

## IN THIS ISSUE

### MULTICULTURAL PHILADELPHIA

**Reader essays:**  
 race relations in Philly...4, 5



**Free food vouchers:**  
 for low-income seniors....13



**Health Brief.....2**  
**Calendar.....10**  
**Don's Column.....19**  
**Crossword.....19**

**NEXT MONTH:**  
**Independence**



Paola Noguerras

**Nancy Lisagor stitches bargello patterns, which are precise needlepoint designs, on an embroidery cloth in her Rittenhouse Square home.**

## Stitching in color: Artful embroidery

**By Constance Garcia-Barrio**

If the colors and patterns in Nancy Lisagor's embroidered pillows came with sound effects, you might hear popping firecrackers or the wild conclusion of Ravel's "Bolero" upon seeing them.

Lisagor, 68, creates precise needlepoint designs consisting of upright stitches laid in a mathematical pattern. This method, known as bargello, was developed in Italy and Hungary centuries ago. The name originates from a series of chairs found in the Bargello palace in Florence that have a flame stitch pattern. Other classic bargello shapes include diamonds and medallions, but patterns can vary depending on the arrangement of the vertical stitches. Lisagor often gives the shapes a twist and selects hues that almost cry aloud.

Lisagor's chosen art medium, which she discovered in 2012, is an outgrowth of her roots. "I grew up in Elgin, Illinois, a small town out-

side of Chicago where all the ladies used to knit a lot," she says. "I learned to knit when I was in fourth grade."

Her schooling and career put her artistic passion on hold for almost 30 years. As a young woman, Lisagor came to Philadelphia to pursue her graduate studies. She earned a master's degree in criminology and a Ph.D. in sociology, both from the University of Pennsylvania. She met her husband, native Philadelphian Frank Lipsius, while living in the city.

When her two sons – now 29 and 32 – were small, Lisagor had to hunt for family events in Philadelphia. "There was a big information gap," she said. That need led her in 1989 to launch MetroKids, a monthly magazine that provides a resource for parents about family activities in the Delaware Valley. Lisagor recently stepped back from the production and editorial side of the publication and now oversees MetroKids as the president.

• continued on page 17

## Multicultural Philly

### Many cultures unite at senior center

**By Marcia Z. Siegal**

Angelo Peltekis and Apostolos "Paul" Tolis, both Greek immigrants, sit talking on a bench in the lobby of the Northeast Older Adult Center (NEOAC) at 8101 Bustleton Ave. In the kitchen, Italian-born Giovanna Garofalo is volunteering to help serve lunch. A group of women from Honduras, the Dominican Republic, Colombia and other Latin American countries, as well as the U.S. territory of Puerto Rico, meet in an activity room for crochet lessons conducted in Spanish. With many of its members hailing from foreign lands, the center is reminiscent of a mini-United Nations. The center takes pride in its diversity.

Most NEOAC participants are from the center's Rhawnhurst Northeast Philadelphia neighborhood, which has high proportions of Asian, Eastern European, Latin American, African, South American and Caribbean immigrants. But, as Tolis emphasizes, no

• continued on page 16



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Paola Noguerras

**Enjoying a game of cards at the Northeast Older Adult Center are Carlomago Castro, left, and Tomas Elizabeth Bucio, both natives of the Philippines.**





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[ LGBT Pride Month | June ]

## Health Brief

# LGBT seniors are at a higher risk for cancer, heart disease, depression

LGBT older adults are at a higher risk for three chronic health conditions: cancer, mental health issues, and cardiovascular disease, according to the National Council on Aging (NCOA).

The higher risks for the aging LGBT community can be attributed to a number of factors, including discrimination in health care. Approximately eight percent of lesbian, gay and bisexual individuals report being denied needed health care based on their sexuality, according to researchers. That number is 27 percent for transgender and gender-nonconforming individuals. Seniors who have faced discrimination may put off doctors' appointments or important health screenings out of anxiety or embarrassment.

Doing so can be especially detrimental in instances of diseases such as cervical and anal cancer, when early detection is crucial to successful treatment. The NCOA notes that LGBT older adults are more likely to have risk factors associated with several types of cancer, including breast, cervical, testicular, prostate and colon.

Members of the LGBT community are also at higher risk of depression, loneliness and suicide later in life. Fifty-nine percent of LGBT older adults report that they lack companionship, and 53 percent feel isolated, according to the NCOA. It is widely reported that feelings of isolation put seniors at a higher risk for depression and other mental health issues. Discussing feelings of loneliness or depression with a doctor may help members of the aging LGBT community find a roadmap for happiness and increased mental health through therapy, medication or some combination of both.

Heart disease affects the lives of 29 percent of adults 65-plus. That rate may be even



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**It is important for LGBT seniors to discuss all aspects of their health with their doctors.**

higher for members of the LGBT community due to higher instances of cigarette smoking and alcohol abuse among the LGBT population. Abstaining from smoking and drinking alcohol, while eating a balanced diet and exercising regularly, can drastically reduce the risk of cardiovascular disease. Hypertension (or high blood pressure), diabetes and high cholesterol are all risk factors associated with heart disease. Regular screenings for these conditions are important for all seniors, including those in the LGBT community.

While lifestyle impacts some of the risk factors for chronic conditions, much of the increased risk in the aging LGBT community stems from past or present discrimination. It is vitally important for LGBT seniors to feel safe and comfortable discussing all aspects of their lives with doctors and caregivers.

Seniors who may be reluctant to share their sexual orientation with their health care professionals can find an online directory of LGBT-friendly doctors in the Philadelphia area through the LGBT Elder Initiative website at [lgbtellderinitiative.org](http://lgbtellderinitiative.org).

Source: NCOA.org

# Milestones

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## Multicultural Philly

## Senior center members share their personal stories about culture

Members of "The Best Day of My Life (So Far)" storytelling group at Philadelphia Senior Center – Avenue of the Arts and Asian Pacific Resource Center, 509 S. Broad St., answered the callout from Milestones and submitted personal essays on this month's theme, "Multicultural Philly." These essays, which appear below and on the facing page, describe very different experiences of racial relations in Philadelphia.

### I'll never forget Bunny, my 'blue-eyed soul sister'

By Delores Wilson

#### READER SUBMISSION

As an African-American, growing up in a racially mixed neighborhood was a big plus for me. My very first girlfriend, Bunny, was Irish-American. We were both 5 that April when we met and would turn 6 the following September. We were inseparable, having good, clean fun all the time.

*I learned at that moment that prejudice was taught, and I had never been raised that way.*

We were typical busy kids back then, hanging out like Spanky and Our Gang. We'd rollerskate and play jacks. We were avid readers, and we would tell stories to each other. Each of us would take turns telling a different part of the story, but each part had to blend together. We went swimming together at Huntington Park, but we didn't swim in the pool. We swam in the lake. We would have sleepovers. Her mom worked at Fisher's Restaurant. It always had a huge line snaking around the whole block, and I always thought that when I grew up, I'd eat at Fisher's, and I did! Bunny and I even tried on each other's mother's dresses.

It was the 1950s, and the Civil Rights Movement was at the forefront of the news at that time. Confused, I asked my parents, who were both Southerners, how I should speak to my white friend. They said, "People are people." That settled it for me. I learned at that moment that prejudice was taught, and I



Alicia M. Colombo

**Delores Wilson fondly remembers her first friend and the effect their friendship has had on her life.**

had never been raised that way.

Bunny and I remained friends until we both turned 12 that September. Bunny's mother remarried, and they moved to Florida with her new husband.

When the time arrived for Bunny to leave that evening, we both hugged each other and promised to keep in touch.

As the car cruised down the street and her face pressed against the back window, I thought, "My blue-eyed soul sister, I'll never forget you," as tears rolled down my face.

*Delores Wilson is a retired nurse who lives in the Logan section of Philadelphia. She has two adult children and six grandchildren.*



## Navigating racial privilege in the housing market

By Frances H. Bryce

### READER SUBMISSION

During my freshman year at A&T University in Greensboro, North Carolina, one of my classmates and I were in the same chemistry class. He was from Philadelphia, and I met his friend when he visited our campus. The next year, my future husband attended the same school where I was a sophomore. We married, and I moved to Philadelphia.

My neighbor and I had kids the same age, so that was the beginning of our long friendship. She was white and I black, but the race issue never was a problem. Our kids grew up like brothers and sisters. When my white friend was out alone with my son, she told me that she received a look that she felt was unpleasant. I did not detect any feelings of resentment when I had her son (who was white) with me.

Fast forward to the 1990s when my husband and I were looking to buy a house in Philadelphia. My husband called a realtor, who happened to be white, to show us some houses that were for sale. When my husband walked in the door to meet the realtor he said, "Mr. Bryce, I didn't know you were black." At that time, realtors did not show houses in many areas to black buyers. When my husband contacted another realtor, that realtor took him to an area that was known to be experiencing "white flight," where most

*We had many experiences that showed us that black people did not have the same privileges afforded to white people.*

of the houses on the block had "For Sale" signs. These houses were populated by white families who were eager to move when someone in the neighborhood sold their house to a black family. The homes that we saw contained threadbare rugs and drapes, which the owner was proud to point out to us like it was a selling point. After one such visit, my husband told the realtor, "Perhaps, you do not know what we are looking for." We would not go to see any more homes in that area.



Alicia M. Colombo

**Frances Bryce encountered racism when house-hunting in Philadelphia.**

We started looking for a house near Henry Elementary School in Mount Airy, a public school that had an outstanding reputation for preparing kids with a solid base to succeed in life. I read an ad in a real estate guide that listed a house for sale in the area of the school and contacted the owner. We purchased that house and lived there for many years, before my husband was relocated to California.

We had many experiences that showed us that black people did not have the same privileges afforded to white people, who could buy a house in any neighborhood they choose. That was not the case at the time for black citizens.

We both had careers that had few minorities in leadership positions. General Electric, where my husband worked as a scientist, and other large companies had policies that kept the race issue at bay. The workplace shielded us from the everyday biases that we often experienced in our daily lives, as was the case for many people of color. I worked in research for 30 years studying how enzymes affected the body of people who were being treated for mental disorders.

*Frances H. Bryce lives in Center City. She is retired, is a widow and has two grown children who live in California.*

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[ Flag Day | June 14 ]

## Betsy Ross: Did she or didn't she?

By Dorothy Stanaitis

As mid-June 1943 approached, our teachers at James Rhodes School in West Philadelphia spent hours having us practice the patriotic songs we'd be singing in our annual Flag Day ceremony. Since our parents and the general public would be invited to the outdoor performance on the school playground, the teachers wanted to be proud of us.

We were already familiar with some of the patriotic songs we would be singing, since they were often part of our daily morning assembly programs. But this year a new song had been added. We had heard the melody before. It was "Columbia, the Gem of the Ocean," but now we had to learn new words for it.

This new song was called "Betsy Ross Lived on Arch Street, Near Second."

Well, no one in our class had ever seen Ross' Arch Street house, and no one was exactly sure who Ross was and why she was fa-

mous enough to have her own song. We were soon to learn.

The new song lyrics included, "George Washington came down to see her to order in a brand new flag."

So that was it. Betsy Ross sewed our very first flag.

*"Six white stripes and seven pretty red ones,  
Thirteen stars upon a field of blue. It was  
The first flag our country ever floated.  
Three cheers for the red, white and blue."*

We learned that Francis Hopkinson, a member of the Continental Congress from New Jersey and a signer of the Declaration of Independence, had designed the flag, but Betsy Ross had made a special suggestion.

She knew that many of the new flags would be needed and quickly. Hopkinson had placed six-pointed stars on his original design. Ross showed George Washington and his flag committee how, with a few clever folds and just one snip of her scissors, she



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could make a graceful five-pointed star, saving both time and material. That was something to cheer about.

Our class put a lot of exuberance into singing about those cheers for the red, white and blue. The mothers pushing strollers and several people from the neighborhood who gathered around the playground clapped enthusiastically at the new song, which became part of every Flag Day ceremony thereafter.

Ross had an honored place in our history, and millions of visitors have followed George Washington's example by going to see her house on Second Street over the years. But some historians have questioned the accuracy of the story.

It seems that the only documentation for Ross' patriotic needlework was an 1870 affidavit sworn before the Historical Society of Pennsylvania by her grandson, William Canby; daughter, Clarissa; and a few other family members saying that Ross frequently told

the story of how George Washington, who had often asked her to sew the ruffles for his shirts and sat in a pew near hers at church, came along with two other members of the Flag Committee and asked her to sew that first flag.

But although there were receipts for money paid to Ross for sewing ships' "colors" (or flags) for the Pennsylvania State Navy Board, there were none for the Stars and Stripes. Ross' supporters responded that some of her papers were accidentally burned in the 1800s and could have included the necessary receipts, especially since no other seamstress ever came forward with one.

So we are left with the question: Did she or didn't she? I don't think there is any doubt what the answer would be if you happened to ask that question of any of the James Rhodes singers of 1943.

*Dorothy Stanaitis is a certified Philadelphia tour guide who writes about history and culture.*

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## Multicultural Philly

# International folk dancing has wide appeal

By Barbara Sherf

When Bill Wadlinger came home one evening after a long day at work, his wife, Carol, handed him a catalog from Cheltenham Adult Evening School with International Folk Dancing circled on the page.

"I was really hesitant, as I broke up with a girlfriend in college over the issue of dancing," said Bill, who had no idea this would eventually turn into a 41-year endeavor. The couple learned a variety of dances from cultures including Macedonian, Hungarian, Greek and Turkish. "But it was fun. I enjoyed it so much," he said. "The music is so different from regular popular music, and learning new steps engages the mind."

Following the 10-week class, they went to a five-day dance workshop in the Poconos and started joining other groups throughout the city. They learned more than a dozen types of dances from various cultures including Hungarian, Romanian, Israeli, French Cana-

dian and Greek. "I was so smitten by all this that I bought several records of [international music to accompany] the dances I'd learned," said Bill, who was teaching English as a second language at Beaver College (now Arcadia University).

"When spring break came, the American students vacated the campus in droves," Bill said. "But all of my students ... Saudis, Kuwaitis, Iranians, Venezuelans, Japanese ... could not easily go home for a week." In an effort to find a way to occupy his foreign students during the break, he offered to teach them some dances in the dormitory lounge. At the end of the first session, he asked if they wanted to continue. The interest grew, and the dances moved to a community gym, eventually drawing in dancers from the wider community.

"It wasn't such a huge leap," he said of his transition from dance student to teacher. "I'd always been a teacher and was gutsy enough to think that if I could do it, I could teach

it. Once I'd taught those international students a few times, I was, as they say, 'hot to trot.'"

Carol worked as a computer programmer and had never done any teaching. Initially, she wasn't too interested in teaching, only in dancing. But she soon became involved with teaching as well and has become very good at it, according to Bill.

In 1977, the Erdenheim, Montgomery County couple founded Beaver Folk Dancing ([beaverfolkdance.org](http://beaverfolkdance.org)), named after Beaver College, where Bill first began teaching.

Dance groups often have a "culture corner" to give dancers a chance to hear and discuss stories. When the Wadlingers teach the danc-

es, they point out cultural points of interest. "For example, we did a dance, called Hora Miresii, or 'Bride's dance' in Romanian," Bill said. "This is a dance which a bride may do in her home, with her friends, before going to the church for the wedding. But it isn't the only Hora Miresii in Romania; many villages may have the same custom, but with their

• continued on page 12



Courtesy of Bill and Carol Wadlinger

**Bill and Carol Wadlinger lead an international folk dance class at Center on the Hill in Chestnut Hill.**

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## Multicultural Philly

# Reaching out to help African and Caribbean immigrant seniors



Paola Nogueras

Samuel Oronto-Pratt, left, and Moses Kamara, both natives of Sierra Leone, enjoy a game of bingo at Southwest Senior Center.

By Marcia Z. Siegal

African-born elders, as well as those who immigrated from Caribbean nations like Haiti, Jamaica and the Dominican Republic, are two of Philadelphia's fastest-growing segments of foreign-born seniors, according to the 2016 American Community Survey. Together, these groups comprise 22 percent of the city's older immigrant population. A third of African elders and 23 percent of Caribbean elders lack proficiency in English. Nearly a third of both groups have one or more disabilities. More than a fifth are low-income.

Among this population is Samuel Oronto-Pratt, 76, who immigrated to the U.S. 21 years ago from the then-war-torn West African country of Sierra Leone. Since English is that country's official language, Oronto-Pratt was fortunate to be able to navigate the transition to Philadelphia without language barriers. For several years until he retired, he supported himself by working as a taxi driver and driving a van transporting adults with developmental disabilities. However, other African immigrant seniors are not so lucky, he said. "Some may have a roof over their head, but



PCA initiative

food is a problem. Some cannot even afford to buy clothing."

### Not knowing where to turn

Oronto-Pratt tells of a Liberian-born older woman he knows who is isolated and destitute. She had worked as a live-in caregiver, but since her last client died, she has not been able to find work and faces her own medical issues. She lives alone, without savings. Her lack of English skills makes it difficult for her to communicate with others outside of her immigrant community.

"I took her to the welfare office to apply for benefits," said Oronto-Pratt, in reference to the Philadelphia County Assistance Office. "As a result of that, she was able to get Medicaid and food stamps and to solve some of her problems," he said. Having Medicaid coverage enabled the woman to readily access hospital care when she needed it. She thanked Oronto-Pratt for his kind assistance in helping her connect to these benefits. He told her there was still more she needed to do, namely, "to contact PCA and let the agency help her with aging services."

Knowing that the African and Caribbean

• continued on page 14

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# June 2018

## SUNDAY

3

**Yoga in the Greenhouse.** All-levels vinyasa yoga class. Not suitable for first-time yogis. Bring a mat. 1-2:30 p.m. Fairmount Park Horticulture Center. Register: 215-988-9334. \$

10

**Ostomate & Continent Diversion Support Group.** 2-4 p.m. Pa. Hospital, Cheston Conference Room, 2nd floor. 267-231-4517.

## MONDAY

4

**Philadelphia Senior Games: Billiards & Bowling.** Women's billiards: 10 a.m. at West Oak Lane Senior Center. Bowling: 7 p.m. at V & S Lanes. 215-685-2736. philadelphiagames.org. \$ (Through June 8)

11

**Civil Rights Across the Centuries.** 6 p.m. National Constitution Center. 215-409-6767. \$

## TUESDAY

5

**Farmers' Market.** 12-2 p.m. Klein Life: NE Phila. 215-698-7300. (Tuesdays throughout summer)

**Mah Jongg.** 1-3 p.m. Center in the Park. 215-848-7722.

**Philadelphia Senior Games: Men's Billiards.** 10 a.m. West Oak Lane Senior Center. 215-685-2736. philadelphiagames.org. \$ (Through June 8)

12

**Father's Day & June Birthday Party.** Cake & entertainment by Greg Albert. KleinLife: Northeast Philadelphia. 215-698-7300.

## 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:

ATTN: 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.

## FATHER'S DAY

17

**Jazz in the Park: Tara + DM Hotep Middleton and Tim Brey.** 3-7 p.m. Spruce Street Harbor Park. 215-922-2FUN.

24

**Family Art Cart: Things that Go.** Play games, sketch & make art among the masterpieces. 12-3 p.m. Phila. Museum of Art. 215-684-7580. \$

18

**Pearl Harbor: Day of Infamy.** Presentation about the events leading up to the attack, the attack itself & its aftermath. 6 p.m. Fox Chase Library. 215-685-0547.

25

**Intergenerational Vision Board Party.** Work with children to map out goals. 10 a.m. Center in the Park. 215-848-7722.

**Trip: Cape May, N.J.** Transportation, buffet lunch & show, shopping, visit Sunset Beach & trolley ride. 7 a.m. to 7 p.m. Presented by Marconi Older Adult Program. 215-717-1971. \$

19

**Ageless Grace with Juan.** 10 a.m. Center in the Park. 215-848-7722.

**Are You Street Smart?** Safe pedestrian habits, seatbelt use & safe driving. 1:30 p.m. Phila. Senior Center – Avenue of the Arts. 215-546-5879.

**Mah Jongg.** 1-3 p.m. Center in the Park. 215-848-7722.

26

**AARP Safety Refresher Course.** Sharpen driving skills. 9 a.m. to 3 p.m. Phila. Senior Center – Avenue of the Arts. 215-546-5879. \$

**African-American Journeys.** 1-2 p.m. Center in the Park. 215-848-7722.



# LGBT Pride Month

## WEDNESDAY

**Philadelphia Senior Games:**  
**Bowling.** 11 a.m. Thunderbird Lanes.  
215-685-2736. philadelphiagames.org. \$  
(Through June 8)  
**Rubber Stamp & Card Making Class.**  
2:30-4:30 p.m. Center in the Park 215-  
848-7722. \$

6

## THURSDAY

**Brain Health Workshop.** 10-11:30 a.m.  
Center in the Park. 215-848-7722.  
**Philadelphia Senior Games: Golf,**  
**Putting & Driving.** 8 a.m. John F. Byrne  
Golf Course. 215-685-2736.  
philadelphiagames.org. \$ (Through  
June 8)

7

## FRIDAY

**Chair Yoga.** 10:30 a.m. Marconi Older  
Adult Program. 215-717-1969. (Fridays) \$  
**Volunteer Information Session.** Mentors  
needed to help K-3 children learn to read.  
9:30 a.m. AARP Foundation Experience  
Corps. 267-592-4459. (June 8)

1

## SATURDAY

**Philadelphia Senior Games Begin.**  
Health screenings,  
fitness demos/classes. Indoor & outdoor  
events: 10-11:30 a.m. at Father Judge  
HS. Swimming: 2 p.m. at Lincoln HS.  
215-685-2736. philadelphiagames.org.  
\$ (Through June 8)  
**Summer Flea Market.** 8 a.m. to 2 p.m.  
Hayes Manor Retirement Residence.  
215-473-1552

2

**Book Club.** Discuss "Underground  
Railroad" by Colston Whitehead.  
10:30 a.m. Coleman Library. 215-848-7722.  
**Celebrate National Iced Tea Day.** All day.  
Center in the Park. 215-848-7722.  
**Philadelphia Senior Games: Game Day.**  
Pinochle, Scrabble & Darts. 10 a.m.  
West Oak Lane & Northeast Older Adult  
senior centers. 215-685-2736. philadel-  
phiagames.org. \$

8

**Early Bird Weekends.** Start your day  
early with a visit to the garden. Opens at  
8 a.m. Morris Arboretum. 215-247-5777.  
(Saturdays & Sundays through Sept.) \$

9

**Table for One: The Challenge of  
Loneliness in a World of Couples &  
Families.** Psychologist Cindy Baum-  
Baicker discusses loneliness as a public  
health problem. 11 a.m. Parkway Central  
Library. 215-686-5331.

13

## FLAG DAY

**Trip: Philadelphia Harrah's Casino.**  
8:30 a.m. to 2 p.m. Presented by  
Marconi Older Adult Program. Register  
by June 5 for boxed lunch: 215-717-  
1971. \$

14

**Balancing Dollars & Sense.**  
Workshops & community resources  
on housing & finances for people 55+.  
8:30 a.m. to 3:30 p.m. Center in the Park.  
215-848-7722.

15

**Chekhov's "Three Sisters."** Set in a small  
Russian town, showcasing Victorian  
women. 2 & 7 p.m. Ebenezer Maxwell  
Mansion. 215-438-1861. (June 16 at 2  
p.m. & June 17 at 6:30 p.m.) \$

**2018 Health Fair: Walking for Your  
Health.** Health screenings, vendors,  
health information, gospel choirs, free  
food, activities & more. Health walk: 8  
am. Fair: 10 a.m. to 4 p.m. Deliverance  
Evangelistic Church. 215-226-7600.

16

**Health Programs.** Blood pressure  
screening, 9:30-11 a.m. Vaccine  
education, 1:30 p.m. Center in the Park.  
215-848-7722.  
**Living Alone Successfully.** 11 a.m. Mar-  
coni Older Adult Program. 215-717-1969.  
**The Soul of the Machine: Can Robots  
Become Our Friends & Companions?**  
11 a.m. Parkway Central Library. 215-  
686-5331.

20

## FIRST DAY OF SUMMER

**Champions of Magic.** Group of five  
world-class illusionists performs. 7:30  
p.m. Merriam Theater. 215-393-1999.  
(Through June 24 at various times) \$

21

**Coffee & Coloring.** 10:30 a.m. Color  
away stress & relax with others. Supplies,  
tea & coffee will be provided. Whitman  
Library. 215-685-1754.

22

**Manayunk Arts Festival.** Variety of fine  
arts & crafts from around the country. 11  
a.m. to 7 p.m. Main Street in Manayunk.  
215-482-9565. manayunk.com. (June 24,  
11 a.m. to 6 p.m.)

23

**Are Animal Companions the  
Answer to Human Loneliness?**  
Veterinarian & cat lover Holly Peltz  
discusses the power of animals to enrich  
& transform human lives. 11 a.m. Park-  
way Central Library. 215-686-5331.

27

**Tai Chi for Adults with Darrell Bryant.**  
Healthy & stress-relieving break in the  
middle of your day. 1:30 p.m. Oak Lane  
Library. 215-685-2848.

28

**CIP's Got Talent.** Talent show featuring  
senior singers, dancers, musicians, poets  
& magicians. 1 p.m. Center in the Park.  
Register to perform: 215-848-7722. \$

29

**Baskets of Love for Our  
Treasured Seniors.** White laundry  
baskets filled with non-perishable  
goods distributed free of charge to  
people 60-plus. Photo ID required.  
10 a.m. to 12 p.m. Helping Hands  
Ministry, Inc. Register: 267-595-9000.

30



## Ask the Expert

# Serving older adults with different language needs

### QUESTION:

*Does PCA serve seniors who do not speak or write English?* (Anonymous)

### ANSWER:

PCA serves non-English-speaking seniors in a number of ways. The agency is committed to engaging diverse communities and addressing their varied concerns.

PCA has multilingual staff to help meet the needs of ethnic communities. PCA further helps seniors who have limited English-language skills to access aging resources and services by translating printed and electronic materials into various languages. PCA's website, [pcaCares.org](http://pcaCares.org), provides automatic translation into 15 languages. In addition, staff have access to the Language Line, a telephone in-

terpretation service that they can use to assist with communication.

The PCA Helpline (215-765-9040) also has five dedicated language telephone lines for conversing entirely in Chinese (215-399-49440), Korean, (215-399-4941), Vietnamese (215-399-4942), Khmer (215-399-4940) and Hindi (215-399-4943). And PCA refers seniors with limited English proficiency to legal services and benefits and entitlement agencies to ensure they receive appropriate advocacy.

PCA staff often meet with the leaders of the agency's Asian and Latino advisory councils, as

well as leaders from the African and Caribbean community, to ascertain the most important issues impacting these ethnic groups. This information is vital to helping PCA plan events, as well as education and information sessions, that meet the specific needs of various communities. Finally, PCA presents annual conferences for limited- English-speaking communities and provides appropriate language interpretation at these events.

*Wanda Mitchell is director of community relations at Philadelphia Corporation for Aging (PCA).*



PCA's Wanda Mitchell

### It's your turn!

Send Milestones your questions about aging-related issues. We will print select questions – along with answers from experts at Philadelphia Corporation for Aging (PCA) – in upcoming issues. Submit your name, address, phone number and question to [milestonesnews@pcaCares.org](mailto:milestonesnews@pcaCares.org) or:

**Milestones Editor, PCA**  
642 N. Broad St.  
Philadelphia, PA 19130

*Milestones reserves the right to edit submissions for print.*

## Folk dancing

• continued from page 8

own dance and song to accompany it."

Over the years, they have worked together to teach dancing at festivals, multicultural fairs, houses of worship, community events and private affairs ranging from bar/bat mitzvah celebrations to birthday parties. The Wadlingers have organized countless work-

shops and concerts, bringing nationally and internationally known dance teachers, musicians and folklorists to Philadelphia.

On any given Friday afternoon at Center on the Hill, housed in the Presbyterian Church of Chestnut Hill, typically 15 participants come out to dance and connect. The weekly dance sessions feature music and steps from the Balkans: Bulgaria, Romania, and Serbia plus Hungary, Greece, Israel, France and more.



Courtesy of Bill and Carol Wadlinger

**Dancers at Center on the Hill in Chestnut Hill engage in an international folk dancing class that is held weekly.**

Louie Asher, 68, travels more than a half-hour from Merion to start her weekend with dancing from 1-2:30 pm. "They are both great teachers and do a nice assortment of dances," Asher said. "I always appreciate Bill's pointing out stylistics so you can get a certain aesthetic of the dance. I just hope we can attract more from the younger generation."

Once Bill retired in 2008 as Director of Academic Computing at Chestnut Hill College, the couple had time to travel to countries where the dances originated. "We go to folk dance camps where really good teachers will tell you about the background of the dance," Bill said. "We've gone to Romania, Greece and Canada."

Carol, 65, who grew up playing the piano and flute and later added the concertina, likes to add some Israeli, Italian and French dances to the couple's repertoire. No partner is needed as most dances are done in lines and circles. "There is always a mix of teaching and just dancing," Carol said.

Roxborough resident Carol Sandler has participated in international folk dancing for 30 years but feels strongly connected to the Wadlingers and their group.

"They are so welcoming to new people

as well as advanced dancers. It's more than dancing," said Sandler. "It's a community who comes together to enjoy wonderful music, learn about the history of the dance and new steps. Bill and Carol do it for the joy they get out of it and it shows."

The couple also plays in two folk dance bands, Ajde (rhymes with Friday) and International Folk Sounds, which provide music for many regional dance groups and festivals. Carol plays the flute and sings while Bill plays guitar, mandolin and Macedonian tambura, which is a stringed instrument with an unusual sound.

The Wadlingers will continue learning, dancing and playing music in a weeklong Balkan music and dance camp in the Lower Catskills of New York this summer.

\* \* \*

For more information about the Friday folk dances at Center on the Hill, go to [folk-dancefridays.org](http://folk-dancefridays.org) or call Bill Wadlinger at 215-233-9399. For more information about other locations for folk dancing in Philadelphia, go to [phillydances.org](http://phillydances.org).

*Author, speaker and writer Barbara Sherf tells the stories of businesses and individuals.*



## Free produce vouchers available to income-eligible Philadelphia seniors



iStock

By Alicia M. Colombo

Nearly 32,000 Philadelphia seniors skip meals each year due to a lack of money. One way to help combat hunger among the elderly is to increase their access to affordable, healthy foods. Philadelphia Corporation for Aging (PCA) is a member of the Defeat Malnutrition Today Coalition, a national group of more than 65 organizations and other stakeholders working to defeat malnutrition among older adults. PCA offers programs that provide seniors with a daily nutritious meal to help keep them healthy. In addition to daily home-delivered meals and weekday meals served at senior centers, both of which are provided year-round, PCA manages the distribution of vouchers redeemable for fresh produce every summer.

PCA will begin distributing \$20 worth of Senior Farmers' Market Nutrition Program (SFMNP) produce vouchers to more than 36,000 income-eligible Philadelphia seniors June 25 and will continue while supplies last. Eligible Philadelphia seniors may use the vouchers to purchase seasonal Pennsylvania-grown produce at certified farmers' markets throughout the city.

"The Senior Farmers' Market Nutrition Program is huge among our senior population," said PCA's Amanda De Leo, registered nutrition and dietetics technician, who manages voucher distribution for the agency. "With the warm weather, participants have a great opportunity to check out what's in season and try different produce than they usually would."

The vouchers will be distributed at PCA, 642 N. Broad St., on weekdays from 9 a.m.



to 4 p.m., and at other sites throughout the city, including senior community centers. A popular distribution location where the vouchers can be used on-site is the Reading Terminal Market, 12th and Arch streets. Vouchers will be distributed there on Wednesday, July 11 and July 25, from 10 a.m. to 2 p.m. (For a list of all produce voucher distribution sites and farmers' markets where the vouchers can be spent, call the PCA Helpline at 215-765-9040.)

This program meets a real need among older adults. "Food deserts, which are areas that are scarce in fresh, healthful foods, are sprinkled throughout the city, which largely inhibits our seniors from consuming the proper amount of fresh produce," De Leo said. "This program gives them the opportunity to take advantage of the produce they wouldn't usually have available to them in their neighborhoods."

Eating a diet rich in produce helps prevent digestive issues and disease while maintaining a healthy weight and heart. Fresh produce that is in season is always the most healthy option.

### Eligibility

Income-eligible Philadelphia residents who will be 60 or older by year's end may receive the vouchers. The 2018 household income limits are \$22,459 for an individual and \$30,451 for a couple. (Add \$7,992 for each additional household member up to six people.) Proof of age and Philadelphia residency are required. The vouchers can be spent in \$5 increments through Nov. 30.

Alicia M. Colombo is editor of Milestones.



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## Helping immigrants

• continued from page 9

immigrant populations rank among the city's most vulnerable older adults, Philadelphia Corporation for Aging (PCA) is intensifying its efforts to reach out to them and to identify and address their needs.

### A new collaborative

PCA has facilitated a new collaboration with leaders from the African and Caribbean communities in both Philadelphia and Delaware counties. Launched in 2015, the African and Caribbean Elder (ACE) initiative includes representatives of more than 30 groups serving elders from these communities. Its major goals are to connect older African and Caribbean adults to opportunities and services that will reduce isolation and depression, to introduce those older adults to health resources that will combat chronic conditions, such as diabetes and hypertension, and to increase participants' awareness of resources and enhance their ability to access needed information and services.

The Rev. John K. Jallah, who came to the U.S. as a Liberian refugee in 1997 and helped to establish the Agape African Senior Center 18 years ago, participates in this ef-

fort. "African and Caribbean elderly immigrants are challenged linguistically culturally, socially and economically," Jallah said. "In America, these elders are like 'fish out of water,' unable to relate. It is impossible for them to adjust without adequate help. They need an effective, culturally sensitive outreach that will enable them to know what they need to know to age well in Philadelphia."

The challenge of accessing resources and services is pressing for both newly settled and longtime immigrants. Many find it difficult to assimilate. Often their children depend on them to babysit their grandchildren while their children work outside the home. "These elders are unable to independently access the health and assistance services they need," Jallah said.

In Philadelphia, the ACE collaboration has helped to inform its members about PCA services and to advise PCA of how to most effectively reach out and meet the needs of African and Caribbean seniors in the city.

PCA's Community Relations Department targets underserved minority populations on the grassroots level, developing advisory collaborations with community leaders and stakeholders and overseeing an outreach program that responds to requests for PCA participation in community health fairs and

other events, including many in minority and immigrant neighborhoods.

Sandra Lawrence, the department's interfaith outreach coordinator, helps to spearhead the department's outreach to African and Caribbean elders through ACE, as well as through PCA's Clergy-Aging Interfaith Coalition. Faith-based organizations serving African and Caribbean immigrant elders are part of the coalition.

Houses of worship are a strong part of immigrant traditions, Lawrence points out. Many African- and Caribbean-born seniors feel comfortable and welcomed in those settings and gravitate to congregations that their fellow immigrants attend. "They come not only to worship but for socializing and fellowship," Lawrence said.

### A 'second home'

Southwest Philadelphia is home to many of Philadelphia's African and Caribbean immigrants. Southwest Senior Center, a PCA-managed senior center at 6916 Elmwood Ave., has become a regular gathering place for many immigrants, including Haitian-born Marie Belfort. "I always encourage people I know to come," Belfort says. "I tell them the senior center can help you when you are getting old. It can help you keep busy and exercise and not dwell on your problems. You can do ceramics, help with gardening ... If you have a bill you do not understand, you can bring it in and talk to the counselor. They receive you with joy here, and they give you food!"

Lemu Batapaye's relative brought her to the center two years ago. Since then, this shy Liberian immigrant has continued to come on her own. "When she first came she always kept her head down. She wouldn't look at anybody," remembers Oronto-Pratt, who has befriended her at the center. But, increasingly, she has opened up. Batapaye sits with other African elders for the meal at lunchtime. She goes to Bible study and exercise class, plays bingo, and joins in musical activities. Other members at the center have reached out to her. She has picked up some English language skills by being there and says she no longer always has to depend on someone to translate for her when she ventures outside her immediate community. "Now she looks you in the eye, and she smiles," Cunningham said. "She is finding her way."

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

## Resources for African and Caribbean elders

- Philadelphia Corporation for Aging (PCA), 642 North Broad St.; [pcaCares.org](http://pcaCares.org); PCA Helpline: 215-765-9040 (Language interpretation service provided):
- African-Caribbean Elder Initiative or the Clergy-Aging Interfaith Coalition: Sandra Lawrence: 215-765-9000, ext. 5342; [Sandra.Lawrence@pcaCares.org](mailto:Sandra.Lawrence@pcaCares.org).
- PCA's Community Relations Department: To request participation in a community health fair or other event: Wanda Mitchell: 215-765-9000, ext. 5340; [Wanda.Mitchell@pcaCares.org](mailto:Wanda.Mitchell@pcaCares.org).
- Southwest Senior Center: 6916 Elmwood Ave.; 215-937-1880. For information about other PCA-supported senior centers, call the PCA Helpline or go to [pcaCares.org](http://pcaCares.org) and click on "Services for Seniors," then "Senior Centers."
- Africom (Coalition of African and Caribbean Communities – Philadelphia): 6328 Paschall Ave., Suite A; 267-206-6633; [info@africom-Philly.org](mailto:info@africom-Philly.org).
- Agape African Senior Center: 229 N. 63rd St.; 215-667-1531.
- Multicultural Community Family Services, 7016 Terminal Square, Suite 1-A, Upper Darby; 484-461-8660 (Social Service Division); [pkamara@mcsf.org](mailto:pkamara@mcsf.org).
- Tambasons Global Human Services Inc.; 215-939-6764; [tambasonsglobal-humanservices@gmail.com](mailto:tambasonsglobal-humanservices@gmail.com).

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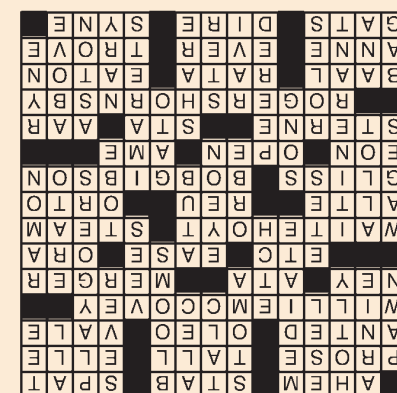
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## Crossword puzzle solution

(See page 19 for clues.)





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## Recipe Box

### Thai Shrimp Curry

(Servings: 4-6)

This brightly colored curry is the most popular curry used in Thai cuisine. The green color comes a combination of fresh coriander (cilantro), kaffir lime leaf and basil. These herbs are often combined with fresh green chilies and ingredients such as lemongrass, shrimp paste, garlic and shallots. Jarred curry paste will give you the flavor with fewer ingredients, preparation and cost.

#### Ingredients:

- 1 tbsp. vegetable oil
- 1 cup thinly sliced small onion
- $\frac{1}{3}$  cup chopped scallions, white and green parts (approx. 4-5 scallions)
- 2 garlic cloves, minced
- 2  $\frac{1}{2}$  tbsp. Thai green curry paste
- 1 (14-oz.) can coconut milk
- $\frac{1}{4}$  cup water
- 2 tbsp. fish sauce
- 1 tbsp. brown sugar
- 2 lbs. large, extra large or jumbo shrimp; peeled and deveined (see note)
- $\frac{1}{4}$  cup chopped fresh cilantro, Thai basil or Italian basil (or a combination)
- Lime wedges



iStock

#### Directions:

Heat the oil in a large skillet over medium-high heat. Add the onions and cook, stirring frequently, until soft, about 3 minutes. If the onions start to brown, reduce the heat to medium. Add the scallions, garlic and green curry paste, and stir-fry for 2 minutes more. Add the coconut milk, water, fish sauce and brown sugar, then bring to a gentle boil. Add the shrimp and cook, stirring frequently, until the shrimp are pink and just cooked through, 3-4 minutes. Sprinkle with the cilantro (or basil) and serve with jasmine rice and lime wedges.

Note: Frozen shrimp labeled "shell split and deveined" can be substituted for fresh shrimp. To defrost, run under warm water, then peel.

Source: *Once Upon a Chef*

## Cultures unite

• continued from page 1

matter their background, people come together for shared activities, like billiards and exercise and computer classes, and make friends well beyond their ethnic groups.

"This is a nice place for older people," says Tolis, who calls the center his "second home."

After his wife died, Tolis says, he had nobody to talk to. "I was lonely, and someone told me to come here," he says. Along with the friends he has made, the daily hot lunch offered by the center is an attraction for him. "The food is nice, and there's plenty of it," he says.

Rapid-fire Spanish conversation punctuated by laughter and occasional expressive sighs animates a room where the Latino social group shows off the colorful baby blankets they are making. Crochet instructor Juanita Danzot's expertise is evident in the exquisite baby sweater she had made.

"We feel so good to be together," says Nilda Matos, who is still at the beginning stage of her crochet project. "When everybody is here, we have as many as 30 people."

"If anybody has a problem, we talk about it," says Danzot.

In addition to social groups, members enjoy bingo, dancing and dominoes at the center. "And especially, we love to dance," says Martha Pineda.

"We have a good time," summarizes Nora Perez. "We don't feel old here."

Born in Puerto Rico, Miriam Morales has resided in the U.S. since childhood. Like many at the center, she joined soon after she retired, at the recommendation of a friend who assured her, "You're going to like it." She still enjoys center activities but, after volunteering in the kitchen for several years, has become a paid kitchen supervisor.

Iraqi native Ahmed Hameed first came to NEOAC to play billiards but subsequently decided to devote some time volunteering in the kitchen to help serve the lunches. "I like to help anyone who needs it," he explains, adding, "This is a good place. Everyone gets along."

Kitchen workers Morales, Hameed and Garofalo enjoy an easy camaraderie in heating and assembling lunches. "I like to get the meals ready," Garofalo says. "I love all the people here. Everyone is so different ... I am friends with everybody. If you make contact with your eyes and you listen, you can connect with anyone."

All the center participants come together when lunch is served. Some tend to group themselves by nationality so they can converse in their native language, but few tables are exclusively populated that way.

Tomasa Bucio immigrated to the U.S. from the Philippines six years ago and joined NEOAC at the recommendation of a friend. She sits at one of three dining tables occupied mostly by Filipino immigrants. Bucio is an



Paola Nogueiras

**Carlos Medina, who was born in Puerto Rico, enjoys a game of billiards at Northeast Older Adult Center.**

enthusiastic booster of the center. "There is live dancing, and you meet new people here," she says. She offers to share the homemade Filipino fish and rice dishes she has brought for lunch with others at her table so they can enjoy her native cuisine.

"The people at the center are very nice," she says. "Everybody mingles. They are all my friends."

\* \* \*

Northeast Older Adult Center (NEOAC), 8101 Bustleton Ave., is open weekdays from 8 a.m. to 4 p.m. The center provides lunch; recreational, fitness and cultural activities; benefits counseling; support groups; and transportation assistance. NEOAC is operated by Philadelphia Parks & Recreation and receives funding from Philadelphia Corporation for Aging (PCA). For more information, call the center at 215-685-0576.

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

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## Stitching

• continued from page 1

The new role gives her more free time, and she has circled back to the needlework arts that are reminiscent of her childhood. "When people ask me what I'm doing these days, I tell them about my bargello pillows," said Lisagor, who has lived in Rittenhouse Square for 30 years. But the pillows provide much more than a ready response to questions about her life. They've become a font of creativity. "It's like painting with yarn," Lisagor says. "I find interesting designs in pattern books, and then I choose the colors for each project."

She finds inspiration not only in books but through experience. "I had the pleasure of seeing amazing aboriginal art when my husband and I traveled to Australia," Lisagor says. "I saw such extraordinary patterns. It struck me that I could do something similar with yarn." She has also developed patterns

from Amish quilts and Mexican textiles.

Sometimes Lisagor chooses colors depending on the design, or she may have a person's background and preferences in mind. For instance, she has made pillows for everyone in her family, selecting colors according to the lifestyle or inclinations of each of her relatives. "The pillow for my brother has lots of white and yellow because we grew up in the Midwest, in corn country, and I wanted to convey that life history through the colors," Lisagor says. One of her sons attended Penn's Wharton School of Business, so his pillow showcases the school's colors: blue and red.

Sometimes patterns and colors simply provide a point of departure. "There's a certain amount of serendipity," she says. "I may vary the size of the stitch or the color to produce a different shape or impression. For instance, I can create a 3-D effect using certain colors and stitches." As for mistakes, she simply incorporates them into the design. It takes about three to four weeks to complete a design, since she is only able to work on a piece in her free time. "It's relaxing, sort of like meditating," Lisagor says. "I listen to books while doing it."

Lisagor's pillows have gone far beyond her family circle. In 2014, they were exhibited at the Stadler-Kahn Gallery, 1724 Sansom St. Decorators have also purchased her pillows for their clients. "I can make pillows with a certain color scheme," Lisagor says, explaining that bargello can also serve as covers for chair cushions or for piano benches. "They can cost upwards of \$300."

Lisagor has high hopes for her art. "I'm waiting to be discovered by more decorators and fans," she said. She may be well on the way. The April issue of *House Beautiful* featured a room whose sofa has her pillows covering it.

\* \* \*

To view Nancy Lisagor's bargello work, visit her Instagram page at @NancyLisagor.

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



Paola Noguerras

**Bargello needlepoint created by Nancy Lisagor displays the varied stitches typical of this style.**



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## Multicultural Philly

# Growing up in Italian neighborhood spurs interest in culture, language

By Barbara Sheff

Born and raised in Mount Vernon, New York, Elena (Levister) Verzieri fondly remembers playing with the children and grandchildren in a neighborhood of predominantly Italian immigrants. "When we were playing and their parents and grandparents would come out and speak to them in Italian, I said, 'I've got to learn that language,'" says Verzieri, who is African-American.

And she did exactly that. Her neighborhood friends and their families taught her many words and phrases that were helpful while she was growing up and set the stage for a storied career teaching Italian.

Verzieri married Robert Hatcher, a career navy man. The couple moved to Philadelphia when Hatcher was stationed at the Philadelphia Naval Shipyard. When he was transferred to Mississippi, Verzieri remained behind in Philadelphia and enrolled in the

foreign languages program at Temple University while her daughters were just toddlers. Verzieri felt she wanted a career in addition to having children, and she did not want to rely solely on her husband's income.

In 1974 she graduated with a Bachelor of Science degree in foreign languages and was awarded a Fulbright scholarship. The scholarship program provides grants for U.S. graduating seniors, graduate students, young professionals and artists to study abroad before entering the work world. The decision was clear for Verzieri: to use the grant to travel to Italy and immerse herself in the native language and customs before returning to Philadelphia seeking both a divorce and employment in her field.

"In the early '70s the Philadelphia School District needed a couple of Italian teachers, and I applied," Verzieri says. "That's where I encountered a little problem when I was told that a person of color had never taught Italian



Courtesy of Elena Verzieri

**Elena Verzieri has embraced Italian culture and taught the language in Philadelphia schools.**

in Philadelphia schools. I fought it and stuck it out until I was eventually hired to teach Italian in an elementary school in South Philly for two years and then went on to teach at the high school level."

Verzieri raised her daughters in Mount Airy before moving to a home in Roxborough in the early '80s. She taught full-time in elementary and secondary schools in South Philadelphia for a total of 33 years before retiring.

"I was and still am totally accepted and revered in the Italian community because of my knowledge of the language and Italian customs," Verzieri says. "I was invited day after day to different homes by families for dinners and family events."

The language was not the only part of the Italian culture she absorbed as a child and while studying in Italy. When she cooked for her two daughters, she typically prepared Italian dishes. "My specialty is making eggplant parmigiana and gravy, not sauce, from home-grown and fresh-picked Jersey tomatoes," she said.

On a trip to Calabria, Italy in the mid-'70s, she met a man who would become her second

• continued on page 19

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## Don's Column

# The missing bathroom appliance



By Don Harrison

Television commercials have become much more candid than I remember.

In bathroom-refitting ads, one major plumbing appliance was usually missing, and never mentioned. The toilet, for some reason, was a censored item.

Ads for toilet paper referred to their product as "bathroom tissue." Certain medications and the conditions they were meant to deal with – if mentioned at all – were spoken of in euphemistic terms.

Now every bathroom that's shown in commercials is fully equipped, and no part of it is left unsaid. Body parts, regardless of gender, and bodily functions, hitherto unmentioned, are proclaimed to the house-tops. One commercial actually goes into the derivation of "kiester."

This newfound openness, while perhaps overdone, is a good development. For those of us who remember when couples in the movies and on TV – married or not – slept in separate beds, however, it can be a shocker. A welcome shocker, I suppose, but a shocker nonetheless.

## World travelers

One of the high points of my chosen ca-

reer – journalism – has been the opportunity to travel.

As a journalist, I've been to the Taj Mahal in India, walked along the Great Wall of China, visited South Africa, gone through Europe from Lisbon to Moscow, been all over the U.S. and Canada – it's been exciting and yes, broadening. Being a contrarian, I feel bad about where we haven't been and, considering my present disability, I'm unlikely I'll get to. Among those unseen places are Barcelona and Vienna. But it's been a great ride.



The major expeditions were organized by the National Conference of Editorial Writers (NCEW), of which I served on the board at one time. The trips opened our eyes to the world outside our borders – and they were fun, too.

NCEW has since been expanded and renamed the Association of Opinion Journalists, but it's still organizing trips. I'm no longer active in the organization, but I remain grateful for the opportunities it afforded me.

I'll never return to Prague or Istanbul or Islamabad, but I thank NCEW for getting me there.

*Milestones Editor Emeritus Don Harrison was deputy editor of the Daily News opinion pages and assistant managing editor and city editor of the Philadelphia Bulletin.*

and Africa," Verzieri said. "I was not nor am I entrenched in African culture, since all of the schools in which I taught and surrounding neighborhoods were predominately Italian. However, I am clearly of African-American descent."

There are no regrets in her life journey.

"I've had an interesting and varied life, and I don't have much left on my bucket list," said Verzieri, who doesn't give her chronological age but considers herself a certified card-carrying senior. "I want to stay free to do what I want, when I want and if I want. And I do."

*Author, speaker and writer Barbara Sherf tells the stories of businesses and individuals.*

## Crossword

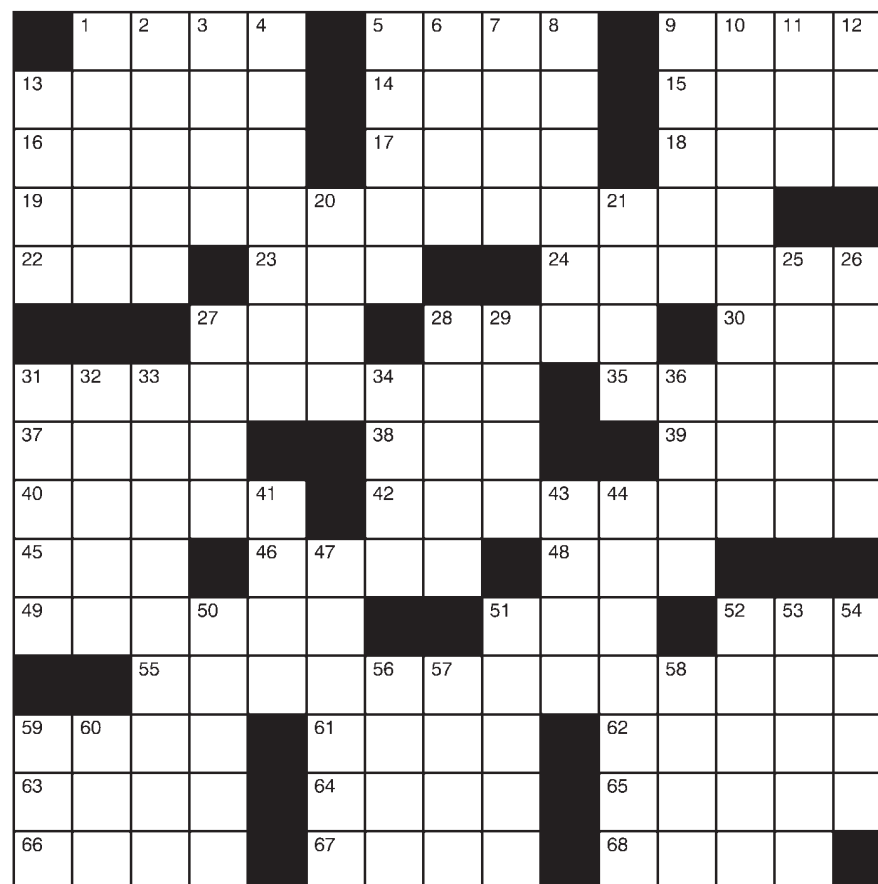
# Hall of famers

## Across

- |                       |                                       |                           |                               |
|-----------------------|---------------------------------------|---------------------------|-------------------------------|
| 1 Attention attracter | 23 ___ glance                         | 40 Musical slide, briefly | 59 False god                  |
| 5 ___ in the back     | 24 Company get-together               | 42 Hoot                   | 61 Pro ___                    |
| 9 Tiff                | 27 Catchall wd.                       | 45 Many, many moons       | 62 Goldfinger actress         |
| 13 Nonfiction         | 28 Alleviate                          | 46 Links event            | 63 Patron saint of carpenters |
| 14 Kind of tale       | 30 Mouths                             | 48 French soul            | 64 Anon's partner             |
| 15 Model vehicle      | 31 Schoolboy                          | 49 <i>Tristram Shandy</i> | 65 Treasure-___               |
| 16 Started a pot      | 35 Kind of heat                       | 51 author                 | 66 Roscoes                    |
| 17 Toast topper       | 37 German graybeard                   | 52 Rhine feeder           | 67 ___ Straits: musical group |
| 18 Caesar's ciao      | 38 Son of Peleg                       | 55 Rajah                  | 68 New Years' Eve word        |
| 19 Stretch            | 39 "___ take arms . . .": Shakespeare |                           |                               |
| 22 Marshal of France  |                                       |                           |                               |

## Down

- |                      |                            |                                    |                             |
|----------------------|----------------------------|------------------------------------|-----------------------------|
| 1 Man with an army   | 10 Theater audience        | 31 "The ___ of sin . . .": Rom.    | 51 Part                     |
| 2 In a heated manner | 11 ___ in the Family       | 32 Apportion                       | 52 1922 Chemistry Nobel     |
| 3 Dusseldorf donkey  | 12 Peete prop              | 33 Drifter                         | 53 ___ Suspicion: 1943 film |
| 4 Be the go-between  | 13 Cat's-paw               | 34 Globe: Fr.                      | 54 Ex-pitcher Duren         |
| 5 Orifice            | 20 Engrave                 | 36 "___ or not . . .": Shakespeare | 56 Sitarist Shankar         |
| 6 Bath powder        | 21 Fins                    | 41 Companion of dance              | 57 Old or young chaser      |
| 7 Songwriter Wilder  | 25 Muse of poetry          | 43 Spanish cat                     | 58 Not any                  |
| 8 Flourishes         | 26 Novarro, of silents     | 44 Hospices                        | 59 Major interest           |
| 9 Cut                | 27 Nice summers            | 47 Looked, in a way                | 60 Actress Alicia           |
|                      | 28 Keep an ___: watch over | 50 Parts                           |                             |
|                      | 29 "... three men in ___"  |                                    |                             |



## Solution

The solution can be found on page 14.

## Italian teacher

• continued from page 18

husband, Umberto Verzieri, a native Italian. The couple returned to Philadelphia to tie the knot and lived happily together stateside for several years.

But when Umberto returned to Calabria when his mother was ill, he was not granted a green card to return to the United States. Verzieri then went back and forth to visit with him and his family until he died eight years ago.

She has been all over the bucolic countryside of northern and southern Italy, as well as the big cities. "I've been to Rome and the Vatican and even took a side trip to Yugoslavia





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