

CORAL GABLES

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MAGAZINE



THE ART OF HEALTHY AGING

Hint: It's all about
staying in motion

Plus

A Golf Course History

Beaux Arts Festival

Inside Iron Arrow

AGING GRACEFULLY WITH
TENNIS STAR DONNA FALES,

DR. HAROLD SILBERMAN

The Ping-Pong Player

Born in Brooklyn, Dr. Harold Silberman discovered his passion for movement as the captain of his high school swim team. "Swimming taught me discipline," he says. "It's about consistency and pushing yourself to improve every day." That mindset carried into adulthood with tennis victories in singles and doubles tournaments, as well as water skiing with his family. "I was an avid water skier, and all my kids became accomplished water skiers," Silberman shares. "My youngest son even became a barefoot skier!"

Now 99-years-old and living at The Palace, Silberman maintains an active lifestyle. His mornings start with stretching and weight-lifting classes, followed by laps in the heated pool. "Swimming clears my mind and strengthens my body," he says. "It's the best way to start the day." He also plays table

"It's about consistency and pushing yourself to improve every day..."



tennis with an Olympic champion. "Even at 99, I like to win," he jokes.

During World War II, Silberman served as a communications officer aboard the USS Arkansas, a role that required precision under pressure. "It taught me how to stay calm and focused – skills I've carried with me ever since." He emphasizes the importance of nutrition, starting his day with fresh fruit and caffeine-free coffee, and often ending it with salmon topped with barbecue sauce. "It's an unusual combo, but it works for me," he says with a shrug.

To stay mentally sharp, Silberman also plays chess daily and edits The Residents' Gazette at The Palace. Reflecting on his life, the soon-to-be centenarian says, "I didn't waste any time in my life, and I still won't." His advice? "Stay active, stay curious, and find what brings you joy." ■



AUTHOR JULIE SATOW (LEFT) WITH JUDY ZEDER

who are leaders in business, community, philanthropy, and education. “It was a privilege to have Julie recount her story of these remarkable women,” said Zeder. “These barrier-breaking women are an inspiration to all generations.” The late November event was cohosted by Coral Gables Trust and its managing director John Harris. — *JP Faber*

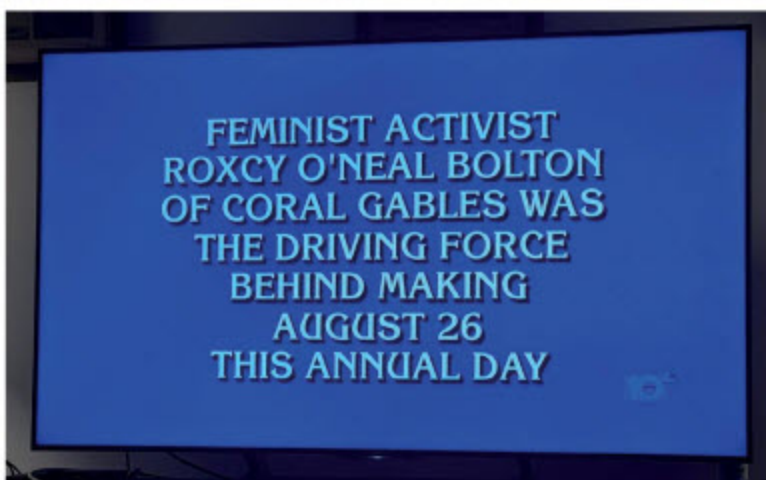
employees in the aging services industry. Nearly 100 percent of The Palace Group’s 1,600+ employees rated the company as a great workplace, well above the national average.

“This award reaffirms the positive culture we’ve cultivated across all our communities,” said Helen Shaham, The Palace Group’s president and founder, who accepted the award with husband Jacob Shaham. Employees were surveyed on workplace environment, trust in management, loyalty, accessibility of leaders, whether they feel respected, and whether they are proud of their work. “The family



HELEN AND JACOB SAHAM OF THE PALACE GROUP

atmosphere was the number one reason employees cited when asked about The Palace,” said Andrea Rodriguez, vice president of human resources. “They praised the accessibility of the owners and said that they felt safe and protected.” The Palace Group advocates promoting from within, including for executive directors, which contributes to a high level of employee retention. — *JP Faber*



SCREENSHOT OF “JEOPARDY” CLUE

Gables Pride

We are always thrilled when national media recognizes Coral Gables as a name-brand city and not as a suburb of Miami. Last month, in an episode of the TV quiz show “Jeopardy,” the \$1,000 clue in the category “Florida Women” was about legendary Gables women’s rights activist Roxcy Bolton. The question was: what annual day on August 26 was Bolton “the driving force behind”? Give up? The answer is National Women’s Equality Day, commemorating the day in 1920 when the 19th Amendment was certified, granting women the right to vote. — *JP Faber*

The Palace Shines Again

The Palace Group, South Florida’s largest family-owned senior living operator, has been honored for a second consecutive year by *Fortune* magazine as the “Best Large Workplace in Aging Services.” While it has nine locations in South Florida, the Coral Gables Palace on Valencia is considered the star location (and the subject of an MTV special), with a lobby designed to replicate the George V hotel in Paris and amenities that include an Olympic-size swimming pool, personal trainers, adult education classes, and a high-end restaurant and bar. The award was based on a survey of over 181,000

From the Police and Fire Department Blotters

Coral Gables is an exceptionally safe place to live, but that doesn’t mean citizens – and its police and fire department – don’t face occasional challenges.



One of those occurred at the tail end of November, reinforcing the need to continue undergrounding power lines in the city. At about 5 am on the Friday morning before Thanksgiving, a power line on Ferdinand Street near Country Club Prado snapped and fell onto two parked cars, which burst into flames. Coral Gables Fire Rescue