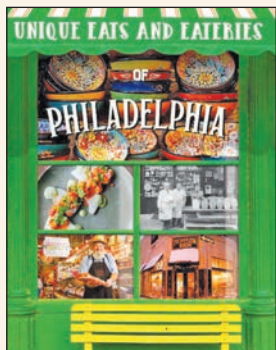


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**NEXT MONTH:
 Engage!**

[National Professional Social Work Month | March]



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Social workers for the elderly help older adults age with optimal quality of life. They serve in many capacities, such as needs assessment, service coordination and abuse investigation.

For these PCA professionals, a career in social work is passion, labor of love

By Marcia Z. Siegal

March is National Professional Social Work Month. It honors the invaluable contributions of the professionals who help people solve and cope with problems in their everyday lives. This month, Milestones showcases three of Philadelphia Corporation for Aging's (PCA's) dedicated social work professionals. While their roles vary, they all have a passion for the work they do to help older adults age with optimal quality of life.

Assessing needs

"The desire to help people has been ingrained in me for as long as I can remember," said Jennifer Bolin, an assessment worker supervisor at PCA. "Both my parents spent their entire careers working in the human services field. I grew up spending time with them at their jobs, visiting consumers, and seeing the pride they took in their work. I wanted a career that I could be proud of and that fulfilled me."

Bolin has worked in PCA's Long Term Care Assessment (LTCA) department for 12 years. She started her PCA career as an assessment worker trainee and for the past two years has been in her current position, overseeing a team of eight social workers. LTCA's staff of 63 assessors provides more than 35,000 level-of-care assessments annually for Philadelphians 18 and older. Assessors evaluate an individual's need and eligibility for long-term services and supports (LTSS), including home- and community-based services and Medical Assistance-paid nursing home care.

During a face-to-face meeting with the participant (and family as appropriate), assessors review the individual's medical history, financial resources, support systems, cognitive functioning, home environment and ability to carry out activities of daily living. "When we meet with people for the first time, we have to remember that often, this process is new to them," Bolin said. "Establishing a rapport can

• continued on page 7

Eating Well

North Philly church's 'cafe kitchen' nourishes the mind, body, soul

By Marcia Z. Siegal

On Tuesday mornings, the comforting smell of cornbread baking wafts through the community room of Haven Peniel United Methodist Church at 2301 West Oxford St. in North Philadelphia. Jean Kennerly, 85, known as "the Cornbread Lady," is famous for this culinary delight, which is made from her own recipe.

But cornbread is not all that's cooking in the church's kitchen. On this particular day, Kennerly and her daughter, Jennifer Crosby, 65, are also hard at work preparing large quantities of macaroni and meat balls, vegetable soup, and a tossed salad for the free weekly lunch the church provides. The tables will be set for

• continued on page 14



Paola Noguerras

Jean Kennerly, 85, slices cornbread to be served at a free weekly lunch for 100 community members at Haven Peniel United Methodist Church in North Philadelphia.

PCA

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WHO IS PCA?

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

- Care in the home
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For more information, call the PCA Helpline at 215-765-9040 or visit pcaCares.org.

Health Brief

Maintaining good oral health is key to wellness, nutrition for seniors



iStock

Researchers are increasingly making a connection between oral health and overall health and nutrition in seniors.

In the past, many people simply accepted losing teeth as a part of old age. Today, however, approximately 75 percent of Americans 65 or older have kept some or all of their teeth, according to the American Dental Association (ADA). That is the highest figure in the country's history.

The ADA credits preventive measures, including community water fluoridation, daily tooth brushing and improved access to dental care, for the rise in the number of seniors keeping their teeth. Even so, the Centers for Disease Control and Prevention (CDC) reports that nearly one-third of older adults suffer from untreated tooth decay and other dental problems.

If you are a senior, the ADA recommends the following for improving dental health:

- Brush twice a day with fluoride toothpaste and floss once a day. If arthritis or dexterity prevents effective brushing, an electric toothbrush may be helpful.
- Clean dentures and gums daily.
- Always remove dentures at night.
- Schedule and keep regular dental visits.
- Talk to the dentist about the signs and symptoms of dry mouth, a common side effect of medications that may lead to tooth decay.
- Ask the dentist for written instructions about any specific at-home care routines that are recommended.

Oral health is not a superficial concern. Severe gum disease is associated with chronic disease and severe health conditions such as diabetes, heart disease, stroke and respiratory disease. Multiple studies have also shown a correlation between poor oral health and malnutrition in seniors.

Health Risks

A 2017 study published in the Journal of the American Geriatrics Society cited poor oral health as associated with malnutrition among more than 250 seniors admitted to emergency rooms in the United States each year. Researchers found that more than half of the patients studied had dental problems. Those with such problems were three times as likely to suffer from malnutrition than those without dental problems. Among the malnourished patients, 41 percent had not seen a dentist in the previous two years.

The link between oral health and malnutrition may be explained in part by the kinds of foods seniors choose to eat. Instead of eating raw fruits and vegetables and other foods rich in fiber and nutrients, seniors with dental problems may opt for softer, more processed foods that are easier to chew but contain less nutritional value.

The authors of the study recommend that seniors with dental problems seek treatment as soon as possible and maintain a healthy diet. For malnourished seniors whose dental problems cannot be remedied in a timely fashion, liquid nutritional supplements may be necessary.

Source: American Dental Association 

Milestones

Published by Philadelphia Corporation for Aging

Call 24/7 to report suspected elder abuse.
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Eating Well

These seven superfoods support good health and nutrition in seniors

By Alicia M. Colombo

The term “superfood” has gotten a lot of use lately. It describes a food that is nutritionally “dense,” meaning the food contains a high amount of nutrients per calorie. According to the Harvard T.H. Chan School of Public Health, superfoods are thought to be linked to the prevention of disease and are believed to offer several health benefits beyond their basic nutritional value. The nutrients in superfoods typically include antioxidants, polyphenols (micronutrients in plant-based foods), essential amino acids, and vitamins and minerals that can assist the body in maintaining good health.

So what are these superfoods, and how can they help you stay healthy? Andrea Quarteby Byrd, a registered dietitian and the dietary manager at Mercy Life (North Hancock site), which provides medical and supportive services for seniors, recommends the following seven superfoods for older adults. “These superfoods should be included as part of a healthy diet,” she said. “They are beneficial for all age groups, but they all work to keep the body strong and help protect against conditions that are common among seniors.”

Blueberries

Darkly colored berries are rich in vitamin C; potassium; and antioxidants, plant-based nutrients that fight the oxidation process that damages your cells. The nutrients in blueberries have been shown to lower inflammation and the risk of heart disease and cancer. They also boost urinary tract health by inhibiting bacteria from binding to bladder tissue and helping to prevent urinary tract infections.

“Blueberries are not always popular with seniors,” said Byrd, “but I like to suggest it because of the health effects. I try to encourage people to eat more. I suggest they try adding them to morning oatmeal and to salad.”

Greens

A diet rich in dark green, leafy vegetables, or “greens,” can lower the risk of heart disease and certain cancers. Research by Harvard University indicated that a higher intake of greens was strongly associated with decreased risk of cardiovascular disease. Greens are also an excellent source of calcium and vitamin D,



The nutrients in blueberries have been shown to lower inflammation and the risk of heart disease and cancer. iStock

which helps maintain bone health.

Popular greens include kale, collards, turnip or mustard greens, arugula, spinach, and Swiss chard. An easy, healthy way to incorporate greens into your diet is to steam them, without adding oil or butter, to enjoy as a side dish with your dinner. “They can also be used in green smoothies, which is great for people who don’t like the taste of greens alone,” Byrd said. She suggests making a “superfood smoothie” by combining foods such as kale, yogurt and blueberries.

Salmon

Wild salmon and other foods rich in docosahexaenoic acid (DHA) are known to offer protection against cardiovascular disease, inflammation, and the effects of overall aging. DHA, better known as omega-3 fatty acids, is considered an essential nutrient for brain health and helps to maintain normal brain functioning, according to Byrd.

If the cost or availability of fresh salmon makes it difficult to consume regularly, consider purchasing frozen filets that are more readily available and less expensive. Salmon filets can be baked, broiled or grilled and served atop a green salad or with steamed vegetables. Other sources of omega-3 include nuts, particularly almonds, walnuts, pecans and pistachios; and flax or chia seeds. These nuts and seeds can be sprinkled on green salads, mixed in yogurt or added to smoothies.

Whole grains

Whole grains offer a “complete package” of health benefits, unlike refined grains, which

are stripped of valuable nutrients in the refining process, according to the Harvard T.H. Chan School of Public Health. Whole grains are a good source of B vitamins and phytochemicals, which are natural chemical compounds in plants that research has found play a role in disease prevention. “Whole grains help with blood sugar control and are great for diabetics,” Byrd said. “They release sugar slowly during digestion, so this will cause a steady energy flow.”

Whole grains also contain a lot of fiber, which aids in digestion and is recommended for seniors. Oatmeal, brown rice, quinoa and barley are all examples of whole grains.

Legumes

Legumes, such as beans and peas, are good sources of complex carbohydrates and protein. They also contain fiber and research suggests they help to lower cholesterol, prevent heart disease and aid in weight management. Research by the National Institutes of Health (NIH) indicates that a diet rich in plant-based foods, including legumes, lowers the risk of developing type 2 diabetes and, for those who have diabetes, improves both glycemic and lipid control. NIH research also shows that regularly eating legumes may help lower total and LDL (“bad”) cholesterol levels. Legumes also are rich in potassium, magnesium, and fiber, which have a positive impact on blood pressure management.

Common types of beans include kidney, cannellini (white), navy, fava, black, pinto and soy (edamame). Peas can include green peas, black-eyed peas, chickpeas and lentils.

A legume salad can be made from a combination of cooked legumes, chopped herbs, lemon juice, olive oil, salt and pepper. Consider adding cooked legumes to prepared rice, quinoa, beef stew, chili and soups.

Yogurt

Yogurt and other fermented foods contain probiotics, which is “good” bacteria that helps to regulate digestion and lessen inflammation. “Probiotics provide good bacteria for the gut, which helps to build a stronger immune system,” said Byrd.

In addition to maintaining regular digestive health, probiotics can help treat conditions such as irritable bowel syndrome, inflammatory bowel disease and diarrhea.

Yogurt is probably the best known and most easily accessible probiotic food. But soy drinks, miso, tempeh, sauerkraut, and Korean kimchi (fermented vegetables) are also great sources of probiotics.

Dark chocolate

Dark chocolate is rich in polyphenols, antioxidants, and minerals such as iron, magnesium, copper, manganese, potassium, phosphorus, zinc and selenium. Frequent eaters of dark chocolate may experience a host of heart-healthy benefits, including lower blood pressure, LDL (“bad”) cholesterol and risk of heart disease. One of the reasons dark chocolate is especially heart-healthy is its inflammation-fighting properties, which reduces cardiovascular risk. A Swedish study found that women who ate more than 45 grams of chocolate a week had a 20 percent lower risk of stroke.

But there is one major caveat. Only dark chocolate that contains 60 percent or higher cocoa has a health benefit. Due to its high caloric count per serving, chocolate of any variety should be consumed in moderation. Diabetics should choose a sugar-free option, recommends Byrd. “When people taste a higher concentration of cocoa, they are surprised by the lack of sweetness,” she said. “You won’t be tempted to overeat.”

While no food is a cure-all or “magic pill” for good health, these superfoods pack a nutritional punch that makes them worthwhile for seniors to incorporate into their diets.

Alicia M. Colombo is editor of Milestones.



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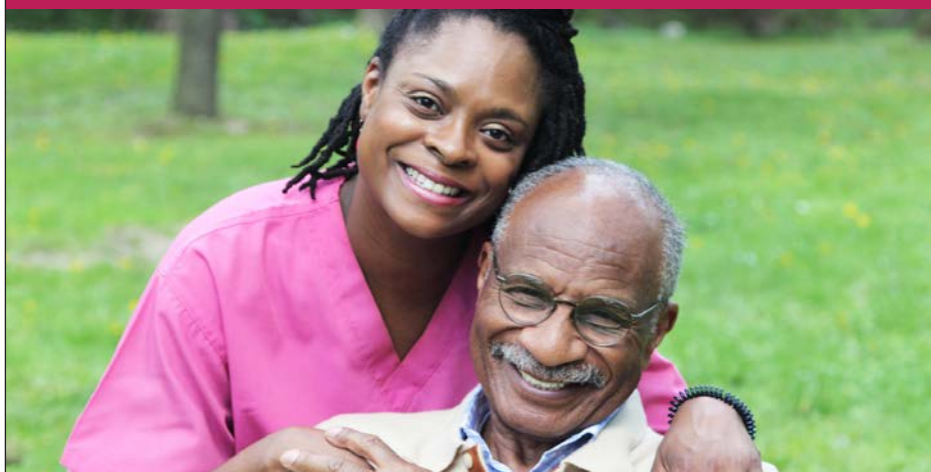
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Eating Well

Book reveals city's many 'unique eats'

By Linda L. Riley

"I eat for you," says Irene Levy Baker. She's smiling – but she's not joking. In fact, for a year and a half, she dined out in restaurants almost every night. The result: "Unique Eats and Eateries of Philadelphia," published in September, which provides both an insider's guide to delicious food and behind-the-scenes stories about the restaurants.

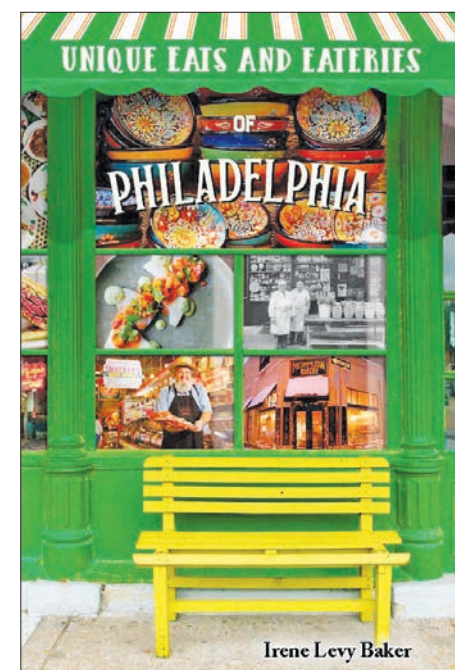
"I was like a food detective," she says. Ferreting out the quirkiest stories and narrowing down her selection of bistros, bars, bakeries and breweries took 18 months, but she said the real research for the book took place while she was working in the city's hospitality industry the past 25 years.

The book is unlike other restaurant guides. The choice of entries was based first on great food, but there also had to be a good story behind it. One example – the attempted murder of alleged mafia member Nicodemo S. Scarfo while he was dining at Dante & Luigi's Corona Di Ferro – is a notorious episode in South Philadelphia's history. The restaurant, located at 762 S. 10th St., has been around for more than 100 years and serves traditional meals such as osso bucco, a veal shank dish; sweet breads; and cheese gnocchi, based on recipes brought from Sicily by owner Michael LaRussa's mother and grandmother.

Vegan fare, sweet treats

Far more charming but less well-known is the story behind Miss Rachel's Pantry, also located in South Philadelphia, at 1938 S. Chadwick St. Baker recounts that when Rachel Klein was 5, she told her mother she "didn't want to eat anything with faces." And she stuck to it throughout her childhood. Then, in 2005, she opened her own vegan (and kosher) BYOB. To sample her vegan knishes, cannolis and other delights, you have to reserve a seat in advance. The six-course \$65 prix fixe dinners are served only on Friday and Saturday nights, and "the pantry" seats just over a dozen people.

Baker also lists more than a dozen other lower-priced vegan, vegetarian and vegetarian-friendly establishments, many serving



Courtesy: Reedy Press

entrées for \$10 and under, including the Center City restaurants V Street, HipCity Veg, Mama's Vegetarian and Goldie.

The book also includes establishments that provide an array of sweet treats, such as Bassett's Ice Cream in Center City, America's oldest ice cream shop; Kaplan's New Model Bakery in Spring Garden – which, despite the name, is the city's oldest Jewish bakery; Southwark's Rim Café, where an expatriate Frenchman with a flair for the dramatic offers coffee, hot chocolate and dessert prepared with a flourish; and Pop's Homemade Italian Water Ice in Passyunk, where Filippo "Pop" Italiano's six grandchildren are still serving up the traditional treats he started selling from a pushcart in 1932.

International flavors

Philadelphia's ethnic delights include the Lebanese-inspired Suraya, named the "Best New Restaurant of 2018" by Philadelphia Magazine. At the self-described "all-day market and café, restaurant and outdoor garden," located at 1528 Frankford Ave. in Kensington, you can start with coffee, tea and pastries at 8 a.m. and eat your way through lunch, happy hour, dinner and a nightcap. And then there's Frieda, where food is only the start of what's offered. Breakfast and lunch are served, along with opportunities to learn Yiddish or

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Social work

• continued from page 1

be difficult in the short amount of time we have, but it makes all the difference.”

She advises the assessors she supervises to “treat every consumer with the same respect and dignity with which you would want someone to treat your loved one. Be open and empathetic – but don’t be afraid to ask the difficult questions.”



Paola Noguerras

PCA Service Coordinator Mark Kendrick, left, talks with PCA long-term care participant Doris Fuller in her home.

Building relationships

In the continuum of long-term care, service coordinators like Mark Kendrick step in after the level-of-care assessment is complete and the medical and financial eligibility for services has been determined. Kendrick is among 145 service coordinators at PCA who work with participants to help create, implement and monitor a comprehensive individual care plan. “I consider social work to be a personal calling, one that impacts positively on society,” he said. “This work provides me with the opportunity to build fulfilling relationships.”

Kendrick is a service coordinator for Options, one of the Pennsylvania programs serving frail older adults needing home- and community-based long-term care. Through Options, which PCA administers in Philadelphia, a wide variety of services may be provided, depending on need, such as personal care, home-delivered meals and transportation assistance. Kendrick helps facilitate these services by letting participants know what is available, then arranging to implement the services through the providers they choose. He makes periodic home visits and phone calls to help ensure participants’ well-being.

“My greatest satisfaction is connecting people to programs and services they need and seeing their joy when they are able to manage their daily lives better,” he said.

Investigating elder abuse

As an investigator for PCA’s Older Adult Protective Services (OAPS), Tia Kelly exemplifies a key facet of social work: responding to crisis or imminent danger. PCA’s 30 OAPS investigators are responsible to investigate reports of abuse, neglect and exploitation for people 60 and older in Philadelphia and to help to reduce any and all risks.

PCA’s Helpline – 215-765-9040 – takes reports 24/7 of any form of elder abuse – physical, emotional, sexual, financial, neglect

and abandonment, or self-neglect. Kelly has responded to emergency cases at all hours of the night and on the weekends when she is on call.

“One of the hardest parts of my job is seeing the abuse that occurs in the elderly population,” she said. When she is able to intervene to stop the abuse and provide much-needed assistance to at-risk elders, the reward is worth the effort. On one occasion, she remembers helping an older man who was suddenly at risk of being homeless after his apartment building was condemned by Philadelphia’s Department of Licenses and Inspections. “I was able to locate his sister and convince her to allow him to stay with her until he found permanent housing,” she said. OAPS provided him with an air bed, blankets and a pillow so his sister could accommodate him. “Cases like this make my heart smile,” Kelly said. Many other times, she has referred seniors to PCA’s LTCA department for a level-of-care assessment and connection to services when they were unable to adequately care for themselves and didn’t know where to turn.

In addition to holding the types of positions mentioned in this article, social workers who assist older adults also work in senior community centers, hospitals, nursing homes and rehab facilities; serve as program directors or counselors; and function in other capacities. Social work can also include policy-making and community planning; and clinical diagnosis and treatment of addictions and mental, behavioral and emotional disorders. If you have a passion to empower and advocate and a love for helping people, social work may be for you.

For more information on working at PCA, visit pcaCares.org/jobs.

Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

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March 2019

SUNDAY

3

Amici Opera Presents 'Don Quichotte.' 4 p.m. Redeemer UMC. 215-224-0257. \$

DAYLIGHT SAVINGS TIME BEGINS 10
(Spring Forward)

Philadelphia St. Patrick's Day Parade. Route begins at Broad Street, travels around City Hall to Market Street & ends at Penn's Landing. Noon through 3 p.m. philadelphiastpatsparade.com. (Also televised)

ST. PATRICK'S DAY 17

Indoor Goat Yoga. Philly Goat Project hosts a yoga class featuring Nigerian Dwarf goats. 2 p.m. Cliveden Carriage House. Register: 215-848-1777. \$

24

Free Health Screenings. Height, weight & blood pressure readings. 10 a.m. to 1 p.m. Headhouse Farmers Market. 215-575-0444.

31

Annual Brunch. Elegant buffet & music by violinist Claudia Pellegrini. 10:30 a.m. The Congregations of Shaare Shamayim. Register by March 25: 215-677-1600.

MONDAY

4

Baking with Donna Shaid & Naomi Sheftack. 1 p.m. Congregations of Shaare Shamayim. 215-677-1600.

11

Spinning Yarns. Relaxing, low-key evening of crafting. All fiber arts welcome. 6:30 p.m. Fumo Family Library. 215-685-1758.

18

Workshop: Healthy Eating on a Budget. 11:30 a.m. Center in the Park. 215-848-7722, ext. 221.

25

Mindfulness Meditation. Peaceful hour of guided meditation. 12:30 p.m. Fumo Family Library. Register: 215-685-1758.

TUESDAY

5

Mardi Gras Party. Dancing, raffle prizes & light refreshments. 12:30-2:30 p.m. Marconi Older Adult Program. 215-717-1969. \$

12

Musical Performance by Cantor Don Samuels. Refreshments served. 7 p.m. Congregations of Shaare Shamayim. 215-677-1600.

19

Email Basics. Learn to use email & set up your own free account. 12 p.m. Frankford Library. 215-685-1473.

26

Yoga for Adults. Inclusive class for all skill levels. 7 p.m. Northeast Regional Library. 215-685-0522.

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.

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Email:
milestonesnews@pcaCares.org

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

WEDNESDAY

6

AARP Tax Preparation. Free in-person tax preparation services. 10:30 a.m. West Oak Lane Library. Register: 215-685-2843.

Dinner & Opera: Mascagni's 'Cavalleria Rusticana.' 6 p.m. Sicilian Trattoria. Presented by Amici Opera Co. Register: 267-642-2109. \$

Healthy Steps for Older Adults. Workshop to implement safety measures at home & improve body awareness. 10 a.m. to 2 p.m. Marconi Older Adult Program. 215-717-1969.

FIRST DAY OF SPRING

20

AARP Tax Preparation. Free in-person tax preparation services. 10:30 a.m. West Oak Lane Library. Register: 215-685-2843.

High Tea Fashion Show. 1 p.m. Congregations of Shaare Shamayim. Register by March 15: 215-677-1600. \$

Older Adult Lunch. Make & enjoy a delicious plant-based lunch. Space is limited. 1 p.m. South Phila. Free Library. Register: 215-685-1866.

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THURSDAY

7

Medicare Educational Workshop. Learn the basics about Medicare, Medicare Advantage & Medicaid. 1 p.m. Mercy Neighborhood Ministries. 215-227-4393. (Thursdays) \$

Elements of Drawing. 12:45-2:45 p.m. KleinLife: NE Phila. 215-698-7300. (Thursdays through April 4) \$

Grief & Loss Support Group. 1 p.m. Marconi Older Adult Program. 215-717-1970.

Trip: Sands Casino in Atlantic City. 9:30 a.m. to 5 p.m. Center in the Park. Register: 215-848-7722, ext. 225. \$

21

Hands-On Tour: Discovering Native American History. Explore how Native Americans engaged with European settlers. 6:30 p.m. The Rosenbach. Register: rosebach.org.

28

Grief & Loss Support Group. 1 p.m. Marconi Older Adult Program. 215-717-1970.

Single & Mingle Social. Featuring games & refreshments. 1 p.m. Center in the Park. 215-848-7722, ext. 225. \$

FRIDAY

1

AARP Tax Preparation. Free in-person tax preparation services. 10:30 a.m. South Phila. Library. Register: 215-803-6402.

Franklin Square Opens for 2019 Season. 10 a.m. to 7 p.m. Franklin Square. 215-629-4026.

8

INTERNATIONAL WOMEN'S DAY

Mahjong Lessons. Learn how to play with four lessons from Linda Brown. Space is limited. 10:30 a.m. to 1 p.m. KleinLife: NE Phila. Register: 215-698-7300. (Fridays in March.) \$

15

Hands-On Tour: Shaping Shakespeare. Explore some of the Bard's earliest books. 3 p.m. The Rosenbach. Register: rosenbach.org. \$

22

Everyone with Diabetes Counts! Educational empowerment program for people with diabetes or pre-diabetes & their caregivers. 10 a.m. to noon. Mercy Neighborhood Ministries. 215-227-4393. (Continues for six weeks.)

29

Laptops for Tax Time. Reserve a computer & private room to prepare tax returns. 11 a.m. Tacony Library. Register: 215-685-8755.

SATURDAY

2

Philadelphia Flower Show: Flower Power. 11 a.m. to 9 p.m. Pa. Convention Center. theflowershow.com. 215-988-8800. (Through March 10) \$

9

Cookbook Club. Featured book: "The Malaysian Kitchen" by Christina Arokiasamy. Prepare a meal & enjoy it together. 12:30 p.m. Phila. City Institute. Space is limited. Register: 215-685-6621.

16

Environmental Geology: Humans & the Earth. Study the interaction between humans & their environments. 12 p.m. Phila. City Institute. Register: 215-763-6529, ext. 23.

23

Urban Medicine Cabinet. Make home first aid ointments & learn about the beneficial properties of specific herbs & flowers. 2 p.m. Walnut Street West. 215-685-7671.

30

Financial Wellness Day. Free tax preparation & money-saving resources. 9 a.m. to 3 p.m. Parkway Central Library. 215-686-5322.

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Eating Well

Milestones readers share favorite recipes

Eating well can often include enjoying time-honored recipes that have been passed down through the family or that were created through one's own ingenuity. Milestones readers from local senior community centers answered a recent invitation to share their favorite recipe and the story behind it. Enjoy!

Oyster fritters Submitted by Lois Kellum



Ingredients:

1 cup of pancake mix
2/3 cup fat-free milk
1/4 tsp. baking powder
1/2 packet of Splenda
Touch of salt
1 tbsp. dried parsley flakes
1 tbsp. vegetable oil
1 can whole oysters
1 egg or egg white (your choice)
1 tsp. traditional or lemon pepper Mrs. Dash

Directions:

Mix all dry ingredients together. Add milk to dry ingredients to form a batter. Add oysters to batter and blend in with a fork.

Put vegetable oil in the bottom of a non-stick frying pan, covering the bottom. When the pan is hot, drop mixture into the pan using a tablespoon. When it bubbles, turn once. Serve with syrup.

Lois Kellum, 79, lives in North Philadelphia and is a member of Philadelphia Senior Center – Allegheny.

Shepherd's pie Submitted by Angela Wright



Ingredients:

1 lb. ground beef or turkey
1 bag frozen peas
1 bag frozen corn
4-5 potatoes
1/4 cup shredded cheese

Directions:

Cook the meat and season to your liking. Add peas and corn; mix together. Spread the mixture over the bottom of a square roasting pan

Boil potatoes and mash as you normally would to make mashed potatoes.

Spread potatoes evenly over meat mixture. Sprinkle cheese on top and put in the oven at 350 degrees. Bake until golden brown, about 30 minutes.

Cut and serve; it's a full meal in one pan!

Angela Wright, 76, lives in Germantown and attends Center in the Park senior center.

I have been making this recipe since my early childhood, when I would watch and help my mother in the kitchen. As I got older, it became a household staple for my children, with my son requesting it after coming home from a deployment in Alaska. He only wanted warm shepherd's pie!

Hoppin' Johns Submitted by Sandra Owens

My family is originally from Charleston, South Carolina. This recipe is sacred to my family. It has been passed down from generation to generation, from my great-great-grandmother to my daughter. We make this dish on New Year's Eve to ring in the New Year. It's served with green vegetables and fried chicken, which I added. Traditionally, it is believed that this meal brings us luck to sustain us throughout each year.

Ingredients:

1 bag (16 oz.) cowpeas
2 cups chicken stock
4 to 5 pieces smoked meat
2 cups white rice
1 pack (8 oz.) chicken-flavored rice
1 tsp. salt
1 tsp. pepper
1 tsp. garlic

Directions:

In a large saucepan, cover cowpeas and meat with water. Add everything except the rice and chicken broth. Bring to a boil, then cook on medium until beans are tender and half the water is absorbed.

Add rice and chicken stock. Cook until all liquid is absorbed and the rice is dry. Let stand for 10 minutes before serving.

Sandra Owens, 67, lives in East Falls and is a member of Philadelphia Senior Center – Allegheny.

Stuffed Gorgonzola Chicken Breast Submitted by Julia Davis

I enjoy watching cooking shows on the Food Network and other channels. I came across this recipe a while back and decided to try it. I've been cooking it ever since as a way to spice up plain chicken. The cheese really gives it a little something extra.

Ingredients:

2-3 pieces of boneless, skinless chicken breasts
1 pack of Gorgonzola cheese

Directions:

Butterfly chicken breast and season as you like. Spread the Gorgonzola cheese over the split chicken breasts. Close the ends, securing with toothpicks.

Transfer the stuffed chicken breasts to a flat baking sheet pan. Bake at 325 degrees until done, about 35 minutes.

Serve with your favorite sides or eat alone.

Julia Davis, 75, lives in Mount Airy and attends Center in the Park senior community center.

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:**

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SENIOR CENTER SPOTLIGHT

Enjoying good food, friends is prominent at Lutheran Settlement House

By Michael Hanisco

Located on a busy stretch of Frankford Avenue in the booming Fishtown section of Philadelphia, Lutheran Settlement House (LSH) has been serving food and friendship to children, adults and families in Philadelphia since 1902. The nonprofit organization houses a senior center that caters to the needs of older adults. Almost 50 older adults, many of them lifelong residents of the gentrifying neighborhood, attend the center daily.

“Our core mission is to empower individuals and families to achieve and maintain self-sufficiency,” said Meg Finley, director of senior services at LSH. “We know that in order to make this possible and be successful in the other programming that we provide, meeting basic needs, such as access to healthy food, is key.”

Nutrition is weaved into the fabric of LSH’s senior center programming. Twice a week, fresh produce is distributed to members through a partnership with Philabundance. On a recent visit, volunteers stuffed members’ bags with lettuce, cherry tomatoes, peppers and potatoes as members ate breakfast or played bingo in the next room.

The center also houses a food pantry open to all individuals in need. The pantry is stocked through community donations and food drives and partnerships with local organizations, including Share Food Program, the Archdiocese of Philadelphia, and Philabundance.

On the third Thursday of every month, LSH hosts a community meal that is open to all members of the community. Senior center volunteers usually prepare these monthly meals, but increasingly, local businesses and restaurants have been pitching in to provide food and drinks.

“By providing produce, dry goods, cooking classes and nutrition education to our members, we are empowering [them] to take control of their own health and focus on other areas of their lives, such as living an active lifestyle, learning new skills or building healthy relationships,” said Finley.

Those relationships are what make LSH truly important to members like Anna Antczak.



Michael Hanisco

Volunteer Margaret Wible fills bags with produce from Philabundance at Lutheran Settlement House Senior Center in Fishtown.

Taking a break from sharing silly YouTube videos with her friends, Antczak explained what keeps her coming back to LSH.

“If you’re depressed or disgusted, you come in here,” she said. “You forget. You laugh and carry on. I had high blood pressure. When I started coming here, my blood pressure went down and now I don’t have to take pills for it.”

Antczak, who often urges other seniors in the community to visit LSH, describes herself as the center’s designated hugger. “You give hugs in the morning and they give it back to you. If you forget [the hug], they let you know about it,” she said.

She and her friend, Dorothy Brown, ride to the center every day with member Kathleen Cram, a resident of Fishtown for more than 20 years. Antczak and Cram discovered that they were close neighbors only after meeting and becoming friends at LSH, proving the se-

nior center’s power to bring the community closer together.

While putting the finishing touches on a bedazzled T-shirt – a gift she’s making for a friend – member Theresa Venhaus explained that LSH has played a major role in her life since childhood. A lifelong resident of near-by Kensington, she used to come to LSH as a child while her mother ran errands in the neighborhood. Later, she enrolled in GED classes at the center. Now, like Antczak, she is a daily visitor to the senior center and an advocate for it among her peers.

During this particular day’s visit, she brought an extra bag along to collect produce for a neighbor and said she’s actively trying to recruit another friend to visit the center with her. She volunteers often during the monthly community meals, which allows her to meet new people in the neighborhood she’s known her whole life.

Though she mostly enjoys crafting during the day, she is quick to point out the wide variety of programming at LSH and explains that there really is something for everyone.

“I start off by asking people what they like to do for fun,” Venhaus said. “Bingo? We have that. You don’t like Bingo? We do sewing, quilting, needlepoint, arts and crafts, fabric painting, chair yoga, and all kinds of classes. Come whenever you’re ready to try something.”

Lutheran Settlement House Senior Center, located at 1340 Frankford Ave. in the Fishtown section of North Central Philadelphia, is open weekdays from 8:30 a.m. to 4:30 p.m. For more information, call 215-426-9610 or go to lutheransettlement.org/senior-services.

Michael Hanisco is multimedia communications specialist at Philadelphia Corporation for Aging (PCA).

Unique eats

• continued from page 6

Mandarin, join a drawing class or a French conversation group, play mahjong or bridge, or start an activity of your own.

Suraya is just one among many restaurants whose international flavors bear witness to Philadelphia’s history as a city of immigrants. Of course, there’s Italian, both old – at Ralph’s Italian Restaurant in the Italian Market – and new, at Gran Caffè L’Aquila in Center City; Malaysian at Saté Kampar in Passyunk; Israeli at Zahav in Center City; Vietnamese at Vietnam Restaurant, Café and Fu-Wah Mini Market in Center City; and Laotian at Vientiane Café in Kingsessing.

Those who have food allergies will find details in the book on places where it’s safe to dine. Among them, the most comprehensive is Farmer’s Keep, located at 10 S. 20th St. in Center City. The offerings are free of gluten, dairy, eggs, shellfish and nuts. Gluten-free menu items can be found

at Cheu Noodle Bar, Citizens Bank Park, Taffets Bakery & Store, Posh Pop Bakeshop, and P.S. & Co.

Helpful tips

Drawing on her 25 years of experience, Baker also includes invaluable tips, such as the best time to go to Reading Terminal Market (before 11 a.m. and after 4 p.m.), strategies for scoring a table at the hottest restaurants, and where to have a great holiday meal.

Published by Reedy Press, “Unique Eats and Eateries of Philadelphia” is available at UniqueEatsPhilly.com and Amazon.com for \$20.95, and in bookstores. For tips about local restaurants and activities, follow Baker on Facebook and Instagram at [100thingstodoinPhiladelphia](https://www.instagram.com/100thingstodoinPhiladelphia).

Linda L. Riley is an award-winning journalist, book author and former editor of Milestones.

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Café kitchen

• continued from page 1

up to 100 guests: seniors from this economically challenged neighborhood, homeless individuals and people in addiction treatment programs housed nearby. Others may walk in as well. All are welcome at this North Philadelphia church's "café kitchen."

Kennerly, a former children's day care worker, has been operating the café kitchen for more than 20 years. In 2017, she was honored by the Emergency Fund Coalition for Older Philadelphians with its Community Service Award for her dedication to serving seniors in need.

Crosby joined her on a regular basis five years ago, after she retired from her job as a telephone services manager. "It was something I wanted to do," Crosby said. "Mom and I put our resources together and buy what's needed. We make sure that those who God sends to us can eat. We don't turn anyone away." Additional financial help is sometimes supplied through the church.

This day in January was bitterly cold, but Kennerly was undeterred. "We still have to

open, because life still goes on," she said. "We have to be here to do what we do."

The meals are preceded by a 15-minute devotional, a talk on a spiritual topic often led by Bernard Smith, Christ servant lay minister at Haven Peniel. "People really enjoy it. It does something for them," Crosby said of the devotional. "The café kitchen is here to provide both physical and spiritual nourishment."

Café kitchen volunteers, most of whom are older adults, serve the diners their food and beverages as a sign of respect. "It's not just the food, but what goes on preparing and serving a meal for them," Crosby said. "They know that somebody cares."

That empathy is rooted in Haven Peniel's tradition that "we are all one family," Smith said. "Some people may be more blessed than others, but any one of us is really only one step away from being hungry or in need. We're here to help anyone and everyone if they tell what their needs are."

In addition to the café kitchen, the church is a host site for the monthly distribution of the Share Food Program's food packages for seniors. On the third Wednesday of each month,

bags filled with nutrient-rich foods including vegetables, fruit, dairy products, cereal and meat are distributed to older adults in need. The food is supplied to Share through the U.S. Department of Agriculture's Commodity Supplemental Food Program. Kennerly has overseen distribution of the food packages for close to 25 years. Working with that program inspired her to establish the café kitchen to more fully address nutrition needs in the community.

Many seniors are glad she did. "I come whenever I get a chance," said regular café kitchen diner Rosa Watson, 84. "I really enjoy it."

"Jean and Jennifer are wonderful people," said Carmelina Dill, another regular, who lives in a nearby senior housing facility. "I love it here. I come to see everybody and socialize."

Arlenia Roberts is a senior who volunteers with the program to serve the diners and also enjoys the meals herself. "The food is delicious," she said, "and that cornbread Jean makes is just excellent."

The Haven Peniel United Methodist Church café kitchen is open from noon to 1 p.m. on

Tuesdays. The Share food package distribution takes place the second Wednesday of the month from 10 a.m. to noon, and recipients must show a photo ID. For more information, call the church at 215-765-7119.

Marcia Z. Siegal is public relations manager for Philadelphia Corporation for Aging (PCA).

Crossword puzzle solution

(See page 15 for clues.)



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Help defeat senior malnutrition

Malnutrition is one of the most serious issues facing seniors in America. Nearly one-third of seniors admitted to the hospital each year are malnourished. Philadelphia Corporation for Aging (PCA) is working to tackle the problem. PCA offers several programs that provide seniors with healthy food and is also a member of Defeat Malnutrition Today, a national coalition of more than 80 organizations and stakeholders working to defeat malnutrition in older adults.

In Philadelphia, the senior population is often overlooked in the discussion of poverty and hunger. However, about 135,000 Philadelphia seniors live in poverty. Many of them can't access nutritious foods and don't know where to turn. That's where Defeat Malnutrition Today with PCA comes in. "We're working to educate seniors, family members, the community at large and caregivers about the signs of malnutrition and connect seniors to nutrition resources in their communities," said Louis Colbert, PCA's vice president of operations.

Among the nutrition resources available to Philadelphia seniors are three food programs funded and managed by PCA:

- **Communal meals** – Each day, 2,000 older adults enjoy a meal and socialization at a PCA-funded senior community center.

- **Home delivery** – More than 4,600 seniors receive tasty, healthy hot or frozen meals through PCA's home-delivered meals service each year.
- **Free produce** – PCA distributes Senior Farmers' Market Nutrition Program produce vouchers to more than 37,000 income-eligible Philadelphia seniors each summer. The vouchers are good for \$20 worth of Pennsylvania-grown fruits and vegetables.

Defeat Malnutrition Today with PCA

PCA is spearheading a collaborative city-wide effort to address food insecurity and malnutrition among Philadelphia's older adults through proactive health care strategies, education and advocacy. This new initiative will work to combat senior hunger by helping to connect older adults to the resources they need through local health care, social service and community-based organizations. Milestones will share updates and developments on this growing initiative in future issues.

For more information about PCA's food programs, call the PCA Helpline at 215-765-9040 or go to pcaCares.org.

Check out phillyfoodfinder.org to locate food resources near you.

Crossword

What's my line?

Solution

The solution can be found on page 14.

Across

- | | | | |
|--|---------------------------------|----------------------------|-----------------------------------|
| 1 Races an engine | 20 To the very end | 37 Forty winks | 52 Has experience |
| 5 Potentates | 23 Main line | 38 Backup squad | 58 Out of the wind |
| 10 Letters from Greece | 24 Court separators | 41 First lady | 60 Accusation |
| 14 Commentator Severeid | 26 <i>Lost Horizon</i> director | 42 Trouser feature | 61 <i>Disasters of War</i> artist |
| 15 Fame | 29 Pouch | 43 Gaelic | 62 Twist |
| 16 Beards | 31 Pollution-control | 44 Party on the Hill: abbr | 63 Che's compatriot |
| 17 <i>The African Queen</i> screenwriter | 32 gr. | 45 Sailor | 64 "____ no kick..." |
| 18 Fatal neckware | 33 Jai _____ | 46 Sits | 65 Roster |
| 19 Auto mishap | 34 Archimedes' utterance | 47 Hideaway | 66 Foils |
| | | 49 Kennedy widow | 67 Cipher |

Down

- | | | | |
|---------------------------------|--------------------------------------|-----------------------|--------------------------|
| 1 Scan | 11 Taste enhancers | 28 Heart helpers | 49 Composition |
| 2 Hens | 12 Newhart establishment | 29 Evening, in Rome | 50 Low card |
| 3 Opinion | 13 JFK arrival | 30 Actor Tamiroff | 51 Cads |
| 4 Film script | 21 Shelley's _____ | 32 Church areas | 53 Spouse |
| 5 Domingo, for one | 22 Like Machu Picchu | 34 St. Vincent Millay | 54 Cut |
| 6 Composer Joplin | 25 Meager | 35 UN member | 55 Walt Kelly's creation |
| 7 Hilo hello | 26 Prepared for a heist | 36 1 or 66: abbr. | 56 Gave the once over |
| 8 Bring down the house, in Soho | 27 Secondary school exam, in Britain | 39 Explosive, briefly | 57 Pall |
| 9 Mulligan or Irish | | 40 Of the earth | 58 Leatherworker's tool |
| 10 Chaplain | | 46 _____ contra | 59 Chou En-_____ |
| | | 48 Bungling | |

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