



Village Voices

The Doctor Will See You Now – On Your Computer

By Tom Smith, Tech Team

As with programs like Zoom, which increasingly connect people through their computers for business and socializing, telemedicine is an expanding piece of technology, designed to connect patients with doctors directly—but at a distance.

Though it's been around for several years, telemedicine use is exploding pretty much everywhere in the health field. The coronavirus pandemic is one driving reason. Doctors faced with patients complaining of symptoms that may be COVID19 need to take precautions.

Just as important, patients may want to feel safe when seeking help from health care professionals. Their range of patient exposure is high, and the value of a “distancing” mechanism is rapidly increasing. The computer is one important tool.

As an emerging form of medical practice, there is lots of variety in the field. Two issues are worth noting. First, there is a growing number of telemedicine programs coming into medical practices. Second, there are variations in how much and how well telemedicine “visits” will be covered by existing insurance.

It's important to note that telemedicine has had one form routinely seen in the past: a phone call to one's physician. The phone's use is limited, usually, to fairly routine issues. The new wave of telemedicine allows fuller interaction with a human touch: patient and physician can see and speak with one

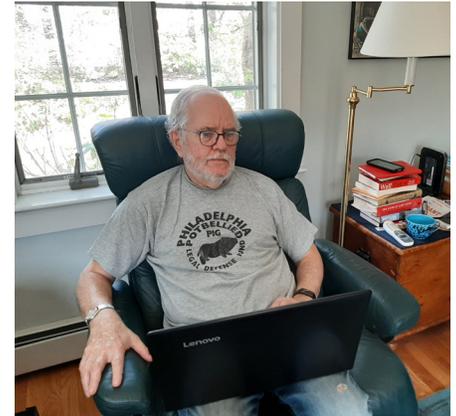
another, via software and computers. More involved medical issues can be addressed—as if both patient and doctor were together in an exam room.

How does all this work for the patient in an era of social distancing? It's pretty much like past experience: you start out by calling your health professional's office requesting an appointment. You may or may not get one immediately set, but you'll be notified of the next steps.

If a time isn't set then and there, you'll look for an e-mail “invitation” from your doctor, offering a time and date for the visit. Your response mechanism is then built in. Click on a link in the email to accept the visit time (or respond that it's not convenient). When the meeting time is set, you'll get a second e-mail with a click-in to connect you with your doctor.

Important to note: you'll need a computer with audio capabilities and a camera—facing you. This does limit use of this growing form of telemedicine to those with the computer hardware. You may also be able to use a smartphone.

Again depending on your health care professional, you may be asked to furnish, at the time of



Tom Smith goes to the doctor on his laptop.

the “visit,” a few vital signs: weight, height, pulse rate and blood pressure. You may not have all these at hand, which can be another drawback.

Finally, you may want to contact your health care insurance provider to get information about coverage for a visit of this type. Here again, there are variations, and it's important to know how much of the visit's cost is covered.

Coronavirus concerns are spurring wider use of telemedicine. When it's time for your next medical visit, be sure that you take time to learn how much telemedicine figures into the doctor's practices, and how it will work for you.



Welcome to Our Newest Members!

- ▶ Nelson Haakenson
- ▶ Julia Margulies
- ▶ Marilyn Silberstein and Joel Reiss
- ▶ Wanda James Speight
- ▶ Anne Walker
- ▶ Joyce Wilkerson

For their contact information, log in to eastfallsvillage.org with your user name and password to access the members-only Membership Directory. (They joined after the 2019 Member Handbook & Directory was printed.)

For help in logging in, see page 11 in the 2019 Member Handbook & Directory or email info@eastfallsvillage.org.

Join East Falls Village – as a Member and/or Volunteer!

To become a member, visit eastfallsvillage.org and click on “How to Join” for membership information and an Online Application. Or pick up our membership brochure at the front desk of the Falls Library.

To become a volunteer, click on “Volunteer Info” to fill in the volunteer application online or download and print a paper application. Volunteers drive members to appointments, answer the village phone, help members, and serve on a variety of teams that operate the Village. For information about volunteering at Mifflin, click on “Help Children to Read.”

Did you know that talking about East Falls Village to family, friends, and neighbors is the best way to grow East Falls Village?

How Your Smartphone Can Help in an Emergency

By Rick DiMenna, Tech Team Chair



Did you know that smartphones allow you to set up emergency contacts that are accessible to emergency responders from the phone lock screen. My wife Kathi and I had some first-hand experience with this after a bike accident. The emergency responder was able to call our son with Kathi’s phone -- even though she was unconscious -- because he was listed as an emergency contact.

Procedures to set this up are below for Android phones and iPhones. There may be slight differences with the various versions of their respective operating systems. **Village members - the EFV Tech Team can assist if you run into any problems setting up your ICE (In Case of Emergency) contacts.**

To set up Emergency contacts on an Android device:



1. Press the Phone icon (as if you were making a call)
2. Select “Contacts” then “Groups”
3. Select “ICE – Emergency Contacts”, or “Emergency Contacts” (depending on Android version).
4. Click the three dots in upper right corner, then select “Edit”. (Procedure to get to “Edit” may be different on some phones.)
5. Select the plus sign to add contacts. All contacts in this group will be available from the “Emergency Call” button on the lock screen, so they can be called without unlocking the phone.

On an iPhone, Emergency contacts are entered using the “Health” app.



1. Open the “Health” app, tap the profile picture, then select “Medical ID” on the bottom.
2. Select “Edit”, then tap the plus button to add emergency contacts.
3. Select one or more of the contacts on your contact list; select “Done” to save your changes.
4. Scroll up, select the option of “Show When locked”, to allow the emergency contact to be shown on lock screen.

Because of the pandemic, we have canceled all upcoming programs and are not including the usual list of Upcoming Events. Please check the Calendar of Events on Eastfallsvillage.org for rescheduled programs. Members should check the Weekly Update as well.

Village Voices is a publication of East Falls Village (EFV), a program of East Falls Community Council. No portion of this newsletter may be copied or reprinted without the permission of East Falls Village. All East Falls Village programs and activities, including Village Voices, are created, developed and executed by Village Member Volunteers.

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Museums and Concerts Are Good for Your Health

By Frankie Jueds, Chair, Social-Cultural Team

When the coronavirus crisis is over, museum and concert goers will be back to enjoy the rewards of culture. Below are some of the ways music and art yield longer, more satisfying lives.

When the Village has scheduled trips to museums and concerts, it never occurred that it might also be helping members live longer and healthier lives. But an article published in the New York Times (January 1, 2020, "Going to Museums May Be Good for Your Health") reports on a study conducted in London that concludes just that.

According to the study, "There is evidence that simply being exposed to the arts may help people live longer."

Summarizing the findings, the Times reported that researchers in London who followed thousands of people 50 and older who went to a museum or attended a concert just once or twice a year were 24 percent less likely to die during that period than those who didn't.

Researchers theorized that people who expose themselves to the arts are more likely to be more engaged in the world.

The study also noted that engaging in the arts can reduce loneliness, promote empathy and emotional intelligence, and keep people from becoming sedentary – all factors that contribute to a longer life.

Gabriella Souza, a spokesperson for the Walters Art Museum in Baltimore, told the Times that she was not surprised by the study's results. She reported that twenty percent of museum visitors who were surveyed said they found "peace and tranquility in galleries." "It's a real testament to how important exposure really is," she said. "You need to be able to access art to be able to appreciate it."

Since its founding in 2011, the Village has sponsored trips to a variety of concerts and visual art exhibits. The Philadelphia Museum of Art is a favorite destination; its last private tour there viewed "The Impressionist's Eye." In the last several years members have also visited the Pennsylvania Academy of Fine Arts, Woodmere Art Gallery, the American Philosophical Society, and the Brandywine Museum.

Villagers have enjoyed a number of concerts at members' homes, some featuring Village members (the Cheek family, Phil Hine, the Village Ramblers, Suzanne Schneider) as well as musicians such as Barbara Browne, Bob Cafaro (Philadelphia Orchestra cellist), John Kormanski's Clarinet Quartet, and cellist Richard Maurer, and pianist Judy Song.

Wendy and Winston Moody have hosted a number of relaxed and enjoyable sing-alongs with Gershwin and Broadway songs, complete with Wendy providing accompaniment on the piano, interesting anecdotes about the songs, and even home-baked cookies!

The local Old Academy has offered theater performances, and the Annenberg Center has provided the opportunity to see a number of terrific dance performances, the most recent being the Paul Taylor Dance Company.

The Social-Cultural Team looks forward to scheduling tours and programs after the pandemic is over. Members – email your suggestions to info@eastfallsvillage.org.



Shirley Ellison mimics Munch's "The Scream" at the Grounds for Sculpture in NJ during her tour in 2012.



In 2018, EFV members toured the Clay Museum.

To learn more about Violet Oakley, see Woodmereartmuseum.org – this is one of the virtual tours currently offered by museums that are closed due to COVID-19.



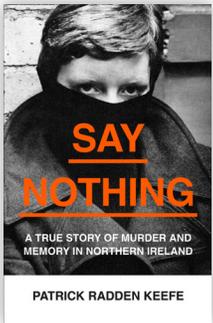
A curator from the Woodmere Art Museum spoke to Village members about the Violet Oakley murals in the First Presbyterian Church in Germantown.

Good Reads

Say Nothing: A True Story of Murder and Memory in Northern Ireland

By Patrick Radden Keefe

Review by John T. Gillespie



Silence is the leitmotif in the battle between Catholics and Protestants in Northern Ireland. During the time of Troubles, if you valued your life, you didn't talk. If you did, your life was more than likely forfeit. Above all, you said nothing.

Jean McConville, 38-year-old widowed mother of 10, talked and paid with her life. One can only guess what she might have revealed because no written record exists of her court martial or interrogation by the IRA. She was abducted by a masked gang from her home in December 1972, her children wailing and clinging, never to be seen again. In the jargon of the conflict, she was “disappeared” along with hundreds of other victims. Thirty-one years later her body was found buried on a beach, having been shot in the back of the head. Her children identified her by the diaper or “nappy” pin she wore as a reminder. Her abduction and murder would become a symbol of the savagery and mercilessness of the brutal rebellion.



Jean McConville with Robert, Helen Archie and her husband, Arthur

Jean was Protestant who turned Catholic when she married Arthur McConville. Mixed marriages were unusual in a Belfast divided by sectarian violence. Besides her conversion, little is known of her political views or attitudes in the rebellion. She was a

widow, living without help, coping with her brood of children. One thing is certain. She was no high level informant with important secrets to betray. A single photo, shown here with three of her children, is the only one known to exist.

She was a good Samaritan, caring for a wounded British soldier one night outside the front door of the public housing project where she lived after her husband died from lung cancer. The next morning “Brit Lover” was scrawled across the door. Later she was found with a radio transmitter. She was a marked woman but a sympathetic victim nonetheless. Unlike the fate of most informers, she was buried – instead of dumped on the street as an example to others – a small dignity reportedly granted by Gerry Adams, former leader of Sinn Fein. As to her motives, she was living on a widow's meager government pension and needed money.

“Who Killed Jean McConville?” might just as well be the subtitle of this book. Patrick Keefe manages to identify with a high degree of probability her judges and three-person execution squad, including the woman, one of the two notorious Price sisters, who pulled the trigger. As one reviewer wrote, Keefe “not only peels back layer by layer, the truth behind one of the most important and mysterious crimes of a terrible conflict; he also illuminates its repercussions to this day.”

*Village Voices
Welcomes
Book Reviews!*

- ✓ No more than 150 words
- ✓ Include: brief synopsis, reviewer's opinion, title and author
- ✓ Submit to john.gillespie1@verizon.net



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