getting started. The NIA is celebrating Go4Life Month in September, which is designed to help older adults fit exercise and physical activity into daily life. The month-long campaign highlights exercises and activities specifically geared toward older adults and offers tips for getting active and staying motivated. For more information, visit go4life.nia.nih.gov.

Source: National Institute on Aging 



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Get Physical

The many benefits of dance fitness

By Mary Anna Rodabaugh

Put on your dancing shoes (or sneakers) and enjoy all the physical, social and emotional benefits dance fitness has to offer. For seniors wanting to spice up their fitness routine, dance is fun and appropriate for any activity level. Here are a couple very different styles of dance that you could try.

Zestful Zumba

"I love movement," Shelia Kenn says, as she effortlessly twirls 360 degrees on one foot. "You're moving for yourself, just go for it."

Zumba, a popular form of total-body cardio dance fitness, combines high energy and motivating music with easy to follow combinations. Kenn, a South Philadelphia senior, lives a very active life and participates in a variety of dance and fitness classes. On Saturday mornings, you can find her dancing, hopping, kicking and twirling during Zumba at Optimal Gym on Bainbridge Street.

Like many Zumba instructors, Mariana Hunter offers lower and higher intensity modifications for all moves so participants can have fun while working out without worrying about keeping up with the group. Hunter says there are many evidence-based health benefits for seniors who participate in dance fitness. As we age, we start to lose muscle mass and bone density. Dance classes can help improve balance, increase bone strength, and reduce the risk of developing osteoporosis and fractures. Studies show that seniors with chronic conditions, such as arthritis, heart disease or diabetes, benefit from

regular physical activity. For seniors trying to lose weight, one hour of mid- to high-intensity Zumba can burn between 300 and 900 calories, according to the Journal of Sports Science & Medicine.

Dance fitness provides seniors not only with physical health benefits but some social benefits as well. Seniors have the opportunity to build friendships with class regulars and their instructors.

"I feel my seniors come back each week because I'm not just an instructor to them," Hunter says. "I always ask them how they're doing and note their favorite songs so I can choreograph and use those songs in class."

Traditional tango

If the fast-paced high energy atmosphere of Zumba doesn't sound like a good fit, traditional dance lessons make for a low-key alternative.

Kristina McFadden of Philly Tango has been teaching group and private Argentine tango lessons for 10 years. She hosts beginner and intermediate lessons on Tuesday evenings at Chhaya Café on Passyunk Avenue. The weekly classes attract students of all ages, including a small group of seniors who have become regulars.

"When I leave class I feel exhilarated," says Louisa Vizcaino, a ballroom dancer with 10 years experience. "It's hard to go to sleep at night." She has been coming to Philly Tango for the past two years and appreciates the lack of age discrimination in the tango classes.

This social dance provides plenty of health benefits. The fundamental steps of tango encourage balance and mobility as dancers



Mary Anna Rodabaugh

Louisa Vizcaino dances the Argentine tango with her partner at a Philly Tango dance class, held at Chhaya Café in South Philadelphia.

must shift their weight from one foot to the other. With one arm wrapped around your partner's waist or back and the other arm raised at shoulder height, the very posture of the dance promotes muscle strengthening and toning.

Tango also serves as a vital tool to preserve the brain's neuroplasticity, or the way the brain processes experiences and learns new information.

"It's a beautiful trick of the brain. When it thinks we are dancing, we're able to move differently," McFadden says. "It is pretty amazing how dance can keep our brain from degenerating."

McFadden notes that cultivating an awareness and execution of the micro movements in our bodies, as well as reading a dance partner's cues, keeps us mentally and physically flexible. Learning something new at any age creates new neural pathways, keeping our brains active.

The social benefits for seniors are just as powerful as the physical ones. Joining a community that shows up week after week creates a sense of purpose and belonging. At Philly Tango, participants switch partners after each

song, making everyone feel included and at ease. McFadden's tango regulars take pride in helping nervous first-time participants navigate the steps and turns with each exercise.

"I used to think it was the complexity of the dance that brought my students back each week, but really, people want to feel wanted," McFadden says. "They want to build lasting bonds with people and feel like this journey is more than the steps they learn." Vizcaino would agree and says she's made many friendships at the dance studio.

While some of her senior students have a background in ballroom or Latin dancing, tango has become a lifetime investment. McFadden enjoys witnessing her students' reactions as they master a new move or perform a sequence flawlessly.

"Through dance, we learn so much about ourselves," McFadden says.

Inexpensive dance classes are offered throughout the city at local gyms, senior centers (see article on page 1) and dance studios.

Mary Anna Rodabaugh is a writer, editor and writing coach.

Research Participants Needed

Participate in a study about how older adults understand language.

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Remembering going back to school

By Dorothy Stanaitis

A recent trip to an office supply store with my grandchildren to pick up a few things for the new school year turned into a long outing requiring a major cash outlay. First, there was a crash course in gel pens, Trapper Keepers and the only backpacks deemed fit to wear on the school playground. Next, came a debate about the merits of superhero book jackets compared to rock star book covers. Finally, we began to negotiate aisle after aisle of school supplies while pushing a large grocery cart, no less.

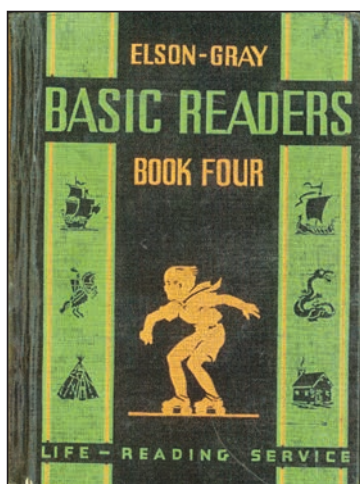
As the cart rapidly filled with a dizzying array of papers, marble composition books and colorful folders, my thoughts traveled back to my own childhood days of shopping for school supplies to use at the James Rhoades School in West Philadelphia.

Maybe it was the shortages of the World War II years or the tight economic situation of the neighborhood, but our entire school shopping list consisted of just one single item – a pencil box. Those boxes were called “school companions,” and they were dark green cardboard with compartments already filled with three yellow #2 pencils, a bubble-gum pink eraser and a six-inch ruler. A few of our more affluent classmates sported the deluxe model, which included additional compartments for a protractor and a small pencil sharpener. Those little sharpeners usually mangled the ends of the brand new pencils, and none of us had any idea of the purpose of a protractor. Nevertheless, we envied out luckier classmates.

When I got to first grade, the teacher said that she was going to pass out our Elson-Grays, and that we were to take them home and cover them. I waited impatiently as she handed out some books, but wondered when those mysterious Elson-Grays arrive?

It wasn't until Doris Hinkle asked if she could cover hers with brown grocery paper that I realized the black, green and orange books the teacher passed out were the Elson-Grays. Its full name was “The Elson-Gray Basic Reader,” named for the two editors of the life-reading series.

Each year after that, our new teacher would



Courtesy: Dorothy Stanaitis

pass out a new Elson-Gray, and we read our way from Book One through Book Six. When it was time to leave grade school for junior high, we began to enjoy novels in our reading class.

But I never forgot those early readers with their wonderful colored illustrations of a child's ideal world where flowers always bloomed, pets romped happily and everyone smiled all the time.

I loved reading the exciting adventures; the funny stories; the beautiful poems; the inspiring tales of heroes and monarchs; the patriotic messages; and constant reminders to be good, kind and true.

I still remember the passages that we were asked to memorize from those books. Our teachers made sure that we learned many poems and patriotic speeches from the Elson-Gray pages. The section on “Holidays and Festivals” was used in our classroom celebrations, and “Tales of Boys and Girls from Foreign Lands” provided color and interest to our geography lessons.

As an adult, I now realize what an important part of my early school years those books had been. I yearned to see them again, so I spent several years collecting a set of those old Elson-Gray readers. I rummaged in book lofts, wrote letters to all parts of the country, negotiated with book dealers, and finally gathered all six of the readers.

When I turned the pages of those beloved old books, I recognized the illustrations that I hadn't seen in 50 years. I heard Doris Hinkle's voice again, asking one of her frequent questions, and knew I was holding, not just a book, but a piece of my childhood.

Some of the readers I collected have torn pages, and some have childish scribbles in them. But they all have nice, clean, unmarked covers – probably from having been wrapped long ago with brown grocery paper by children whose school supplies never included iridescent, movie tie-in, colorful-patterned book jackets – like the ones in my grandchildren's overflowing school supply cart.

Dorothy Stanaitis writes about her family and childhood in World War II Philadelphia.

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Get Physical

Outdoor activities provide ample recreation, fitness opportunities

By Mary Anna Rodabaugh

You know fall is right around the corner when it's time to swap your sandals and shorts out for pants and sweaters. It is the season that delivers milder temperatures while humidity takes a vacation. The highly anticipated break from the heat makes fall the perfect time of year to get outdoors and participate in a little physical activity. With more than 60 different parks, two riverfronts, and various arts and cultural events, Philadelphia offers many different outdoor opportunities to get you moving.

Get out to the gardens

Located in Southwest Philadelphia at 5400 Lindbergh Blvd., Bartram's Garden is considered the oldest surviving botanical garden in North America. This 45-acre National Historic Landmark offers many educational events, concerts and horticulture lessons. For an aquatic fitness experience, Bartram's Garden also offers various water activities including free boating, paddling and fishing on the Lower Schuylkill River on designated days.

If you want to get your hands dirty, Bartram's Garden will host a greenhouse and nursery tour on Saturday, Sept. 14, from noon to 2:30 p.m. Attendees will learn about the Bartram nursery's history and have the opportunity to practice greenhouse skills with plants on-site. Bring gloves and comfortable walking shoes. The cost is \$5. For more information, visit BartramsGarden.org or call 215-729-5281.

Morris Arboretum of the University of Pennsylvania is another historic garden. The Chestnut Hill arboretum, located at 100 E. Northwestern Ave., is listed on the National Register of Historic Places and is recognized as the official arboretum of the commonwealth of Pennsylvania.

In September, you can expect to see beautiful hydrangeas, butterfly bushes and colorful trees. With 175 acres to explore, you will certainly get your steps in. Exhibits are accessible from paved pathways that weave throughout the gardens, and the arboretum offers discounted admission for seniors and retired military personnel. For more information, visit MorrisArboretum.org or call 215-247-5777.



Mary Anna Rodabaugh

Take a walk in Pennypack Park, just one of the many places that Philadelphia has to explore and enjoy.

A walk in the park

Philadelphia has many different parks to explore. Nestled in Northeast Philadelphia, Pennypack Park contains nine miles of trails following the Pennypack Creek from Montgomery County to the Delaware River. This scenic park provides paved accessible pathways, as well as natural terrain trails. It is the perfect spot for a fall hike or an afternoon picnic.

For seniors seeking a structured activity, the Pennypack Environmental Center (PEC) is offering "Science for Seniors: Trees and Shrubs" on Tuesday, Sept. 10, from 1-3 p.m. "In this program, we're going to be looking at trees and shrubs and learn about identification," says PEC Environmental Education Program Specialist Peter Kurtz. "We'll start indoors and review printed materials and then take a walk and see how many trees and shrubs we can identify."

The length of the walk will be decided based on the attendees' preferences. The program is free and will start at 8600 Veree Rd. For more information, visit FriendsOfPennypackPark.org or call 215-934-PARK.

Tacony Creek Park, an urban watershed, is a hidden gem near North and Northeast Philadelphia. Seniors looking to make new friends can join the Tacony-Frankford Watershed Partnership's weekday walking group. The group meets on Mondays from 9-10 a.m. at 5109 Bingham St. Call 215-744-1853 to

RSVP. For more information about the park, visit tcpkeepers.org.

Recreation along the rivers

Channel your inner child and enjoy a leisurely bike ride with Indego, Philadelphia's bike share program. You can find Indego bike stations sprinkled throughout the city. Day passes are \$12, and you can return your bike to any Indego station. For information, visit rideindego.com or call/text 844-4-INDEGO (844-446-3346).

A bike ride along the Schuylkill Banks River Trail or Delaware River Waterfront invites you to take in beautiful views and access many events and activities. Consider going on an early evening bike ride to the Cherry Street Pier on Monday, Sept. 23 for a free screening of "2001: A Space Odyssey," starting at 8 p.m. There is an Indego bike station located near the pier, which is at 121 N. Christopher Columbus Blvd. For more information, go to CherryStreetPier.com or call 215-923-0818.

If biking is not for you, there are plenty of places to explore on foot throughout the heart of the city. "One of the best things about Philly for seniors is that the Center City area is only 25 very walkable blocks from river to river," says Donna Schoor, director of communications for VisitPhilly.com. "It is a walker's dream destination for strolling the little streets of the city."

Schoor notes that September and October

are perfect months for outdoor exercise, especially Yoga on the Pier along the Race Street Pier, located at Race Street and N. Columbus Blvd. Take in the stunning views of the Ben Franklin Bridge while focusing on your breath. The free program offers yoga classes Monday through Thursday at 7 a.m. and 6 p.m., Friday at 7 a.m., and Saturday and Sunday at 9:30 a.m. All levels are welcome to participate, just show up with your yoga mat. For more information, go to DelawareRiver-Waterfront.com/places/race-street-pier or call 215-922-2FUN.

Autumn arts

With more than 2,000 acres to enjoy, Fairmount Park is the largest – and perhaps the most famous – park in Philadelphia. This month, the beauty of the outdoors and the eloquence of movement collide in a special outdoor performance series. From Tuesday, Sep. 24 through Sunday, Sept. 29, the Fairmount Park Conservancy will present "In Motion, In Place: Trisha Brown Dance Company." The public performances will feature three works by the late, pioneering post-modern choreographer Trisha Brown – "Foray Forêt" on the grounds of historic Mount Pleasant in West Fairmount Park, "Raft Piece" floating on the reservoir at the Discovery Center in East Fairmount Park, and "Roof Piece" along the rooftops that surround Logan Circle in Center City. For the full performance schedule, visit MyPhillyPark.org.

If you want to do some physical activity that also inspires your creative side, consider attending one of Philadelphia's outdoor arts festivals. On Sunday, Sept. 30, head on over the Chestnut Hill Fall for the Arts Festival. From 11 a.m. to 5 p.m., more than 150 artists, crafters and vendors will take over Germantown Avenue from Rex Avenue down to Willow Grove Avenue. Spanning over seven blocks, attendees will have the chance to enjoy regional arts, crafts, food and live entertainment. For more information, go to ChestnutHillPa.com/events/fall-arts-festival-2019 or call 215-247-6696.

This fall, there is an outdoor activity for everyone. For more information on Philadelphia fall events, go to VisitPhilly.com and phila.gov/the-latest.

Mary Anna Rodabaugh is a writer, editor and writing coach.



PCA's Senior Strut A Health Event in the Park

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Supported by Fairmount Park Conservancy and Philadelphia Parks & Recreation



Malnutrition: Recognizing this silent threat to the aging community

By Shannon Reyes

The lack of proper nutrition can take a harmful toll on one's health. Known as malnutrition, this condition is especially concerning since fewer physical attributes are linked to it, making diagnosis particularly difficult. Vulnerable populations, including older adults, are often more susceptible to malnutrition. According to Defeat Malnutrition Today (DMT), a national coalition dedicated to the eradication of malnutrition in America, one in two older adults is at risk for malnutrition. Furthermore, older adults with poor nutrition experience a 300% increase in health care costs and stay four to six days longer when admitted to the hospital. Nationally, \$51.3 billion in costs are attributed to diseases associated with malnutrition in older adults each year.

In Philadelphia, malnutrition is just as much a looming threat to older adults, especially as poverty rates for older adults continue to rise. According to Philadelphia Public Health Management Corporation's 2018 Household Health Survey, 6,000 more seniors were living in poverty than the previous year. In the same survey, nearly 38,000 adults 60-plus reported skipping a meal due to a lack of money, and 83% reported having fewer than four servings of fruits and vegetables per day. However, poverty is not the only factor that is putting so many older adults at risk of malnutrition.

"Factors, other than having enough food, that can contribute to a lack of proper nutri-



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tion include difficulty chewing, taking multiple medications, taking medications that impact food intake, being isolated, and not having access to nutritious foods," said Amy Goldstein, nutrition manager for Philadelphia Corporation for Aging (PCA), who holds a master's degree in public health and is a registered and licensed dietitian/nutritionist.

Even with so many factors that can put seniors at risk, malnutrition among the older adult population is still an under-recognized issue, according to Goldstein.

"Older adults are often not the center of campaigns for hunger and malnutrition, which tend to focus on other age groups," Goldstein said. "Being malnourished for older adults is a serious condition that requires attention and nearly half of older adults are at risk for being malnourished."

In the spring, PCA formed the DMT: Philadelphia Coalition. The coalition has brought together organizations around the city in an effort to raise awareness and to address the issue of malnutrition in Philadelphia.

Recently, the Philadelphia coalition joined the American Society for Parenteral and Enteral Nutrition in its annual observance of Malnutrition Awareness Week, which also falls on the same week of PCA's Regional

Conference on Aging. The conference, which will be held from Wednesday, Sept. 25 to Friday, Sept. 27, will devote a day-long workshop to the DMT: Philadelphia Coalition to raise awareness about malnutrition on a local level. The workshop is aimed at discussing efforts to reduce hunger and malnutrition through advocacy, resource sharing and collaboration with health care providers. The workshop will also feature a "Food for a Week" interactive hunger simulation where participants will navigate government programs and resources, including SNAP and food pantries, in an attempt to obtain sufficient food for a week.

PCA will also sponsor a food drive to benefit Philabundance, Philadelphia's largest hunger-relief organization, during the regional conference and Malnutrition Awareness Week. Other DMT: Philadelphia Coalition organizations will also hold food drives in unity with PCA at that time. All participants are encouraged to bring a nonperishable food item to donate at the conference.

"Eradicating malnutrition in our city does not begin and end with one organization," said Louis Colbert, PCA's vice president of operations. "It is going to take all of us, collaborating and pulling resources, to truly inspire the change we wish to see,"

Colbert stresses the importance of looking out for those who may be susceptible to malnutrition, including an elderly neighbor who lives alone or someone who may be experiencing financial hardship. If someone suspects a loved one or friend of being malnourished there are a number of resources in the Philadelphia area that can provide assistance. For example, PCA serves meals at 28 senior centers and satellite meal sites, provides its own home-delivered meal service and distributes produce vouchers to 37,000 income-eligible seniors each year through the Senior Farmer's Market Nutrition Program (SFMNP). More information about PCA services, the DMT: Philadelphia Coalition and PCA's 2019 Regional Conference on Aging is available through the PCA Helpline at 215-764-9040 and at pcaCares.org.

Other hunger-relief resources in Philadelphia include:

- **Aid For Friends** – 12271 Townsend Rd.; 215-464-2224; aidforfriends.org; Meal delivery to homebound, isolated seniors
- **Greater Philadelphia Coalition Against Hunger** – 123 Chestnut St., Suite 401; 215-430-0555; hungercoalition.org; SNAP Hotline (215-430-0556), food pantries
- **Philabundance** – 3616 S. Galloway St.; 215-339-0900; philabundance.org; Commodity Supplemental Food Program, Senior Boxes, Fresh for All (free produce markets) and food pantries
- **Philly Food Bucks** – thefoodtrust.org/what-we-do/foodbucks; Use an EBT card at Philadelphia farmers markets to earn coupons for more produce
- **The Share Food Program** – 2901 W. Hunting Park Ave.; 215-223-2220; sharefoodprogram.org; Commodity Supplemental Food Program, SFMNP redemption and Emergency Food Relief
- **PhillyFoodFinder.org** – Through an interactive map, locate the city's closest food resources based on certain criteria.

Crossword puzzle solution

(See page 23 for clues.)



Shannon Reyes is the public relations specialist at Philadelphia Corporation for Aging (PCA)

Ask the Expert

PCA events keep seniors active, healthy, engaged

QUESTION:

Does PCA host community events for seniors?

ANSWER:

Yes! Philadelphia Corporation for Aging (PCA) hosts several events for seniors each year. The purpose is to educate seniors about healthy lifestyles and topics of interest; to share services and resources for seniors, including PCA; and to provide opportunity for fun and engaging activities.

This fall, PCA will present the following community events for seniors:

- **African and Caribbean Elders Conference** – Saturday, Sept. 14, 10 a.m. to 2 p.m., at PCA, 642 N. Broad St., features resources and presentations on topics of interest, such as PCA's programs, knowing your rights, loss and grief, empowering caregivers, and nutrition.
- **Conference for Spanish-speaking Elders** – Saturday, Sept 21, 9 a.m. to 2 p.m., at

St. John Neumann Center, 1039 N. Lawrence St., features information and resources in Spanish about healthy living.

- **Cambodian Senior Health & Information Fair** – Features workshops and resources in Khmer. (Date and location to be determined.)
- **Senior Strut, a Health Event in the Park** – Friday, Oct. 11, 9:30 a.m. to noon, at Lloyd Hall, includes one-mile walk along Boathouse Row led by mummers, health screenings, activities and more. For details, call 215-765-9000, ext. 5055 or see page 7.
- **Winter Resources Training** – Thursday, Nov. 7, 8:30 to noon, at St. John Neumann Center, 1039 N. Lawrence St., features discussions on energy resources,

conservation, and food and financial assistance.

Unless otherwise noted, call 215-765-9000, ext. 4470 for more information about or to register for the events listed.

PCA also typically hosts several events in the spring, including Senior Education Day, a health fair for Asian seniors, and Celebrate Arts & Aging (held in May during Older Americans Month).

In addition to the events that PCA hosts, members of PCA's Community Outreach Program attend more than 300 community events each year, such as health fairs and senior expos, to give presentations and distribute printed materials about PCA programs and services. To schedule a PCA representative for an event, call 215-765-9000, ext. 4470.



PCA's Wanda Mitchell, director of community relations.

It's your turn!

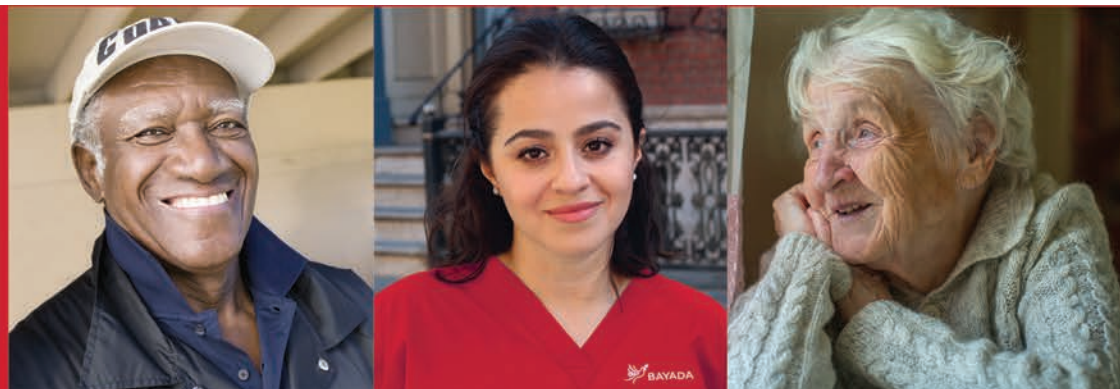
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SENIOR CENTER SPOTLIGHT

A vibrant mix of friends, family gather at Northern Living Center

By Michael Hanisco

Northern Living Center is open and thriving in the Northern Liberties section of Philadelphia. Seniors in the community are invited to come and check it out!

Luciana Boone, senior center director, and Joan Hardaway, executive director of North City Congress, the nonprofit organization behind the center and several other community outreach programs in North Philadelphia, spent nearly a year looking for a new location. The center was previously housed in a small, historic building on North Broad Street that did not allow for expansion or growth.

After a long search, Northern Living Center opened at its current location at 827 N. Franklin St. in December 2018. Barely eight months at its new home, the center is already a vibrant hub of activity for members old and new. That positive energy is something that both Boone and Hardaway kept referencing during a recent conversation with a Milestones reporter.

"You make the building, you make the senior center," said Boone, referring to the seniors that come to Northern Living Center. "Bring in that energy so we can have something that's vibrant."

Hardaway, who had just returned from a 10-day trip to Greece and Venice, Italy with a group of 14 seniors from the center, echoed that sentiment. With their bags barely unpacked, the group of active seniors had already begun brainstorming where they would be exploring next summer, she said.

In the meantime, the members at Northern Living Center have plenty to do to keep them occupied stateside. "We definitely have a long list of things for members to participate in here, and go on local trips [around] here, also," Boone said. "We go to all of the malls and most of the supermarkets, so they can also do the things they need to do in the area."

The center is offering a trip to historic Cowtown Farmers Market in Pilesgrove, New Jersey, in October and plans to host a lobster

feast later in the month. Boone said they're trying to give older adults the opportunity to do all of the things they want to do.

The new location is better equipped to handle a wide variety of activities at once, with three floors of space dedicated to the center and a fourth to administrative offices. A large, multi-purpose basement houses a state-of-the-art theater room, two billiards tables, and an arts and crafts room.

On the first floor, members gather in the cafeteria to socialize and keep their minds sharp with word puzzles and card games between meals. The second floor contains a modern exercise room and a multi-purpose room that hosts an array of classes, clubs and meetings.

Speaking with the members gathered in the bright cafeteria, the energy that Boone and Hardaway referenced was readily apparent. "This is the best center in the city," asserted member Mamie Jacobs, between hands of a quick-moving card game with Rose Jones, Regina Maxwell, Evelyn Taylor and Julia Oles. The friends, who met at the center, bantered playfully as they talked about what brought them to Northern Living Center. All of them mentioned the monthly trips and the ability to remain active as their main motivators for coming back.

Inez Moore, 80, started coming to the center's old location in 2001 when she retired. She now comes to the new center on Tuesdays and Thursdays and usually stays all day. She cited the people and activities offered at



Michael Hanisco

Members of Northern Living Center in North Philadelphia, (left to right) Sharon Rogers, Deborah James, Tina Supplee and Migdalia Ramirez, participate in a chair exercise class.

Northern Living Center as her reasons for visiting. Line dancing, she said, is still her favorite activity, despite starting dialysis recently.

When asked about why people might be reluctant to visit a senior center, Moore spec-

ulated: "They think it's for old people. But I wouldn't want to stay at home all day."

Michael Hanisco is multimedia communications specialist at Philadelphia Corporation for Aging

Where older adults connect

Northern Living Center, located at 827 N. Franklin St., is a division of North City Congress. The center is open each weekday from 7 a.m. to 4 p.m., the third Thursday of each month from 7 a.m. to 7 p.m., and the second Saturday of each month from 8 a.m. to noon. Popular activities include Monday Munchies, weekly trips, games of Pokeno or SkipBo, Chat & Chew, Throwback Thursday, Jazzercise, and Move Like Water. The center also serves as the In-Home Support Program site for North Philadelphia. For more information, stop by the center, call 215-978-1389 or go to NorthernLiving.org.



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September 2019

SUNDAY

1

Blue Corn Lifestyle: Green & Organic Fest. Sustainable living that fuses old traditions with new lifestyles. Noon to 5 p.m. Great Plaza at Penn's Landing. 215-922-2386.

GRANDPARENTS' DAY

8

Feria del Barrio. Celebration of Latino arts & culture. Noon to 5 p.m. 5th & Huntingdon streets. 215-426-3311.

Grandparents' Day Lunch. Enjoy lunch with fellow grandparents & share stories about your family. 10 a.m. Center in the Park. 215-848-7722, ext. 225.

15

Mexican Independence Day Celebration. Celebrate Mexican culture & heritage with traditional food, crafts & performances. 2-8 p.m. Great Plaza at Penn's Landing. 215-922-2386.

22

Intermediate Knitting Class Begins. Learn to knit in the round on both circular & double-pointed needles in this 8-week course. 1 p.m. South Phila. Library. Register & get a supply list by emailing knittykeen@gmail.com.

ROSH HASHANAH (begins at sundown)

29

Chestnut Hill Fall for the Arts Festival. Art, music & boutique shopping. 11 a.m. to 5 p.m. Germantown Ave. & Willow Grove Ave. 215-247-6696.

Puerto Rican Day Parade. A cultural celebration. Noon to 2 p.m. Benjamin Franklin Parkway. 215-627-3100.

MONDAY

LABOR DAY

2



9

Chess Club. All levels welcome. Some instruction is available. 3-5 p.m. Nicetown-Tioga Library. 215-685-9790.

Confused by Medicare Choices? Educational seminar led by Dan Yody, independent benefit consultant. 6 p.m. Whitman Library. 215-685-1754.

16

Community Conversation with the 16th District. Join officers from the Philadelphia Police Department for pizza & conversation. All ages welcome. Noon. Charles. L. Durham Library. 215-685-7436.

Monday Market. Live music, vendors, food trucks & beer garden. 4-10 p.m. Lovett Memorial Library. 215-685-2095.

23

AUTUMN BEGINS FALLS PREVENTION AWARENESS DAY

Fall Tea Party Open House. Continental breakfast open to new & prospective members. 9:30-11:30 a.m. Martin Luther King Older Adult Center. 215-685-2715.

30

Trip to Atlantic City's Tropicana Casino for 'The Motown Throwdown.' Marconi Older Adult Program: Departs 8:30 a.m., returns 6:30 p.m.; Register: 215-717-1969.

PSC – Arts: Departs 9 a.m., returns 6:30 p.m.; Register: 215-546-5879. \$

TUESDAY

3

Grief & Loss Support Group. Weekly group discussion on grief & how it pertains to aging. 1 p.m. Marconi Older Adult Program. 215-717-1969.

10

Bocce Court Grand Reopening. 12:15 p.m. S. Phila. Older Adult Center. Outdoor game & refreshments. 215-685-1697.

"A Glorious Time for Songs: Big Bands & Their Singers." Guest speaker Herb Kauffman. 7 p.m. Congregations of Shaare Shamayim. 215-677-1600.

17

Constitution Day. Commemorate the anniversary of the signing of the U.S. Constitution with free admission, special ceremonies & exhibits. 9 a.m. National Constitution Center. Register: 215-409-6800.

24

El Barrio es Nuestro (The Neighborhood is Ours) Community Meeting. Discuss community concerns & how to address them. Meeting held in both English & Spanish. 5:30 p.m. McPherson Square Library. 215-685-9995.

Milestones™

Events that end with a "\$" require an entrance fee or advance ticket purchase. Free events may request donations or sell items. Please call the number listed for pricing or other details.

Send your calendar items to:

Milestones Editor
PCA, 642 N. Broad St.,
Philadelphia, PA 19130
Phone: 215-765-9000, ext. 5081
Fax: 215-765-9066
Email:
MilestonesNews@pcaCares.org

Event submission deadline: 25th of the month for publication in month after next.

WEDNESDAY

4

National Biscuit Month. Treat yourself to a special biscuit bar at breakfast. 8:30 a.m. Center in the Park. 215-848-7722, ext. 225. (Wednesdays in Sept.)

THURSDAY

5

Free Library Story Booth Recording Session. Take part in a casual interview that will be part of the neighborhood oral history archive. 3-5 p.m. Bushrod Library. 215-685-1471.

FRIDAY

6

Asian-American Outreach Fair. Vendors, light refreshments, raffles & more. 1-4 p.m. Marconi Older Adult Program. 215-717-1968.

SATURDAY

7

Northeast Philadelphia History. Discussion of landmarks from the 18th & 19th centuries by local historian Fred Moore. 2 p.m. Northeast Regional Library. 215-685-0522.

PATRIOT DAY

11

Older Adults' Lunch. Make & enjoy a delicious plant-based meal with chef Char Nolan. 1 p.m. South Phila. Library. Register: 215-685-1866.

12

Senior Center Open House. Preview of upcoming classes & programming. 10 a.m. Center in the Park. 215-848-7722, ext. 225.

13

Open Mic Night. An evening of music, poetry & spoken word. 5:30 p.m. Nicetown-Tioga Library. 215-685-9790.

14

First-Time Homeowner Program. Learn about the mortgage process & home ownership. 10 a.m. Center in the Park. 215-848-7722, ext. 225.

NATIONAL HIV/AIDS & AGING AWARENESS DAY

18

E-Gadget Help Desk. Get answers about all the ins & outs of your electronic devices. 10:30 a.m. to 2:30 p.m. Hot Spot at Village of Arts & Humanities. 215-225-7830.

19

Book Club: 'In the Garden of Beasts' by Erik Larson. Noon. The Sisterhood of Congregations of Shaare Shamayim. 215-677-1600. \$
Defeat Malnutrition Campaign. Vendors, pass the plate, selfie booth & lunch. 9:30 a.m. to 12:30 p.m. Martin Luther King Older Adult Center. Register by Sept. 12: 215-685-2715.

20

Hot Summer Nights Concert featuring the City Rhythm Orchestra. Bring your own lawn chair. 7-9 p.m. Northeast Older Adult Center. 215-685-0576.

21

Social & Guest Speaker Event. Author Miriam Segal Shnycer discusses her book "Of Love and Death: Young Holocaust Survivors' Passage to Freedom." 8:30-10 p.m. The Sisterhood of Congregations of Shaare Shamayim. Register: 215-677-1600.

25

Casting Call for Models. Auditions for the fall fashion show. No experience required. 10 a.m. Center in the Park. 215-848-7722, ext. 225.

Open House & Wellness Wednesday. Fitness, fun & healthy snacks. 9 a.m. to 3 p.m. Journey's Way. 215-487-1750.

26

Health Fair. Raffles, refreshments, vendors & health info. 9 a.m. to noon. Marconi Older Adult Program. 215-717-1969.

27

Philadelphia Senior Center's 70th Anniversary Celebration. 2-5 p.m. Double Tree Hilton Hotel, South Broad St. Register: 215-546-5879. \$

28

Bloktoberfest. Graduate Hospital's annual celebration of craft beer, food & music. Noon to 8 p.m. Washington Ave. & Broad Street. Bloktoberfest.org.

National Senior Center Month

Healthy Aging Month

Renovating Ebenezer Maxwell Mansion

By Constance Garcia-Barrio

When Diane Richardson's life took a sharp turn, she barely hung on. After 25 years of homemaking and child-rearing, Richardson found her marriage falling apart. "I was downtrodden; I had no self-confidence," said Richardson, 68, now a businesswoman and executive director of Germantown's Ebenezer Maxwell Mansion, Philadelphia's only Victorian house that's been turned into a museum of the era's furniture, décor and architecture. "I had to re-invent myself."

Despite a thin resume including a degree in home economics from Iowa State University and a stint working in a quilt store, Richardson brought key skills to the task of conjuring up a career in midlife. She had tackled demanding chores on the farm near Lake City, Iowa, where she grew up. "We used to get up at 5 a.m. to de-tassel corn, and we would weed the soybeans by hand," Richardson said. "It's not done that way now, but in my childhood you sort of gathered your determination and did the job."

That resolve helped Richardson with a grueling task during her marriage, one that would later stand her in good stead. "My former husband and I bought a circa-1770 stone farmhouse in Bucks County in 1984," she said. "The place needed windows, a new roof, everything. We used to put trash cans under the leaks in the roof so that our two daughters wouldn't get wet when it rained. I had to keep track of all the work and the cost." Richardson's marriage ended 10 years after she completed the renovation.

Her fascination with history had led her to volunteer at Lansdale's Peter Wentz Farmstead, which was the temporary headquarters for George Washington in 1777, and to earn a certificate in historic preservation from Bucks County Community College in 2002. "The certification required 200 hours of research on a specific topic," she said. "I chose window treatments from 1700 to 1901." In 2000, Richardson parlayed that knowledge into her own business, Richardson's Interiors of Wyndmoor, which specialized in recreating window treatments from the two centuries she had studied.

Richardson first visited the Maxwell Mansion in Germantown to photograph the Victorian window treatments. Built in 1859 by well-to-do cloth merchant Ebenezer Maxwell, the mansion, made of Wissahickon granite, had narrowly missed the wrecking ball. It had fallen into disrepair by the 1970s. Neighbors, led by architect and preservationist Henry Magaziner, fought for and saved the site. Yet, its woes persisted. The previous executive director had left suddenly, and the mansion's board jumped at the chance to hire Richardson as part-time interim director. "I needed the job, and the mansion needed help," said Richardson, who was hired in April 2007. Water damage marred the walls, ceilings and woodwork and the porches were rotting, but Richardson's farmhouse work prepared her for the incredible task at hand.

She drew together volunteers and stretched the mansion's resources to make repairs, some of them frightfully expensive. A costly Scalandre reproduction wallpaper, one of



Courtesy: Diane Richardson

Ebenezer Maxwell Mansion, located at 200 W. Tulpehocken St. in Germantown, is Philadelphia's only Victorian house that's been converted into a museum of furniture, décor and architecture.

the world's most prestigious makers that has been used in the White House, was selected for the renaissance revival dining room because it seemed the best choice for authenticity. "It's the same wallpaper as in the White House of the Confederacy," Richardson said.

A storied gift allowed Richardson to revamp the museum's educational program. On Christmas 2011, Magaziner died at age 100 and bequeathed \$50,000.

Besides tours of the mansion, offered Thursday, Friday, and Saturday afternoons hourly from 12:15-3:15 p.m., the museum has Victorian craft classes, such as hair art, and a robust theatre program. "We do interactive mysteries where the audience moves through the house and meets an actor who portrays a suspect," Richardson said. "It's like a game of Clue come to life. We also do Sherlock Holmes adaptations, and one-person shows like Bram Stoker's Dracula." The mansion also hosts an annual Dickens Christmas Party followed by a Victorian Musicales in the evening.

Richardson's latest innovation includes Spanish-language tours. Offered on select

Saturdays, the tours present the site's wealth of Victoriana "en español." "In Philadelphia, more than 140,000 people are native speakers of Spanish," Richardson said. "We're working with Javier Suarez, vice president of strategic partnerships for the Greater Philadelphia Hispanic Chamber of Commerce, to market our tours. We're proud to extend our outreach even further and remove a language barrier to understanding the Victorian era."

Good food has become a tradition with all events. "The place was in such bad repair in the beginning that I knew I had to have good food to attract audiences," Richardson said. Visitors can also take home free recipe cards for Victorian desserts like jumbles, one of the earliest American cookies.

Ebenezer Maxwell Mansion is located at 200 W. Tulpehocken St. For more information, visit EbenezerMaxwellMansion.org or call 215-438-1861. Please note: Maxwell Mansion still features its original entrance and therefore is not wheelchair accessible.

Native Philadelphian Constance Garcia-Barrio writes about many topics, including black history.



Courtesy: Diane Richardson

The children's bedroom at Ebenezer Maxwell Mansion recreates the life of mid-19th-century children. Two or three children probably shared this room. Numerous toys and books in the room are indicative of the time period

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Artist shares gift with nursing home residents

By Barbara Sherf

When Anthe Capitan-Valais was a little girl, she used to wait for the deliveries of her father's laundered shirts so she could draw pictures on the cardboard forms included with each fresh batch.

Her father wore a button-down shirt and tie every day for his job as a high school principal. Capitan-Valais looked forward to recovering and using the blank slates of cardboard. "I was given paint-by-numbers kits, but I really didn't like staying in the lines," says the Flourtown artist, now 65. "I liked to draw free-form and still do."

Capitan-Valais shares her affinity for free-form art with nursing home residents through The Arts 'n' Artists (AnA) Project, which she founded in 2013. The project gives seniors and people with disabilities the opportunity to experience free-form drawing while enjoying live music and dance performances. "The AnA Project's mission is to bring the arts to people of all ages from all walks of life," says Capitan-Valais, who goes by the one-word

name "Anthe." "Although I work with all ages, I focus my time on spreading joy within senior centers and nursing homes, as so many [of the residents] are forgotten individuals."

Her brother, Perry Capitan, 63, has been in a full-care nursing facility since he was 22 due to mental illness. From the experience of having a family member in a nursing home, Capitan-Valais says she has seen that if a facility cares for the physical needs, there is usually little money for recreational and other activities.

One of the goals of The AnA Project is to team up talented artists with local facilities where they can conduct workshops or give performances. The idea is for the artists to make an impact within their community while building lasting relationships.

Capitan-Valais teaches individuals in her workshops how to create art by drawing what they see or hear. During music performances, workshop participants draw what they feel when listening to the music or the musicians as they perform. With workshops that involve dance, participants' creative expres-

sion is influenced by the music that they hear and the dancer that they are watching.

At a recent workshop Capitan-Valais' presented at Bethlehem Retirement Village in Flourtown, Sister Rita T. Kehoe, the facility's social concerns director, shared her thoughts regarding the experience. "Anthe is energetic and brings that energy to any program that she has ever come to the Village to present," Kehoe said. "The melding of the art, the music, the movement — that's all kind of unique, and yet it allows people who would love to get up to dance, but who can't, to have that connection. When they do the drawings from the movement it gives



Barbara Sherf

Anthe Capitan-Valais (standing) leads the "Drawing from Dance" workshop at Bethlehem Retirement Village in Flourtown.

them a sense of accomplishment. All of the programs have been cross-generational and

• continued on page 20

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Horseback riding

• continued from page 1

had put aside riding until she joined the PSC in 2015. "I'm more alert, and I'm sharing my love of horses on a regular basis with incredible women who have become wonderful friends over the years." She has come to understand the power of horse therapy, referring many of her young patients to therapeutic riding programs.

Flourtown resident Thomas A. Fitzpatrick, who turns 95 this month and still enjoys carriage driving, is co-founder of the club that was formed more than 35 years ago. "Even for people who have the means to own a horse, it is quite a responsibility to keep up," said Fitzpatrick, a World War II veteran who has a Ph.D. in organic chemistry and is known as "Dr. Tom." "We have a great group of horses and riders, who are at all levels. The more experienced riders coach the newcomers and these women all get along, because they have one thing in common – a love of horses!"

Marti Gauvreau, 63, of Lafayette Hill, has been in the club for 11 years. She also volunteers at the Sebastian Therapeutic Riding Program in Collegeville. "It has definitely helped me physically, but I didn't expect the social benefits of the club," said Gauvreau. "I want to caution people that this is not a 'learn-to-ride' program. You have to be comfortable around horses, and it is helpful if you have previously ridden. You do learn how to groom, tack up and be around horses both in therapeutic riding programs and by taking lessons."

Diane Garvey, 61, who runs an environmental engineering firm, started with the club 15 years ago, as her two sons were getting older. She had not been a rider up until that time. "I took my first riding lesson at 48 and absolutely feel more active and athletic as a rider," says Garvey. "I am easily doing 10,000 steps in just a few hours at the barn. Mentally, I studied and learned a lot about horses and it increased my level of alertness because when you are on a horse you have to anticipate what happens next. Socially, I get to be around like-minded horse lovers who have turned into dear friends."

At 71, retired college professor Betsy Bowden is the oldest rider of the group. She joined the club in 2004. "Even if you rode as a child or young adult, I'd advise taking lessons. Northwestern Stables in Chestnut Hill offers adult private and group lessons and they have indoor and outdoor rings," Bowden says. "My physician says I'm boring because I really have no health issues, and I attribute that to



Barbara Sherf

Thomas A. Fitzpatrick (left), co-founder of the Philadelphia Saddle Club, is seen here with fellow Monastery Stables rider John Gross at the Wissahickon Day Parade in April.

being active physically, mentally and socially through riding."

PSC Treasurer Kim Murphy, also a boomer, credits Fitzpatrick with holding the club together. "I think he has a great, clear direction and he has inspired us to take good care of the horses and each other," she says. "This is his legacy, and we are all so very grateful to him. He has a great eye for horses and people and the club is thriving."

Visitors are invited to "Horses and History: An Afternoon at Monastery Stables" on Saturday, Oct. 5, from 1-4 p.m. Historian and professor David Contosta will discuss the history of the area and horses in the Wissahickon. Nancy Peter will read from and sign copies of her recent book, "Twenty Horses." Outdoor horse demonstrations, light refreshments and a silent auction will be held. There is no fee to attend, but donations are appreciated. Proceeds benefit the Boarders and Stewards of Monastery, a nonprofit organization devoted to preserving the historic Monastery complex of buildings and grounds. RSVPs by email to Diane@GarveyResources.com.

For more information:

- **Monastery Stables:** 1000 Kitchens Lane in Philadelphia; monasterystables.org
- **Philadelphia Saddle Club (PSC):** PhiladelphiaSaddleClub.blogspot.com; PhilaSaddleClub@gmail.com (email)
- **Adult group and private horseback riding lessons:** NorthwesternStables.com/lessons.

Author and speaker Barbara Sherf captures the stories of businesses and individuals.



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Recipe Box

A modern take on Mediterranean recipes using seasonal produce

Dishes from the Mediterranean region of the world are made up of fresh, simple and bold-flavored ingredients that taste great and promote a healthy lifestyle. The Mediterranean diet, which includes daily consumption of fruits and vegetables, has been shown to prevent diabetes, heart attacks, strokes, certain cancers and reduce inflammation.

You can use your Senior Farmers Market Nutrition Program produce vouchers to buy this Pennsylvania seasonal produce – apples, beets, carrots, peaches and bell peppers.

The following recipes, from “The Mediterranean Diabetes Cookbook, 2nd Edition, A Flavorful, Heart-Healthy Approach to Cooking,” are gluten-free and vegan.



Roasted beet, tahini and Greek yogurt dip

(Makes 16 2-tbsp. servings)

Fresh beets of any color take center stage in this unique hummus variation. Serve with pita wedges or fresh cut-up vegetables. Broccoli, carrots, cucumbers, mushrooms, snap beans and squash are all in season this month.

Ingredients:

1 cup cooked beets
 1/3 cup jarred tahini (a Middle Eastern paste made from ground sesame seeds)
 2 tsp. extra-virgin olive oil
 1/2 tsp. unrefined sea salt
 1/4 cup fat-free plain Greek yogurt
 Optional: Paprika for garnish

Directions:

To prepare raw beets, peel, cut into quarters, and boil or roast until fork-tender. Place cooked beets in a food processor. Add the tahini, olive oil, salt and Greek yogurt. Pulse the food processor on and off.

Add water, a tablespoon at a time, to get an extra-creamy consistency (you should need less than 1/4 cup of water). Scrape down the sides of the food processor, and purée for one-to-two additional minutes, or until extremely creamy.

Serve immediately or refrigerate in a container with a lid for up to a week.

Apple, beet and carrot slaw with blood orange vinaigrette

(Makes 4 1-cup servings)

Ingredients:

1 medium red beet, peeled and shredded
 2 medium carrots, peeled and shredded
 1 large Granny Smith apple, peeled and shredded
 1/4 cup chopped walnuts
 3 tbsp. chopped, fresh flat-leaf parsley, dill or combination
 Juice of 1 blood orange
 1/4 tsp. unrefined sea salt
 Freshly ground black pepper
 2 tbsp. extra-virgin olive oil

Directions:

Use a food processor or box grater to shred the beets, carrots and apple. Place in a bowl



and mix to combine. Add walnuts and green herbs on top of the mixture and set the bowl aside.

In a small bowl, whisk together blood orange juice and salt until dissolved. Add three-to-four grinds of pepper, then whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed.

Peach, black bean and citrus salsa

(Makes 10 2/3-cup servings)

This extremely chunky salsa pairs well with grilled fish and chicken. Toss with cold quinoa for a nutritious lunch.

Ingredients:

2 cups black beans, cooked
 2 peaches, chopped
 2 red bell peppers, finely chopped
 3 cloves garlic, minced
 1 jalapeño pepper, minced
 1/4 cup fresh lime juice
 2 tbsp. red wine vinegar
 1 tsp. cumin
 1 tsp. ground coriander
 1 tbsp. extra-virgin olive oil



2 tbsp. fresh cilantro, chopped
 Optional: Diced avocado and tomato

Directions:

Combine all ingredients in a bowl, then let chill in refrigerator for several hours to allow the flavors to blend.

Celebrate National Senior Center Month in September!

Philadelphia has a diverse and robust network of senior community centers that are located in every section of the city. These centers offer a wide range of classes and clubs in which you can pursue your passion or explore new possibilities.



Enjoy lunch on us!

Clip this COUPON and redeem for lunch at any site listed on this page.

Offer for first-time visitor or guest only. Advance reservations and proof of age (60-plus) required. Please call the site to register. **Expires December 31, 2019.**



NORTH CENTRAL PHILADELPHIA

Norris Square
Senior Citizen Center, CHCS
2121-37 N. Howard St. 19122
215-423-7241

* Nativity B.V.M. (Formerly St. Anne's
Senior Citizen Center, CHCS)
3255 Belgrade St. 19134
215-423-2772

King Older Adult Center
2101 W. Cecil B. Moore Ave. 19121
215-685-2716

Lutheran Settlement House
Senior Center
1340 Frankford Ave. 19125
215-426-8610

Mann Older Adult Center
3201 N. 5th St. 19140
215-685-9844

Northern Living Center
827 N. Franklin St. 19123
215-978-1300

*On Lok House
219 N. 10th St. 19107
215-599-3016

Philadelphia Senior Center –
Allegheny Branch
1900 W. Allegheny Ave. 19132
267-286-1455

NORTHWEST PHILADELPHIA

The Center at Journey's Way
403 Rector St. 19128
215-487-1750

Center in the Park
5818 Germantown Ave. 19144
215-848-7722

*PHA Emlen Arms Satellite
6733 Emlen St. 19119
215-684-5892

West Oak Lane Senior Center
7210-18 Ogontz Ave. 19138
215-685-3511

NORTHEAST PHILADELPHIA

KleinLife: Northeast Philadelphia
and *Russian Satellite
10100 Jamison Ave. 19116
215-698-7300

*KleinLife: Rhawnhurst
2101 Strahle St. 19152
215-745-3127

*Juniata Park Older Adult Center
1251 E. Sedgley Ave. 19134
215-685-1490

*Northeast Older Adult Center
8101 Bustleton Ave. 19152
215-685-0576

Peter Bressi Northeast
Senior Center
4744-46 Frankford Ave. 19124
215-831-2926

SOUTH PHILADELPHIA

St. Charles Senior Community
Center, CHCS
New location opening soon.
Call 215-765-9040 for info.

Marconi Older Adult Program
2433 S. 15th St. 19145
215-218-0800

*PHA Cassie L.
Holly Apartments Satellite
2100 Dickinson St. 19146
215-684-4891

*PHA Wilson Park Satellite
2508 Jackson St. 19145
215-684-4895

Philadelphia Senior Center –
Avenue of the Arts and Asian
Pacific Resource Center
509 S. Broad St. 19147
215-546-5879

South Philadelphia
Older Adult Center
1430 E. Passyunk Ave. 19147
215-685-1697

WEST PHILADELPHIA

Firehouse Active Adult Center
5331 Haverford Ave. 19139
215-472-6188

West Philadelphia
Senior Community Center
1016-26 N. 41st St. 19104
215-386-0379

SOUTHWEST PHILADELPHIA

* Star Harbor Senior
Community Center, CHCS
4700 Springfield Ave. 19143
215-727-0100

Southwest Senior Center
6916 Elmwood Ave. 19142
215-937-1880

*Satellite meal center hours and
programming may be limited.
Call for details.



Artist's gifts

• continued from page 16

have helped both the residents and the dancers connect through this important work."

At one time a professional dancer, Capitan-Valais found that art was her way of dealing with tragedy and pain. Growing up in Cleveland, Capitan-Valais was a member of the Hollywood and Company Dance Troupe, in which she performed Latin dance and disco on evenings and weekends. After moving to the Philadelphia area, she was searching for a new dance company when fate got in the way.

Capitan-Valais was 26 and on her way home from work when a drunk driver hit her car head-on. The injuries she sustained put an end to her dancing career. However, she continued to create art and graduated from the Pennsylvania Academy of the Fine Arts (PAFA) in Philadelphia in 1995 with degrees in painting and printmaking.

About 11 years ago, she had an "aha" moment while in Montreal, Canada at a performance of the Winnipeg Royal Ballet. In the darkness of the audience, Capitan-Valais pulled out her sketchbook and began to draw



Courtesy: Anthe Capitan-Valais

"Paso Doble Fiery Refrain," acrylic on panel, by Anthe Capitan-Valais.

the dancers as they glided across the stage. Unable to see what she was drawing, she focused on the movement on stage and continued to draw. When the lights came on, her new work was revealed. She was able to express the movements she had observed vividly on paper. After returning to the states, she began attending the ballet to recapture the feeling of drawing during live dance performances. She felt the need to share this joy with people of all ages, and so the idea for the AnA Project was born.

In her first workshop in 2013, 38 residents

of the Philadelphia Nursing Home on Girard Avenue participated in free-form drawing as a ballerina volunteered her time, dancing on a stage at the home, and Capitan-Valais taught Drawing from Dance. One non-communicative resident who had been in the facility for many years was moved by the performance and proceeded to make a mark on the page. Her caregiver had a tear in her eye as she said, "I have cared for this woman for six years and never knew if there was anyone inside. She has never communicated with anyone in the time that I have cared for her." It was at that moment that Capitan-Valais realized that even low-functioning participants could be helped to release their inner child and experience joy. This validated her choice to create The AnA Project and make it into a nonprofit organization. "As a senior, I find connecting youth with their elders and vice versa using art as a conduit extremely fulfilling," she said.

For more information about The AnA Project, call 215-233-3916, visit anaprojectusa.org or email anaproject.usa@gmail.com.

Author and speaker Barbara Sherf captures the stories of businesses and individuals.

Upcoming AnA Project events:

Wine & Kindness Rock Painting Workshop for Adults

Friday, Sept. 20, from 5-8 p.m.

Bring your own bottle or select a mystery bottle from the wine pull for a donation. Begins by drawing from music. Participants are then encouraged to use drawings or create a kindness theme to be painted onto a rock. There is a suggested donation of \$10 to cover the cost of snacks and materials. Registration is required.

The AnA Project's Annual Fundraiser: Bid 'n' Buy Silent & Live Auction

Friday, Nov. 8, from 6:30-8:30 p.m.

The AnA Project is building bridges in the community from young to old, beginners to great masters, while spreading joy through the arts. Tickets cost \$20 in advance or \$25 at the door.

Hosted by BQ Basement Systems, in the Historic Wheel Pump Inn Building, 525 Bethlehem Pike, Erdenheim, Pennsylvania. For more information about The AnA Project or to register for events, go to anaprojectusa.org.

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Fitness activities

• continued from page 1

Calm movements

Participants who are looking for a slower-paced physical activity may enjoy the serenity of tai chi. This Chinese martial art is available at most senior centers, including Philadelphia Senior Center (PSC) – Avenue of the Arts, whose participants sometimes act as ambassadors for the program. Tai chi enthusiasts from PSC – Avenue of the Arts often visit other senior centers in Philadelphia to perform demonstrations.

Elba Baldinger, 79, who has been practicing tai chi since it first began at the center in 2015, has stuck with it for its calming and meditative benefits.

“For me Tai Chi is an hour of tranquility, because you can’t do it and think of other things,” Baldinger said. “You’re so concentrated on the moves that you can’t think about things like what you’re going to cook for dinner.”

Programming backed by research

Senior centers offer activities, which are based on scientific research, to positively impact an older adult’s health. “When you participate in an evidence-based program, you already know that it has proven health benefits,” PCA Senior Center Supervisor Mary Catherine Dabrowski said.

Senior centers offer two evidence-based programs that are designed to meet the physical needs of older adults: EnhanceFitness and Walk with Ease.

Those who are looking for an all-levels exercise class will enjoy EnhanceFitness, which focuses on strength training, cardiovascular exercise and maintaining flexibility. The cost of EnhanceFitness is eligible for reimbursement through your health care insurance if it participates in the SilverSneakers fitness program.

Walk with Ease helps people with arthritis start or maintain a healthy lifestyle. Each class begins with a workshop on related topics, such as pain management, exercise and nutrition, and concludes with an outdoor group walk.

Looking to try new things?

Variety is the spice of life. Fitness programming at each senior center is unique and often reflects the needs and interests of its participants.

SilverSplash and Aqua Tai Chi both offer a low-resistance, low-impact workout to seniors in KleinLife: Northeast Philadelphia’s full-sized

swimming pool. Also part of the SilverSneakers program, SilverSplash gives participants a chance to practice aerobics with less strain on bones and joints. The class takes place in a shallow area of the pool, giving non-swimmers the opportunity to practice, as well.

Fern Shankin, 73, became a regular participant in KleinLife’s SilverSplash class when she was looking to start a fitness routine and fondly remembered the sage advice of her aunt, an aerobics enthusiast who lived until the age of



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103. “She said the secret to a good life was going to aerobics every day,” Shankin said. The best part of all, as a member of the SilverSneakers program, Shankin participates each week, free of charge.

Norman Rosenblatt, 90, another regular of the SilverSplash class, is a firm believer in remaining active at any age. Recently celebrating his 90th birthday, Rosenblatt doesn’t believe he will be slowing down anytime soon and lauded the SilverSplash class for playing a role in his vitality and health. “This is the best exercise you can take, he said. “It helps you stay healthy and buoyant.”

Other specialized offerings include boxing and tap dancing, both at West Oak Lane Senior Center, and bocce ball (described as “Italian lawn bowling”) at South Philadelphia Older Adult Center, starting Sept. 10.

For more information

Advance registration may be required to participate in some senior center fitness programming. For a complete list of PCA senior centers, please visit pcaCares.org or see the ad on page 19. To learn more about activities offered at senior centers and program schedules, call the PCA Helpline at 215-765-9040.

Shannon Reyes is public relations specialist at Philadelphia Corporation for Aging.

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Call today to find out if you or your loved one may qualify for these money saving programs, and get connected to Medicare Insurance Counseling. Depending upon your circumstances, you may qualify for these programs even if you are above the income limits.

1-800-783-7067

APPRISE is a free service provide by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living. The Pennsylvania Link to Aging and Disability Resources is part of a nationwide effort to assist seniors and adults with disabilities connect to supports and services.





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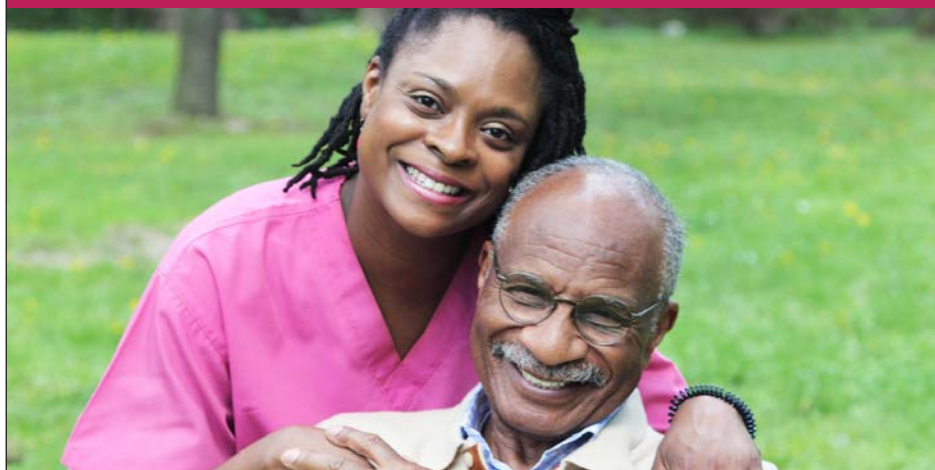
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Musings on money

By Frank Burd

When I was about 9, I started collecting coins. My uncle bought me a penny book, and I began a collection that extended to all coins in the 20th century. I would check my parents' change at the end of the day. When I had 50 cents, I could get a roll of pennies at the bank. But the quarter was a special coin.

I could get in to see a movie for a quarter. And I was fascinated when my father told me that when he was my age, a movie was 5 cents.

The quarter I knew as a kid is still the quarter I use today, some 60 years later. George Washington is still on the "head," in profile. But over the years, they've created different backsides for the quarter. A memorable one was the commemorative state series created in 1999, and later there were national parks.

The Washington quarter appeared for the first time only 16 years before I was born, to commemorate the 200th birthday of our first president. And it replaced the Standing Liberty quarter, which featured the goddess of liberty on one side and an eagle on the other. In the first half of the century, a variety of revered symbols on our coinage were replaced by presidents.

Lincoln replaced the Indian head cent. The liberty nickel was first replaced by a nickel with a Native American on one side and a buffalo on the other – a beautiful coin. But in less than four decades, that image was pushed aside in favor of Thomas Jefferson. And the Mercury dime disappeared the year Franklin D. Roosevelt died, in 1945 – the year before I was born – when it was replaced with a coin bearing Roosevelt's likeness.

Quarters and dimes were 90% silver, until 1965, when the cost of silver exceeded the coin's face value. In that year, the composition changed to nickel and copper.

But what has drawn me to the quarter lately is what it used to buy. It was such a lot of money when I was a kid. I could use it to buy five packs of baseball cards. I could sit at the candy counter and order an ice cream soda with whipped cream and a cherry. I could go to the bakery and buy a loaf of rye bread.

I never smoked, but I do remember that a quarter could buy you a pack of cigarettes at a machine, where no one checked your age.

A quarter could buy a quart of milk or the Sunday paper – both delivered to your door.



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In 1948, they took another standing liberty off the half-dollar to put Benjamin Franklin on it. For the next 16 years, he was the only non-president on a coin. But alas, in 1964, he was removed to honor the memory of the recently assassinated John F. Kennedy. But not many people use half dollars. Neither did they use the "new dollar" coined in 1979 with a woman on it – Susan B. Anthony. But they made it small, and it never caught on because it was too close in size to the quarter. The Anthony dollar was discontinued after three years.

There are no women on the U.S. paper money. It was decided that to commemorate the 100th anniversary of the 19th amendment, passed in 1920, that a woman would appear on a bill. Alexander Hamilton was to be replaced on the \$10 bill, but the popularity of the Broadway show led to a change in plans. Hamilton would remain. It was then decided to put a woman on the \$20 bill and move President Andrew Jackson to the back. After a huge survey, Harriet Tubman beat out Eleanor Roosevelt and Rosa Parks to be on that bill. But the current administration seems to be slow to OK that move.

As for the penny, that's a story unto itself. Hard to even believe we still have pennies. What can you buy for a penny today? I don't think anyone under 50 even knows what penny candy was. There were so many little candies that I used to buy for a penny. One was a ball of bubble gum from a glass jar.

I ask myself what a quarter can get me today. Well, to get a ball of gum, it now costs a quarter. But you do need to have a pocketful of quarters if you want to use a laundromat, ride the bus or park at a meter. Not for long, though, as coins are being replaced with electronic cards. But the quarter is still the best device to scratch your lottery ticket, where you can win a lot of big coins.

Frank Burd is a writer of fiction, plays, history and poetry when he's not photographing.

THANK YOU!

More than 530 readers responded to our Milestones survey



Photo: Alicia Colombo

We strive to fill each issue of Milestones newspaper with high-quality news and features focused on the needs and interests of older adults in and around Philadelphia. In the March issue, we enclosed a survey for readers to provide feedback, and more than 530 of you did. Thank you

to everyone who responded. Your feedback will help us determine the future content and direction of Milestones.

One lucky survey respondent – 86-year-old Madeline DiPasquale – was selected at random to receive an iPad. DiPasquale has lived in Roxborough for the past 54 years and participates in the weekly senior program on Tuesdays at the Salvation Army Roxborough Corps Community Center, located at 6730 Ridge Ave. That's where she picks up her copy of Milestones newspaper each month. "The information Milestones gives to seniors is very, very good," DiPasquale said. She especially enjoys reading profiles about people and has made some of the tasty recipes featured. "It's a good paper. I think they cover everything for seniors." DiPasquale is very excited to learn how to use her new iPad. She plans to get lessons from her 14-year-old grandson and at Journey's Way senior center in Roxborough.

Milestones wants to hear from YOU!

We welcome your story ideas, feedback and suggestions. (Story-specific comments or questions will be forwarded to the writer.) Submissions of letters or articles for publication must be signed and dated and include your address and phone number. Submission constitutes permission to edit and publish in any form or medium.

PCA reserves the right to not publish any submission; receipt may not be acknowledged; and submissions will not be returned.



Send ideas, comments & submissions to:

Attn: Milestones Editor

PCA, 642 N. Broad St.

Philadelphia, PA 19130

Email: milestonesnews@pcaCares.org

Crossword

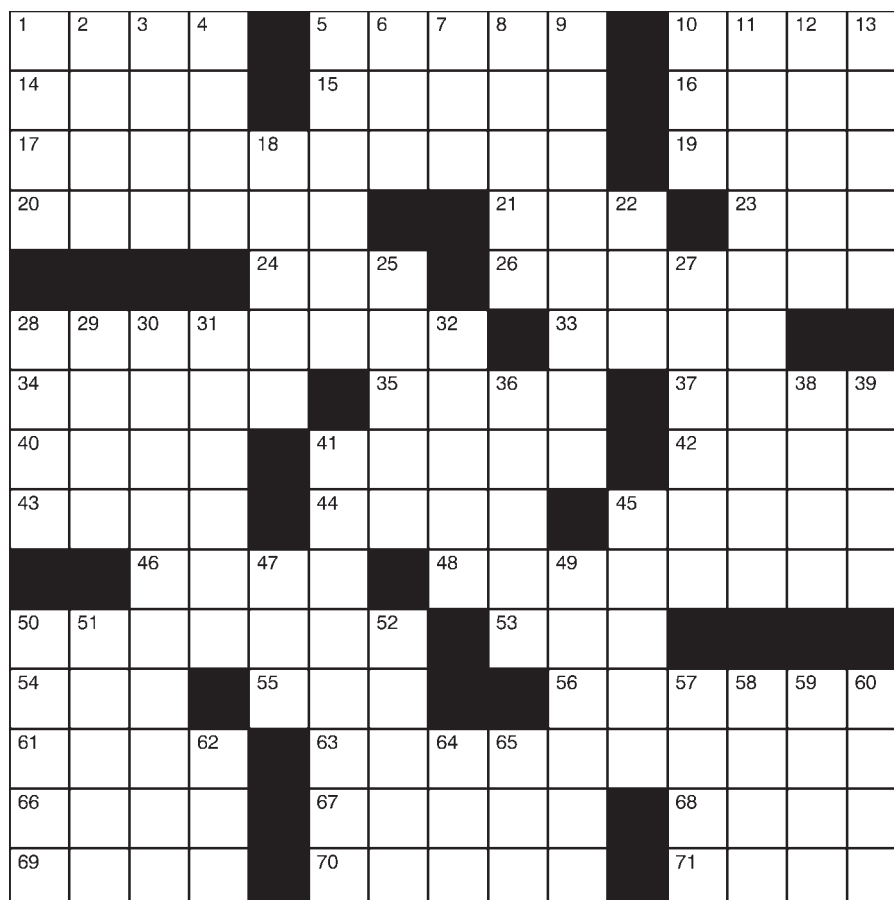
Haute Cuisine

Across

- | | | | |
|--------------------------|------------------------------|----------------------|---------------------------|
| 1 School-year segment | 21 Shoot the breeze | 42 Loman or Kowalsky | 56 Crows |
| 5 Tad | 23 Stripling | 43 Villa d' ____ | 61 Chief's office |
| 10 Catchall abbreviation | 24 NZ parrot | 44 Sailing hazard | 63 Chef's badge of renown |
| 14 Geometer's answer | 26 Catherine the Great, e.g. | 45 Flower feature | 66 Prong |
| 15 Actress June | 28 Mastroianni | 46 Church section | 67 Middlemarch author |
| 16 Big blow | 33 Glommed | 48 Occupant | 68 Come-on |
| 17 Pastry, and then some | 34 Maintains | 50 Baffling | 69 Inner: prefix |
| 19 Acting prize | 35 Hamilton's last foe | 53 Tattletale | 70 Pews |
| 20 Mr. Bones, e.g. | 37 Pequod captain | 54 Spoil | 71 Give off |
| | 40 Succeed | 55 Thus, editorially | |
| | 41 Specifies | | |

Down

- | | | | |
|------------------------------|----------------------------|---------------------|---------------------|
| 1 Record, in a way | 11 Prix fixe meal | 31 Loathsome souls | 51 Actress Linda |
| 2 Behan's land | 12 Con's cognomen | 32 ____ Limits | 52 St.Lô school |
| 3 Bassoon, e.g. | 13 City on the Aire | 36 Use a dictionary | 57 Competent |
| 4 Yes, ____! | 18 Mead and George | 38 Senator | 58 Tenement row |
| 5 Coco | 22 Agent | 39 Cranston | 59 Actress Garr |
| 6 Deli staple | 25 Booth, of football fame | 39 Slug | 60 Bird food |
| 7 Yves Montand, né ____ Levi | 27 Played papa | 41 Chinks | 62 Hollywood symbol |
| 8 Shelf | 28 Stable figure | 45 Climber's aid | 64 Creek |
| 9 Hopeful souls | 29 Galba's bird | 47 Bro's kin | 65 Speck |
| 10 Couch concern | 30 Place for 11 Down | 49 Wooden shoes | |
| | | 50 Chew scenery | |



Solution

The solution can be found on page 8.



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