

# Area Agency on Aging *Connections*

## Active Bloomfield woman, 91, advocates exercise

By Daniel Casciato  
For *Pittsburgh Senior News*

At 91 years old, Helen Nothwang still walks four miles every day, does her own shopping, cleans her 12-room house, mows the lawn, shovels the walk and still manages to find time to exercise a few days a week and volunteer.

"If you sit around, you're dead," she said bluntly when asked why she maintains an active lifestyle.

Helen, who turns 92 in November, attends low-impact, aerobic class for one hour a day, twice a week in the former gym at the School of Nursing Building at West Penn Hospital in Bloomfield. Her class does 30 minutes of sitting and 30 minutes of standing exercises. She's attended the classes faithfully for 21 years.

Helen also goes to the Cardiopulmonary Rehabilitation Center at West Penn for one hour a day, three times a week. One bit of advice that



Chuck LeClaire/Pittsburgh Senior News

*Helen takes time to take care of herself.*

Helen has for other seniors who would like to be more active is to ignore the pains and aches that you feel when you start to exercise.

"If you get a pain, you can't pay attention to it," she said. "I know that from experience. I usually forget about my pain and it goes away."

Helen acknowledged that maybe not everyone is as fortunate as she has been. Helen also stays active by volunteering one day a week in the kitchen at West Penn, where she has volunteered for 14 years. "They say they appreciate me being there, but they're actually doing me a favor by allowing me to volunteer because I like doing it."

One reason she maintains an active lifestyle is because of her parents who owned Lendl's Bakery. "They had five children and worked very hard. We learned a lot from our parents about hard work and staying active. Being active is what keeps an older person going. I've seen people who retire and don't do anything. You just can't do that if you want to live for a long time." *PSN*

### Allegheny County Department of Human Services Area Agency on Aging

441 Smithfield Street, Pittsburgh, PA 15222

The Honorable Dan Onorato, Chief Executive of Allegheny County  
James M. Flynn, Allegheny County Manager  
Marc Cherna, Director  
Mildred E. Morrison, Administrator

*Serving the older adults of Allegheny County*

FOR FURTHER INFORMATION:

Contact Allegheny County Area Agency on Aging's SeniorLine at (412) 350-5460;  
Toll Free - 1 (800) 344-4319; TDD - (412) 350-2727  
or visit [www.county.allegheny.pa.us/dhs/aaa](http://www.county.allegheny.pa.us/dhs/aaa)

#### Information and Referral Service Partner Agencies And Senior Community Centers

|  |                |                                    |                |
|--|----------------|------------------------------------|----------------|
| Allentown Senior Center                | (412) 481-5484 | LifeSpan, Inc.                     | (412) 464-1300 |
| Benedictine Center                     | (412) 931-6051 | Lutheran Service Society           | (412) 734-9330 |
| Catholic Youth Association             | (412) 621-3342 | Northern Area Multi-Service Center | (412) 781-1176 |
| Citiparks                              | (412) 422-6570 | Penn Hills Senior Center           | (412) 244-3400 |
| Eastern Area Adult Services, Inc.      | (412) 247-1446 | Plum Senior Community Center       | (412) 795-2330 |
| Elder-ado, Inc.                        | (412) 381-6900 | Riverview Community Action Corp.   | (412) 828-1062 |
| Hill House Association Senior Services | (412) 392-4450 | Seton Center, Inc.                 | (412) 344-4777 |
| Jewish Community Center                | (412) 521-8010 | Vintage, Inc.                      | (412) 361-5003 |
| Lemington Community Services           | (412) 362-7301 | * Ursuline Senior Services         | (412) 683-0400 |
|  |                | (* Not a Senior Center)            |                |



#### SOCIAL SERVICES

Information and Referral  
Care Management  
Adult Day Services  
Adult Foster Care  
Home Delivered Meals  
Home Health Services  
Personal Care/Home Support Services  
Protective Services  
Long Term Living Counseling  
Health Insurance Counseling  
Family Caregiver Support  
Companions for Homebound  
Nursing Home Resident Advocacy

#### SENIOR CENTER SERVICES

Education Programs  
Exercise and Fitness  
Volunteer Opportunities  
Social and Recreational Programs  
Congregate Meals  
Legal Services  
Assistance in Applying for Benefit Programs  
Health Insurance Counseling