

# Fashion After 100



## Claire Solomon, 106

Volunteer. Plays the piano for residents at San Carlos Elms, San Carlos, CA. Born in a wooden, sod cabin in North Dakota in 1912. Mother ordered a piano from a Sears Roebuck catalog. Father was a steam engineer working in Russia and Bulgaria.

## Long Life Secrets

Stay active and involved in your community. Eat good food. Take vitamins and exercise. Smile.