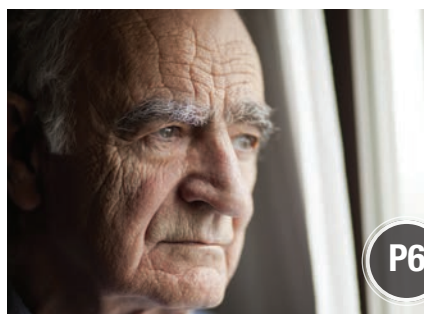


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PHILADELPHIA CORPORATION FOR AGING

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- Senior centers
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- Employment and volunteer programs
- Legal services
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Milestones

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EDITOR'S COLUMN

By Alicia M. Colombo, Milestones editor



"The Food Issue" of Milestones celebrates our city's very long-standing love affair with food. When asked what's great about Philadelphia, surely cheesesteaks and soft pretzels will be mentioned fondly. We've got Chinatown, the world-famous Reading Terminal and Italian markets, and countless original culinary delights – from gourmet eateries to artisanal foods. Cuisine from every culture is represented.

Philadelphia's reputation for producing high-quality dairy products and foods led Kraft's "Philadelphia Cream Cheese" to become our namesake, even though the product originated in New York and has never been made here. However, Tastykakes and Goldenberg's Peanut Chews are among the many famous brands that we can rightfully claim as our own. There are also a slew of other food staples that originated in the Greater Philadelphia region – from Hershey's chocolates to Campbell's soup.

.....
"There is no love sincerer than the love of food." ~ George Bernard Shaw

How do I know all of this? Because I love food! Sushi, burritos, pizza, cannoli ... You name it, I'll eat it – especially if someone else is cooking. When invited to a family dinner, I am usually asked to bring a salad. I do make a great salad, but cooking does not come naturally to me, as it does for all the women in my Italian family.

Don't sign me up for Food Network's "Worst Cooks in America!" I do have a few go-to recipes in my arsenal that I can pull off when company comes, but my menu is very limited. At least, it was until a few months ago.

As I wrote in January's column, I remodeled my kitchen last year and have been thoroughly enjoying the wonders of fully functional appliances. It turns out that some of my past cooking mishaps can be blamed on a faulty oven. However, I still need the drive and motivation to plan meals, shop for ingredients and actually COOK, instead of picking up convenience foods or popping a frozen meal in the microwave.

Enter HelloFresh. A friend sent me a coupon for the weekly meal kit service that delivers pre-portioned ingredients

with easy-to-follow recipe cards. I tried it, and I'm hooked! While I am adventurous in the foods I eat, I am the complete opposite when I cook. Garlic and onions? No problem! But what the heck do I do with ginger, lemon zest or dill? As it turns out, I actually CAN do a lot with "exotic" ingredients! All I needed was a little bit of direction.

Some of my favorite meals so far have included:

- Ginger turmeric tilapia with coconut rice and green beans.
- Mediterranean salmon with creamy dilly sauce, za'atar couscous and green beans.
- Spinach ravioli with chicken sausage.
- Shrimp and zucchini ribbons with basil oil over jasmine rice.
- Korean beef bibimbap.

The one big caveat of meal kits is that you pay for convenience. Could I buy the basic ingredients in bulk and make the recipes myself for a lot less money? Of course, I could. But will I? Maybe, some day. For now, I'm enjoying the weekly "Cooking Lessons in a Box" and my new lemon zester. Bon appetit! 🌞



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Letters to the Editor

Senior voters can use power in changing our world

When I was 10, I helped my father distribute his campaign literature in our neighborhood. He was running for the town council, but he lost. The message that one must take an active part in the political process and other grassroots efforts to work for positive social change was not lost on me. Later, my older sister's involvement as a college student in the civil rights movement also fueled my interest in working for a better and fairer society.

Now, six decades later, I find myself among America's most powerful voting bloc – men and women, 65 and older. No one is surprised that we generally focus on laws and regulations directly affecting us, such as preserving and improving Social Security, protecting and improving Medicare, and controlling drug prices. And when politicians come seeking our votes, these are the issues they address.

What is often overlooked is that a significant segment of the older population is also deeply committed to advocating for issues affecting Americans of all ages, races and income groups, including those immigrants sacrificing so much to come to the U.S. in search of safety, opportunity and citizenship.

At Cathedral Village, a residential community of elders in the Roxborough neighborhood, I have found many like-

minded seniors who devote time and energy to issues such as preventing gun violence, seriously addressing the global climate crisis and promoting measures to reduce poverty – particularly in Philadelphia where shamefully more than one in four people live below the poverty level.

That's why last winter more than 100 of us – about half of our ambulatory population – demonstrated outside, on our nearest street corner, in support of the youth in Parkside, Florida who sparked nationwide protests calling for gun control reforms. That's why this Sept. 20, we demonstrated in support of the youth-initiated and led Global Climate Strike. While some 80 of us picketed on "our" street corner, we sent off a delegation of four residents to join the larger demonstration for climate action in Center City.

Between such dramatic events, many of my fellow residents engage in ongoing voter registration, education on the issues of justice and in encouraging all Cathedral Village residents to call, write and visit our elected local, state and congressional officials.

That's why on Oct. 23, residents here invited Helen Gym, Democratic-at-large city councilwoman; Al Taubenberger, Republican-at-large city councilman; and Curtis Jones, our local Democratic district councilman, to a non-partisan commu-

nity forum at Cathedral Village specifically focused on measures to reduce poverty in Philadelphia. Before an audience of over 80, City Council members Gym and Jones spoke and responded to questions about how they planned to support measures to create jobs, to improve education preparing youth for employment, to reduce gun violence and to increase the supply of truly affordable housing in poor neighborhoods in Philadelphia. These issues may not impact us directly, but these are issues that we are passionate about.

I am glad to have found a local community of peers that wants to stay politically engaged and whose concerns go far beyond those that only directly impact us. Yes, we will advocate for ourselves. We have a lot of challenges, and those will only grow as we age. But we also have the power to leave behind a better world for future generations. And if we band together, with our large numbers, working in alliance with courageous and visionary youth-led social justice movements, I believe we will be able to do something about it.

Dennis Brunn
Resident, Cathedral Village



Everyone needs to smile

Every day, I sit and listen to seniors complain about aches and pains. They talk about not hearing well and how they can't afford hearing aids. I listen and try to help them. But sometimes, I go home and think it's like being back in childhood school days. Your articles are very informative and enlightening. I read them every month. I always encourage my seniors at the center to read Milestones, and I discuss different articles with them. Your paper is a bridge for me to communicate with the seniors and to give them hope. That is what life is all about: helping one another, guiding people to another way of thinking and making others smile. Everyone needs to smile, as we continue down life's pathways.

Eileen Conway
Roxborough
*The Center at Journey's Way,
Advisory Council President*

Media needs to focus on what's important

It's infuriating to see members of the media focus on things that don't really matter. Leading up to a recent Democratic debate, all of the talk was and still is the bad blood between State Sens. Elizabeth Warren and Bernie Sanders and the attack on Sanders as a misogynist.

Who cares? Why are we not focusing

on the things that really matter to Americans? Like the fact that 700,000 people across the country – and many of those thousands right here in Philadelphia – stand to lose much-needed SNAP [formerly Food Stamps] benefits? We're talking about legislation that affects people's right to feed themselves, and that plays

second fiddle to a beef between a pair of 2020 Presidential hopefuls? It's time for the ones who are fortunate enough to tell stories to tell the ones that truly affect the lives of Americans of all types.

K. Alan
Philadelphia



Area chefs, dietitians tell us what would taste great on your plate

By Kerith Gabriel

Here's the thing about food.

It's a necessity, yes. But what's necessary usually arrives as a suggestion.

We all know we need to eat – and drink – to live. But how much or how little is “recommended?” There are articles, seminars, experts and presentations out there that preach moderation or organic versus processed. Millions of dollars are spent on food studies in America each year to the same affect.

The United States is still one of the least fit nations in the entire world.

“Problem No. 1 is that there are simply too many choices for people in first world countries like ours,” said Ryan Stolfus, former sous chef at the General Wayne Inn in Narberth. “They tell you to eat fresh, so you go to a market, hit the produce aisle and you have over 100 options of fresh things to choose from. People don’t know if they’re picking the right ones or the wrong ones. If it looks green enough or red enough, or is bunched with other like-minded fruits and vegetables, they’ll just grab it. But you don’t know what the choice will ultimately do to your body; and that is the rub.”

To Stolfus’ point, there’s more to just going into the store picking a bunch of fruits and veggies and hoping for the best.

For example, did you know that onions can cause digestive problems? Or that Brussels sprouts can leave you feeling bloated? How about that watermelon, cherries, pineapples and even bananas have some of the highest sugar contents in all of fruits?

What you pick is important, especially as we age. It’s easy for one-off snacks, but what about prepared meals?

To help kick-start some ideas, Milestones consulted registered dietitians from Shop-

Rite who identified three things to look out for when you are shopping and even a few items that you can spice up to really get the most out of what you’re putting in your body.

A plant-based diet is obvious, but what should you be looking for? Have you ever heard of adaptogens? These are plant-based products that take the term “plant-based” to the next level. They live in mushrooms and various different herbs, like rosemary and thyme. They’ve been found to boost the immune system functionality and regulate stress-inducing hormones.

Another great choice is fermented foods. Healthy bacteria living in your gut can affect your overall health and these foods contain natural probiotics, which help to support a healthy environment for that gut bacteria. If you’ve ever tried kimchi or put sauerkraut on your hot dog, you’re doing yourself a favor.

“I always say the foods you’ve never heard of are the ones you should try,” says Stolfus. “You’ve had an orange or an apple before, but how often do you dress foods up with lemons or limes? Citrus foods are amazing for so many things beyond just vitamin C. Folic acid and pectin are nutrients that work behind the scenes. There’s a reason many drinks come with a lemon or lime as a garnish, and it’s not just to look pretty.”

Finally, opt to use veggies for foods you’d normally use a grain for. Instead of rice, try cauliflower rice, which packs more fiber and vitamins. If the thought of where to even get started with cauliflower rice eludes you, here are some tips. The chefs at TheForkedSpoon.com helped out with this great recipe for Cauliflower Fried Rice.

Kerith Gabriel is the communications manager at Philadelphia Corporation for Aging.



Patrick Amoy

Cauliflower Fried Rice

- **Wash and thoroughly dry cauliflower:** Chop a large cauliflower into small florets. Transfer to a large food processor, filling only 1/2-2/3 of the way full. (You may need to process in two batches.) Pulse in one-second bursts until cauliflower is approximately the size of rice or couscous.
- **Cook the eggs:** Heat a large skillet over medium-high heat. Add 1 tbsp. olive oil and pour in 3 beaten eggs. Cook the eggs, using a spatula to scramble them as they cook. Once cooked, remove from the skillet to a clean plate and set aside. (You can skip eggs altogether, or go with your favorite substitute.)
- **Sauté the vegetables:** Return skillet to medium heat. Add 1 tbsp. olive oil, then 3 diced carrots, 1 diced red bell pepper and 1 cup peas. Cook the vegetables, stirring often, for 4-5 minutes.
- **Mix in the aromatics:** Add 1 tbsp. butter, 5 cloves minced garlic, 1 tbsp. grated ginger and white parts of 5 green onions. Cook for 1-2 minutes, stirring continuously.
- **Add the cauliflower rice:** Stir in the cauliflower rice and mix well to combine with the vegetables. Cook for 1-2 minutes, stirring often, before adding 4 tbsp. soy sauce and 2 tsp. sesame oil. Increase heat to high and cook the cauliflower fried rice until most of the liquid from the vegetables has evaporated, stirring as needed.
- **Return the eggs:** Return the eggs to the skillet and mix well to combine. Drizzle with sesame oil, mixing well.
- **Season to taste:** Season with additional soy sauce or salt and pepper, to taste.
- **Serve:** Serve garnished with the green parts of the green onions, sesame seeds, lime wedges and hot sauce, if desired.

You can beat the winter blues

By Barbara Sherf

It's estimated that 10-20% of the adult population experiences mild "winter blues." An additional 10 million Americans are affected by Seasonal Affective Disorder (SAD), which is a type of clinical depression that's brought on by the winter season.

Those statistics come courtesy of the National Mental Health Association and ring true for board-certified psychiatrist Dr. Sarah Whitman, who has a private practice in Flourtown. Some people, she says, experience physical symptoms like oversleeping, overeating, tearfulness and low energy. Many also experience psychological symptoms such as difficulty concentrating, getting little or no enjoyment from usually pleasurable activities, anxiety, and sadness.

According to Whitman, a defining characteristic of SAD is that these depressive symptoms occur only during the months of the year when there is less sunlight outdoors. "For some people, SAD can start as early as the end of September or continue even until early spring," Whitman said. "But most often it begins in November or December and starts to remit as the days begin to lengthen in late winter."

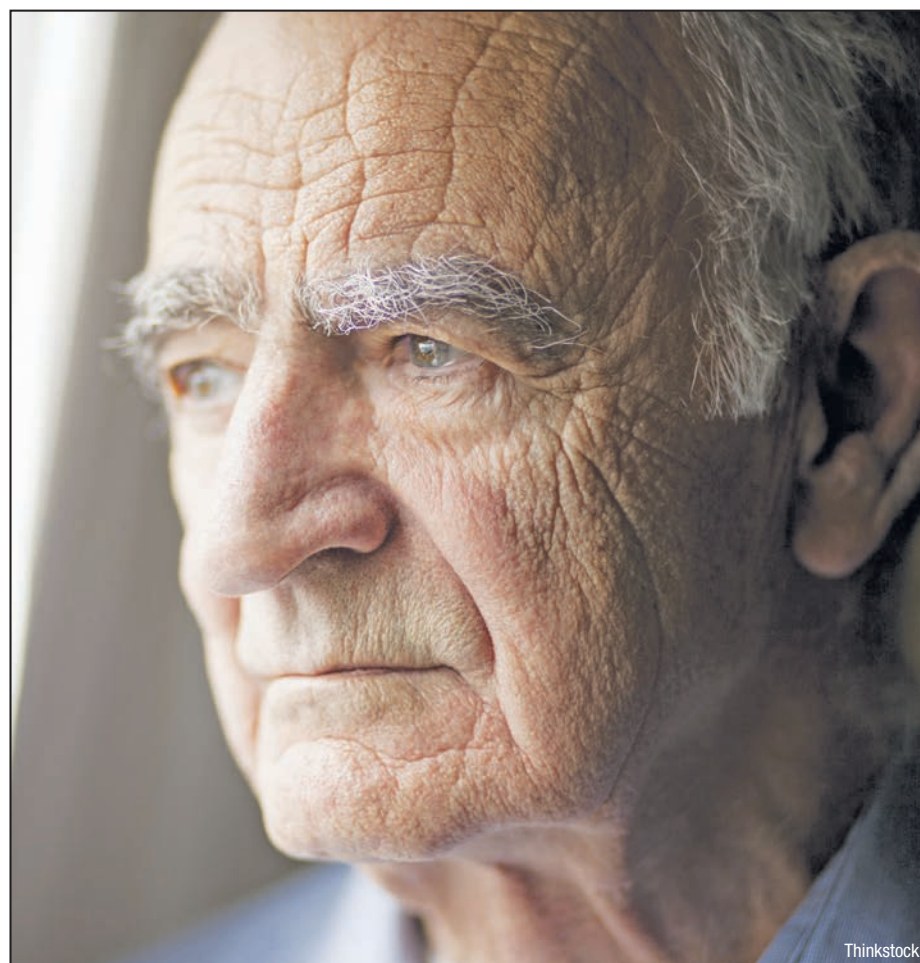
How do you know if you are experiencing SAD versus a mild case of the winter blues? "Many of us venture outside less

in winter, but this is different than feeling so depressed that you can't socialize or enjoy your favorite activities," Whitman continued. "Likewise, many of us enjoy the warmth and sunshine of summer months more than the dark days of winter. But for those with SAD, it's not just that they don't enjoy the winter. They actually experience a significant depression – not just the 'blahs' – during the colder months."

The feelings of sadness or depression are much more severe and negatively affect many areas of life such as relationships, work, hobbies and exercise. Like any serious depression, SAD can even get severe enough to bring on suicidal thinking.

Statistically, women experience SAD four times more than men. "Mood disorders are diagnosed more frequently in women for several reasons," explained Whitman. "Women are often more comfortable than men acknowledging that they are depressed and struggling, so they come in for treatment more often. There are also biological reasons such as hormonal fluctuations and other genetic predispositions that may contribute to mood disorders in women. Lastly, individual and societal stress may vary between men and women."

Whitman said the best thing to do if you have depressive symptoms during the winter months is to talk to your pri-



Thinkstock

Do you feel sad when the days get shorter and weather gets colder? It could be a mild case of the "winter blues," or a more serious condition, known as Seasonal Affective Disorder (SAD). The good news: both are treatable.

mary physician, a mental health therapist or a psychiatrist. Getting an accurate diagnosis can point you in the direction of helpful treatment, which can include antidepressants and/or non-medication alternatives.

One such alternative is light box therapy, which uses devices that simulate bright sunshine. Exposure to this bright light each morning treats SAD. "While older model light boxes were as big as computer screens, smaller ones are now available," Whitman said. "There are now even visors you can wear around like a baseball cap that emit the light."

For milder winter blues, there are many options for improving your mood. Whitman suggests finding a winter activity that you love. "Get outside, especially in the morning sun, which has been shown to improve mood. Open your curtains and look outside while you eat

breakfast, so you get as much sunlight as possible," she said. "Keep up a regular exercise routine. Maintain fun activities and supportive social contacts. If you are hesitant to go outside, invite others over for hot chocolate or call and chat with friends. And getting adequate sleep, good nutrition, and managing stress are always important."

There are many things you can do to help yourself get through the winter blues. If your symptoms are more severe, don't let any stigma about depression prevent you from getting help and feeling better. "SAD is a medical disorder," Whitman said. "There are simple, effective treatments for SAD so you can get back to being your regular self during all seasons of the year."

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

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Tips to eat right for heart health

By Alex Nagy

Eating healthy could easily seem like a tedious chore. It can be difficult to focus on getting a full spectrum of vitamins and nutrients from a wide variety of foods, especially when it comes to heart health.

However, the most important aspect to remember in eating for heart health is balance. There are certain foods from all types of food groups that are most beneficial for your heart. To maintain a healthy heart, introduce some of the following foods into your everyday diet. You'll also want to reduce your consumption of processed foods and those high in salt, sugar or fat.

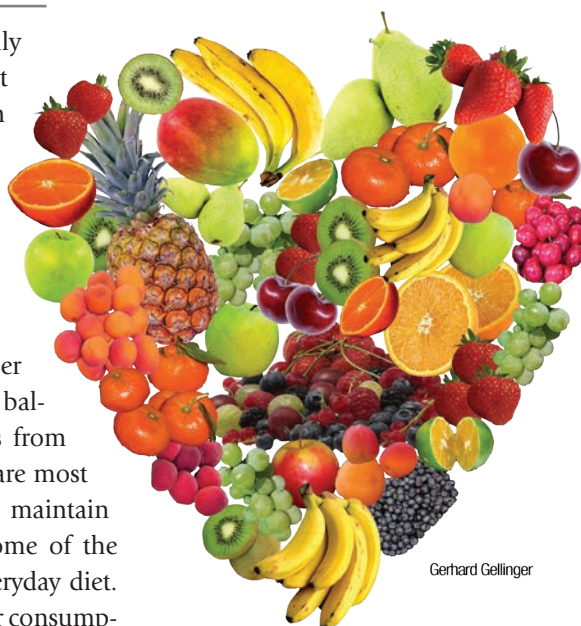
Fruits

If you're looking to indulge in the perfect sweet treat, fruits are always the best option. You can cut back on processed sugars if you rely on fruit to add sweetness to your diet. Try to specifically steer towards berries – strawberries, blueberries, raspberries and more. Berries are high in anthocyanin antioxidants, which have been proven to help treat cardiovascular disorders and inflammation, according to Today's Dietitian magazine. These antioxidants also happen to give the fruits their bright red and blue colors.

There are plenty of ways to enjoy berries – on their own, blended into a smoothie or as part of a delicious dessert.

Vegetables

Leafy greens are a necessary part of a heart-healthy diet. Greens, such as spinach and kale, contain vitamin K and dietary nitrates. Vitamin K promotes artery function by reducing both blood clots and calcium deposits, which could accu-



mulate plaque and lead to heart disease, as reported by Healthline.

Don't be afraid or intimidated by these dark green vegetables! They can easily become an appetizing part of your everyday diet. You can incorporate greens into fruit smoothies to give them an extra nutrient punch. Leafy greens are also tasty as part of salads, or sautéed with healthy cooking oils.

Grains

You should always choose whole grains over refined grains for the sake of your heart health. According to the American Heart Association, whole grains are rich in vitamins and fiber and have been proven to lower levels of bad cholesterol, which is associated with a lower risk of heart disease. An added bonus: whole grains will help keep you regular and feel fuller.

Luckily, foods containing whole grains are simple to find. Brown rice, whole wheat bread, oatmeal and popcorn are just a few examples of whole grain that fit into a healthy diet.

• continued on page 11



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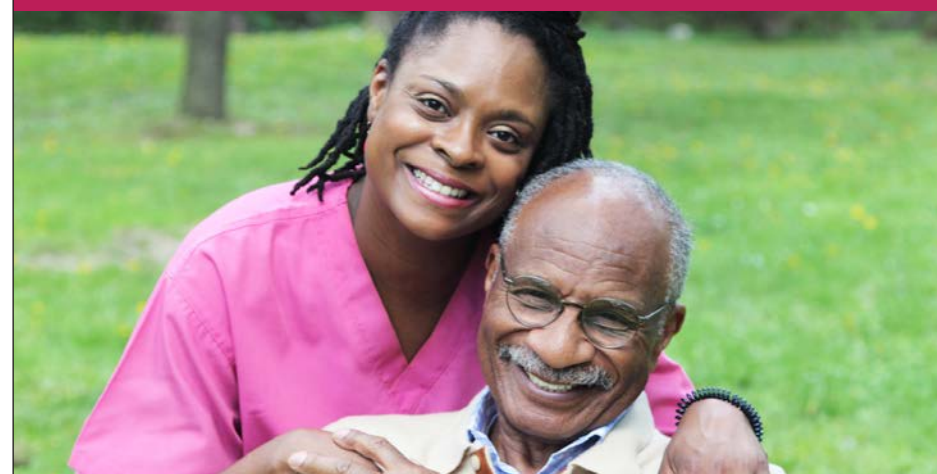
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February 2020

Send your calendar items to
MilestonesNews@pcaCares.org
by the 25th of the month
(for publication in month after next).

Questions? 215-765-9000, ext. 5081

3
Feb

Mosaic Art Class

9 a.m. to 6 p.m.
Create works of art from
small pieces of colored
glass, stone & other
materials. 3-5 p.m.
Mondays in Feb.
KleinLife: NE Phila.
Register: 215-698-7300.
\$50 for four sessions.

5
Feb

Free AARP Tax Preparation Assistance

9:30 a.m.
Philadelphia Senior Center
(PSC) – Arts. 215-546-5879.
Wednesdays through
April 5.

6
Feb

A Tribute to Angela Davis

Celebrate Black History
Month by exploring the
life & legacy of this civil
rights activist. 12:30 p.m.
West Phila. Senior Center.
215-386-0379.

Chinese New Year Festive Meal & Celebration.

Noon. Journey's Way.
215-487-1750.

8
Feb



Philadelphia Auto Show

9 a.m. to 10 p.m.
PA Convention Center.
Senior tickets are \$7 & can
be purchased at the box
office every weekday during
the show. Hours vary through
Feb.17. 610-279-5229.
PhillyAutoShow.com

9
Feb

Ostomate & Continent Diversion Support Group

2-4 p.m. Pennsylvania
Hospital, Cheston
Conference Room.
267-231-4517.

10
Feb

Jewish Life: Tu B'Shevat Seder

Learn about the importance
of ecology in the Jewish faith
while enjoying a tasty meal
of fruits & nuts. 10:40 a.m.
KleinLife: NE Phila.
215-698-7300.

12
Feb

Movie Screening: Seabiscuit (2003)

1 p.m. The Sisterhood of
Congregations of Shaare
Shamayim. Register:
215-677-1600.

Discussion with the District Attorney's Office

Roundtable discussion about
public safety, scams &
improving quality of life.
1:30 p.m.
West Phila. Senior
Community Center.
215-386-0379.

13
Feb

Bariatric Nutrition Class

Noon.
Mercy Philadelphia Hospital.
610-237-3641

Black History Month Gathering

Reflect on the
importance
of Black
History Month
over tea & light
refreshments.
2 p.m.
Journey's Way.
215-487-1750.



14
Feb

Love Thy Senior Center Neighbor

Celebrate Valentine's Day
with live entertainment,
food & games. 10:45 a.m.
St. Edmond Senior Center.
215-790-9530

14
Feb

Valentine's Day Cabaret & Potluck

1:30-5:30 p.m.
Philadelphia
Senior Center – Arts.
215-546-5879,
ext. 1625. \$10.



17
Feb

Chinese New Year Celebration

Music, dancing &
a special meal. 10:30 a.m.
St. Edmond Senior Center.
215-790-9530.

18
Feb

Ronald Campbell Concert

Bass baritone vocal recital.
1 p.m. PSC – Arts.
215-546-5879.
Register: 215-988-1698.

20
Feb

Speaker Series: Music of the Big Band Era

Herb Kaufman speaks
about World War II & popular
music of the era. 2 p.m.
KleinLife: NE Phila.
215-698-7300. \$5.

22
Feb

Trip to Harlem, New York

Sights include the Apollo
Theater & Harlem Market.
Depart at 7:30 a.m. & return
at 8 p.m. Register by Feb. 7:
215-386-0379, ext. 7302.
215-698-7300.
\$75 for non-members.

24
Feb

Philadelphia Postal Choir Celebrates Black History Month

1 p.m. West Phila. Senior
Center. 215-386-0379.

29
Feb

Philadelphia Flower Show: Riviera Holiday

11 a.m. to 8 p.m.
PA Convention Center.
215-988-8800.
TheFlowerShow.com.
Hours vary through March 8.
Advance tickets are \$35
through Feb. 28. after \$48
at the box office.



Black History Month | February

'The Gold Necklace' describes Philadelphia nonagenarian's slave ancestors

By Barbara Sherf

Philadelphia and first-time author Willadine Bain, 93, beamed with pride as she discussed her family's storied history at a recent book signing and reading for her newly published book, "The Gold Necklace."

"It's been two years in the making," Bain said of the work detailing her life and those of her slave ancestors. "I wanted to publish it to mark the 400th anniversary [in 2019] of the first people surviving the Middle Passage to land on the shores of America to be sold as slaves. These stories were passed down to me from my ancestors, and I felt strongly that they not be lost."

In "The Gold Necklace," which is available on Amazon.com, Bain shares a host of stories from her great-grandmother and grandparents that otherwise may have been forgotten. Including one about the book's title, a beaded gold necklace purchased by her grandmother whose first husband died in a duel.

"The necklace has been worn by four generations of women, all educators, who all have their own stories," said Bain, a graduate of Howard University and resi-

dent of Germantown.

She also details the story of her grandfather, Franklin “Captain” Jones, a slave who was beaten and ran away from a Georgia plantation only to meet up with Union Army soldiers in the forest. At the age of 14, he joined them and fought in the Civil War. After the war, with hard work, determination and a bit of luck, Jones became one of Savannah’s first black millionaires.

"I feel that people who might not know about slavery might be interested to know that slaves, once freed, did become affluent citizens," Bain noted.

She fondly remembers her grandfather, as she wrote:

"When grandfather first came to our house at 23rd and Christian streets in South Philadelphia, I had to look way up at him. He must have been over 6-feet tall. I remember he wore a gray suit and a wide, flat gray hat. His skin was smooth and brown and when he looked at me and smiled, his eyes twinkled. From the start, I knew we were going to be great friends!"

The reader is then charmed by the story of her other grandfather, Willard Grinnage, who slept under the bed of his best friend at Howard University in order to get an education. When he was discovered, Grinnage talked his way into a scholarship by playing for the varsity football team and earning the role of Team Captain.

The reaction to Bain's book from her family, friends and the community at Wesley Enhanced Living at Stapely, where she lives, has been extremely enthusiastic.

"It's funny how you walk by people every day and you don't know their story," said Troy Jackson, an employee at the retirement community. "I'm super excited. I never knew she was writing a book. I've read a lot of books, but this will be the first in which I know the actual author."

Bain worked as a teacher for the School District of Philadelphia for 33 years, then



Author Willadine Bain, 93, of Germantown, proudly shows off her grandmother's gold necklace and the book that details some of its storied past.

received promotions to the positions of curriculum specialist and assistant director. She was also the first African American to appear in a host of televised educational shows in Philadelphia.

"I wasn't surprised by writing it, but it was a surprise to bear the burden of re-writing it and the burden of my own criticism," Bain said. "I thought it would be fun for relatives to read, I didn't know it would go beyond the family to a wider audience."

Her daughter, Coralie Barksdale, who followed in the footsteps of four generations of women educators, proudly wears the gold-balled necklace that has been passed down through the family.

"I'm very proud of my mother for publishing this book during this chapter of

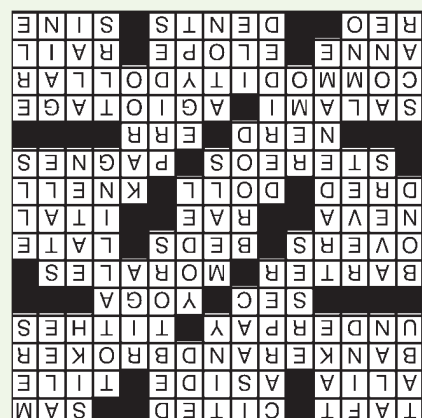
her life," said Barksdale, who sat in on most of the weekly sessions with a personal historian and helped edit the book, select photos and serves as a spokesperson for her mother. "It truly was a labor of love, and I am proud to have played a role in seeing the project to completion."

Bain offers this advice for any potential author: "It might be best to dictate your story to someone, unless you had a career as a writer. You really must be fully committed to the process." When asked if she will write a sequel to her book, she chuckled and said, "I'm taking a break and just getting back to my varied activities."

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

Crossword puzzle solution

(See page 15 for clues.)



Milestones receives high honors

Philadelphia Corporation for Aging (PCA) has won five 2019 National Mature Media Awards for outstanding writing and overall impression of its Milestones newspaper and annual report. The prize-winning entries were:

Silver Awards

- "Is it dementia or normal aging? How to recognize the difference" by Alicia Colombo, published in November 2018 Milestones
- "Senior Center Spotlight: Togetherness is key at Southwest Senior Center: 'Everyone's welcome'" by Michael Hanisco, published in September 2018 Milestones

Bronze Award:

"Seniors raising children face unique



challenges" by Marcia Siegal, published in November 2018 Milestones

Merit Awards:

- Milestones Newspaper, May 2018: Arts & Aging Issue
- PCA Cares 2017-2018 Annual Report

The annual awards recognize the best marketing, communications, and educational materials and programs for adults 50-plus.

Heart health

• continued from page 7

Meats and Fish

It's no secret that the high saturated fat levels in red meat have long contributed to heart disease. For this reason, you should avoid red meat in your diet and only enjoy lean cuts in moderation. Opt instead for fatty fish like salmon and tuna, which contain omega-3 fatty acids. Omega-3s will help lower heart rate and blood pressure while improving overall blood vessel function.

Prepare your meats and fish using seasonings with small amounts of salt and cook in oil that's high in oleic acid, a type of monounsaturated fat. Olive oil is perhaps the most popular heart-healthy oil appropriate for everyday use in cooking.

A proper diet for positive heart health requires balance and plenty of sources of nutrients. You are still able to enjoy all of life's finer things while being conscious



of the foods that are best for your heart. Turning down a slice of cake or a juicy steak every now and then may be difficult, but your heart will thank you for it in the long run.

Alex Nagy is a freelance writer and a full-time journalism student at Drexel University.

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Milestones staff share their favorite recipes

For "The Food Issue," Milestones staff members are proud to share their favorite recipes with readers.

Alicia's Famous Chicken Quesadillas



Ingredients:

1 pkg. shredded cheese, cheddar or Mexican/taco blend
1 jar chunky garden-style salsa (Tostitos brand is recommended)
1 large onion
1½-2 lbs. boneless, skinless chicken breasts
1 pkg. large or wrap-style flour tortillas
Optional: Fresh cilantro, sour cream, avocado chunks or guacamole

Directions:

Cut chicken and onions in strips. Place in grill pan, coated with oil or nonstick cooking spray. Season with salt, pepper and other spices as desired, such as chili powder, fajita seasoning and/or taco seasoning. Cook until chicken is no longer pink on the outside.

Heat oven to 300 degrees. Place tortillas on baking sheet. Spread chunks of salsa, draining as much liquid as possible, and cheese on half of the tortilla. Spoon cooked chicken and onions on top. Add fresh cilantro, if desired. Fold tortillas in half. Bake 10-15 minutes or until tortillas are golden brown on the top and cheese is melted.

To serve, cut into triangles and top with sour cream and guacamole, if desired. Suggested side dish: Spanish rice.

This is the first original recipe that Milestones editor Alicia M. Colombo created, over 25 years ago. Following a very disappointing meal at Friendly's, she thought she could make better-tasting chicken quesadillas – so she did! Her family is full of great bakers and chefs who can cook a wealth of restaurant-worthy Italian dishes. So, Alicia decided to be different and specialize in Tex-Mex cooking.



Jamaican Baked Chicken Wings

Kerith Gabriel, who writes for and oversees production of Milestones, grew up in a Jamaican household and enjoyed a ton of wonderful dishes that could've been considered his favorite. But, perhaps, the best were his mom's chicken wings. Both Kerith and his mom love football, and it resulted in a great Sunday when she made these for the game.

Ingredients:

2 lbs. chicken wings
2 tbsp. Jamaican jerk seasoning
(Mom recommends Grace brand jerk seasoning)
2 tbsp. extra-virgin olive oil

Sprigs of thyme and rosemary
(use what you feel, says Mom)

Directions:

Heat oven to 425 degrees.

Put dried chicken wings into a bowl and pour seasoning on top; toss. Follow with olive oil and toss again until seasoning fully coats all wings

Place wings on cookie sheet lined with foil. (Don't stack; they should lie evenly.)

Place in oven and bake 35-45 or until chicken is cooked all the way through. Skin should be crispy.

Wings will stick on one side after cooling so pull slow to avoid ripping foil.

Sheet Pan Chicken Sausage and Veggies



Ingredients:

Chicken sausage, cut into coins
½ red pepper, sliced
½ yellow pepper, sliced
1 broccoli crown, chopped
¼ yellow onion, sliced
2 medium red potatoes, chopped
2 tbsp. olive oil
1 tbsp. salt-free seasoning blend
1 tsp. garlic powder
1 tsp. onion powder
Black pepper (as desired)

Directions:

Heat oven to 400 degrees. Line a baking sheet with parchment paper.

Combine all ingredients and spices in a large bowl and mix well.

Place all ingredients on the parchment paper, making sure to spread ingredients evenly for best results.

Bake for 20-25 minutes until veggies begin to soften and chicken sausage begins to brown.

Milestones wants to hear from YOU!

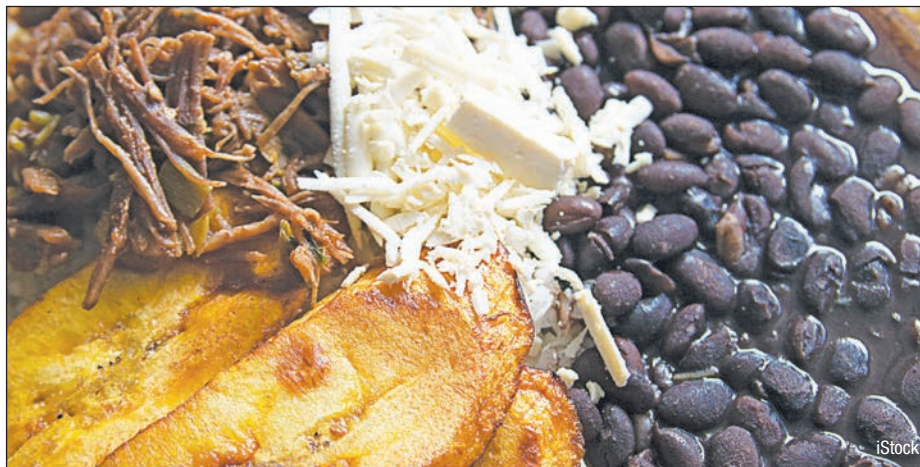
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PCA reserves the right to not publish any submission; receipt may not be acknowledged; and submissions will not be returned.



Send comments & submissions to:

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Philadelphia, PA 19130
Email: MilestonesNews@pcaCares.org



When Milestones writer Shannon Reyes asked her husband to name his favorite recipe of hers, he promptly answered, "That thing where you pile a bunch of stuff on top of tostones." The recipe, which did not have a name until it was required for this article, is Shannon's own creation. Her husband and mother-in-law have helped Shannon cultivate and replicate many of the traditional dishes and flavors of Puerto Rico. This proved to be no easy task! After about 10 years and many failed and under-seasoned dishes, she now relishes in cooking these staple dishes. This one, in particular, incorporates one of her favorite snacks: the tostone. Made from unripened (green) plantains, this twice-fried treat is the basis for this very hearty Latin-inspired entrée.

Tostones Napoleon

Ingredients:

2-3 green plantains
1 lb. shaved pork or chicken
2 packets or 3 tsp. of Goya sazón seasoning with coriander and annatto
1 bunch cilantro
2 tbsp. of Goya recaito cooking-base (fresh or frozen)
7-8 Spanish olives with capers (sliced)
1 tsp. minced garlic
Vegetable or canola oil
2 cups white rice
1 cup black beans
1 pkg. cheese (preferably cheddar, colby or queso fresco)

Directions:

Fill a large skillet half-way with oil. Heat on medium until oil is hot enough for frying. Carefully, cut both ends of each plantain and score it long ways. Peel the plantain along the score until it

is completely free of the peel. Slice into 1 ½"-thick rounds.

Place the rounds into the oil and fry for 2 to 3 minutes. Flip and repeat.

Remove the rounds from oil. Use a surface, such as a cutting-board or flat cooking spoon, to flatten the rounds. Return to oil for 2-3 minutes. Remove and garnish with salt.

Drizzle oil in a skillet. Sauté minced garlic and recaito for 1 minute. Add pork or chicken, olives, torn cilantro leaves, and sazón seasoning. (Be careful: Sazón stains almost everything it touches.) Cook until meat is no longer translucent.

In separate pots, prepare white rice according to directions and heat black beans.

Lay 3-4 tostones on a plate. Top with meat, rice and beans. Add cheese, if desired.

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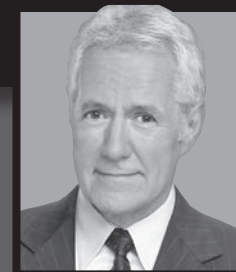


* NFDA 2015, General Price List Survey.

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Linda Riley

DID YOU KNOW? PCA Lunch Spots: The place to eat

Older Philadelphians have access to a nutritious lunch at 28 locations throughout the city every weekday. It's all part of PCA's Lunch Spot initiative. Additionally, PCA's Lunch Spot locations offer great food, friendly people and lots of activities to enjoy.

All Lunch Spot meals are designed to meet the recommendations from the Dietary Guidelines for Americans and

meet one-third of the Recommended Dietary Allowance of older adults. Meals can be included in a meal plan for seniors who have diabetes or heart disease.

With Lunch Spots in nearly every part of the city, a location may be closer than you think. Find your nearest Lunch Spot location by visiting pcaCares.org/LunchSpot.

Health Brief

Choosing smart foods

Eating high-quality food takes time to prepare and often costs more money.

But those cheap, quick meals are loaded with all the things your body doesn't need. If you do one thing in 2020 that'll be better for your overall well-being, giving up those quick meals would be it.

For those who don't have the time to cook, PCA's home-delivered meals allow 24 heart-healthy options for you to consider. More information can be found by visiting pcaCares.org/services-for-seniors/food-meals.

If you prefer to do it yourself, here are some small simple tips on how you can eat better, even if you're on a budget or have better things to do than meal prep.

It's OK to eat red meat, if lean

Studies have shown that unprocessed red meat doesn't raise the risk of heart disease or diabetes. So it's OK to have a piece of steak, especially considering it's one of the best sources for protein. In fact, according to a pair of independent studies, red meat has a fraction of cancer-causing correlations in men (and no correlation at all in women) than originally thought. But when it comes to meats, like chicken, beef or fish, it's all about portion control. Just remember to avoid processed meats, the ones loaded with salts and sometimes even dangerous cancer-causing ingredients.

Soup is your (long-lasting) friend

Depending on the type of soup, there is so much good you're putting into your body that you probably don't even realize. For starters, it's a liquid, so you're putting water into your body. Studies have proved that eating soups is proven to make people feel fuller longer, resulting in the intake of fewer calories. Also, the preparation of vegetable-based soup almost guarantees a whole lot of healthy eating later in the week and depending on the type, soup is fairly easy to create.



Monika Rabkowska

Dress it up with apple cider vinegar

There are a ton of studies out there that suggest apple cider vinegar is useful for losing weight and preventing sugar spikes after meals. But perhaps the best part about vinegar is that it's a great alternative to sodium and traditional salt. In addition to already being used in soups and salads, a sprinkle over carbs or to dress up meats and other side vegetables is certainly something to consider over that sprinkle of table salt.

Clean oil is the best oil

Extra-virgin olive oil is arguably the most heart-healthy oil out there. In addition, coconut oil is another excellent alternative in cooking greases. It's high in fatty acids called medium-chain triglycerides (MCTs), which have shown to curb hunger better than other fats and increase the number of calories burned. The goal is to use coconut oil to replace other cooking fats, not to add it to your diet.

Sources: Healthline.com

Crossword

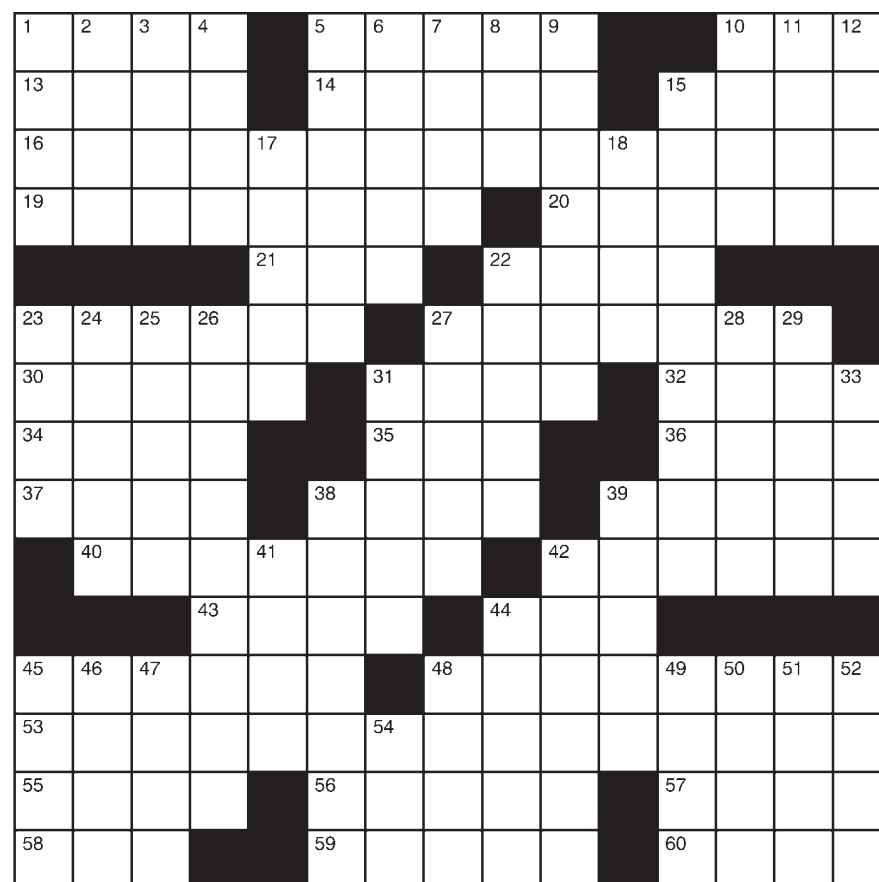
On the street

Across

- | | | | |
|---------------------------------|---------------------------------------|---------------------------------|----------------------------------------------|
| 1 U.S. president | 21 Mem. of the board | 36 One of the Romance langs. | 48 Moneychanging or stockjobbing |
| 5 Quoted | 22 Mystic discipline | 37 Scott | 53 Unit of currency of variable gold content |
| 10 "Casablanca" piano player | 23 Exchange, in a way | 38 Rubber or paper toy | 55 <i>Green Gables</i> girl |
| 13 Margin or Saturn chaser | 27 Esprits de corps | 39 "... the ___ of parting day" | 56 Slip away to marry |
| 14 In reserve | 30 Shots which strike beyond a target | 40 Sound systems | 57 Scold |
| 15 Roofing unit | 31 Flower and feather | 42 African costumes | 58 Classic car |
| 16 Card game | 32 Kind of payment | 43 Drip | 59 Impressions on 58 Across |
| 19 Hire at an insufficient wage | 34 Actress Patterson | 44 Stray | 60 Geometric coordinate |
| 20 Voluntary contributions | 35 ___ Bareli, India | 45 Deli selection | |

Down

- | | | | |
|-----------------------------------|----------------------------------|----------------------------------|---------------------------|
| 1 Forbidden | 11 Sheltered | 27 Oat and corn, e.g. | 44 Country in Africa |
| 2 Greenspan | 12 Seas: Fr. | 28 Consumed | 45 Cicatrix |
| 3 Learn | 15 Adding up the profits | 29 Trité | 46 Tops |
| 4 Let in | 17 Irishmen | 31 Worry over | 47 K to P sequence |
| 5 One who nags | 18 Latvian capital | 33 Wings, on a building | 48 Hit like ___ of bricks |
| 6 Newton or Bickerstaff | 22 Alpine sound | 38 Ridiculed | 49 Clothing wkrs. |
| 7 Wee | 23 Investment unit | 39 Dry tableland of South Africa | 50 Jai ___ |
| 8 Byrnes, of films | 24 Alleges | 41 San ___, on the Riviera | 51 Acquire wealth |
| 9 Early kind of prison | 25 Shore up a wall with sandbags | 42 Singer Charley's family | 52 Gardner |
| 10 Member of Hindu religious sect | 26 Business appellation | | 54 ___ de France |



Solution

The solution can be found on page 10.



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