

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



Imagine a Grand Village meeting of Villages! That is exactly what happened this past September at the convening of the 11th Annual National Village Conference in Chicago. Marking the seventeenth year of the Village Movement, members from across the country came together to share and learn from each other. As Mandy Sommerson, President of the Village to Village (VTV) Network Board of Directors, said in her welcome to attendees, “Villages are stronger when we all stand together!”

Here are just a few of the compelling topics addressed at the meeting:

- Grant writing
- Intergenerational connections
- Forming strategic partnerships for enhancing member services
- Technology
- Fundraising for sustainability

Even more impressive to me than the annual conference is the year-round support and help from the website and offices of the VTV Network in St. Louis. The Network is a national organization of Villages that collaborates to maximize the growth, impact, and sustainability of individual Villages and the Village movement. It provides expert guidance to help communities establish and maintain their Villages. (By the way, that’s 230 operating villages, with 150 villages in development, and 40,000 older adults receiving services.)

Some of the VTV resources I find most useful include:

- The opportunity to network with peers who are developing and running other Villages. Many times, an issue arises that has already been addressed by another Village, and the insights by collaborating are amazing.
- A Document Library with the latest research on the Village movement and pertinent topics is available online 24/7.
- Forums where members can join in conversation with other Villages provide real-time group support. We can also access previous topics or start a new thread based on thoughts and questions pertinent to Penn’s Village.
- Webinars, both live and archived, and downloadable Power Point presentations provide access to recognized experts and valuable information and data.
- Discounted providers are featured that Villages can use (ClubExpress data base, home care, background checks, insurance, website technology for older adults, etc.)
- And last, but not least, a Membership Directory making it easy to reach out to other Villages.

So, when you hear, “It takes a village...” don’t forget how strong our Village really is. From the VTV Network to Penn’s Village to every single Villager, Neighbor, Volunteer, Sponsor, Supporter, and Friend—we are connecting, engaging, and thriving as we build our community.



Clergy Breakfast

Planned for November 20

Penn’s Village Marketing and Communications Committee will host a breakfast meeting for representatives from faith communities throughout Central Philadelphia. The November 20 meeting is at the Penn’s Village Office at 9:00 am, with breakfast served beginning at 8:30 am.

Rev. Jesse Garner, a member of Penn’s Village Board of Directors and former pastor of the First Presbyterian Church, will facilitate a discussion on the needs and issues facing older congregants and some of the ways Penn’s Village might partner with congregations to address those needs.



Health Pal volunteers Margo Villanova and Jay Schinfeld will talk about their volunteer roles as Health Pals and the impact they have seen on Villagers who have participated in this program.

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FROM THE PROGRAM COMMITTEE

The Program Committee, under the leadership of Molly Lenowitz and Mario Oropeza, announces the schedule of programs for November. Please register at 215-925-7333. Check the website for up-to-date information.

Wednesday, November 6, Noon. Lunch and Books, at Positano Coast. An informal lunch will be offered followed by a discussion of *The Soul of America: The Battle for Our Better Angels*, written by Jon Meacham. Join us for lunch and socializing, followed by a book discussion from 1:00 to 2:00 pm. If you did not get around to reading the book or just want to come for lunch or to listen to the discussion, you are more than welcome. If you can't join us for lunch, please just come for the book discussion. We will agree on the next book to discuss.

Thursday, November 7, 2:00 pm. Penn's Village is repeating the much-applauded program, *Tea, Scones and Phones* at the Society Hill Towers Community Room. If you would like to learn more about your smart phone, this is the program for you. As we all know, kids and grandkids rarely use their phones to call people. In this class we will learn how to text, join and use Facebook, and send and receive emails so there will be no more excuses from your relatives for not contacting you. Bring your smart phone and we will look to our savvy "super users" to assist with your questions. Scones will be lovingly homemade by our members and volunteers.

Tuesday, November 12, 4:30 pm. This month's *Pop-Up Happy Hour* will be held at Ocean Prime, a popular Center City seafood restaurant. We will meet in the bar area and be greeted by Penn's Village volunteers Mark Raymond and Mario Oropeza. This is a cash bar, and each person will order and pay with cash or credit card for their own beverages and appetizers. Happy hour reduced-price drinks and appetizers will be available. Members and volunteers are encouraged to invite guests. This is another opportunity to get to know each other better, to make new friends, and to check out another fine Philadelphia establishment.

Wednesday, November 20, 1:00 pm. We close out November with a bit of history and culture. Come explore the majestic art and artifacts of the Middle East housed in the recently refurbished *Middle Eastern Gallery of the University of Pennsylvania Museum of Archeology and Anthropology*. A knowledgeable docent will lead the tour and provide both the history of the gallery and its renovation. We will stop at major artifacts to learn their history and significance and how they contributed to the evolution of art and history in the Western World. The length of the tour is sixty to ninety minutes, depending on questions and the speed with which the group passes through the exhibit. Watch for our flyer for details and fees.

BOOK REVIEW

Camelot's End: Kennedy Versus Carter and the Fight That Broke the Democratic Party

By Jon Ward

Review by Dick Levinson

Jimmy Carter invented the concept of the modern post-presidency and transformed himself from a politician who was both inept and tone deaf into a beloved humanitarian. Jon Ward suggests that if President Carter had treated Senator Kennedy with respect and made a real effort to court him, Carter just might have been a two-term president.

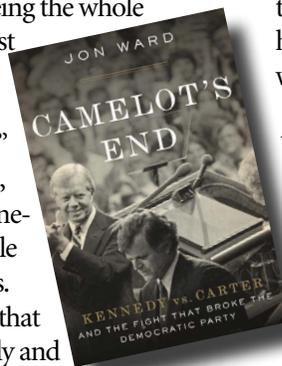
Part of the problem is that these Democratic Party titans had so little in common. Gifted with a fierce sense of discipline and a towering will to achieve, Carter essentially willed himself from the back of beyond into the U.S. Naval Academy, an elite program for submariners, and the Georgia Governor's mansion. From his perspective, Edward Moore Kennedy had been born on third

base and lived a life where everything was handed to him. While this picture is partly true, it is far from being the whole story. As the youngest of nine children, Teddy Kennedy, known as "Fat Stuff" to his older brothers, endured loneliness, neglect and the multiple deaths of his siblings. There is little doubt that EMK matured slowly and that he was always called on to meet important responsibilities before he was emotionally ready to do so.

Kennedy's 1958 wedding to Joan Bennett began on a disastrous note. Since the ceremony was being filmed for posterity, all the key participants wore tiny microphones. That is how Joan

Kennedy came to hear Ted's Best Man, Senator John Kennedy, advise him that being a husband didn't mean that he could no longer sleep with other women.

At the beginning of the Carter Presidency, Senator Kennedy was among his most devoted supporters. It was well-known at the time that there were two things that Kennedy wanted passionately: the first was a national healthcare program that would cover the vast majority of Americans; the second was a federal judicial appointment for Archibald Cox, one of the true heroes of Watergate. Unable to rise above the contempt that he felt for Kennedy, President Carter was determined that the Senator would not achieve either goal. Carter prevailed, but dug his own political grave in the process.



ACTIVE AGING

How Physical Therapy Saved Me

by Dick Levinson

Would sciatica leave me just half a man? The burning pain in my leg was so intense that screaming in agony seemed like a reasonable response. I once went for an entire week without shaving or bathing because walking from my bed to the bathroom in my tiny apartment was more than I could bear. Today, after weeks of physical therapy, life is beginning to return to normal. Yes, that is me walking to work in the morning with a determined look on my face—and a limp that hurts only my pride. What was once a roaring pain has subsided into a kind of dull ache. Hopefully, this, too, will disappear in time.

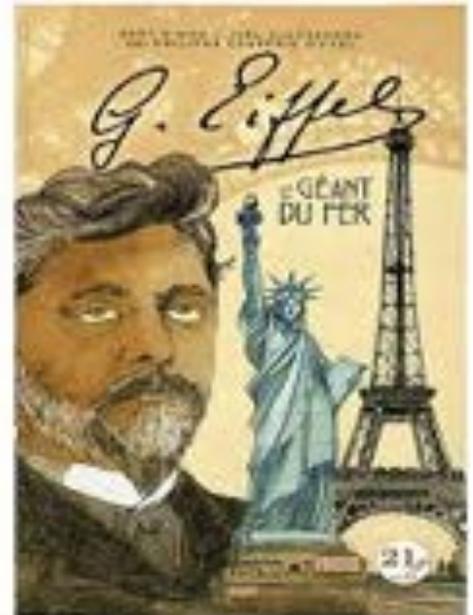
A lazy man by inclination, I now report for physical therapy religiously three days a week. Under the watchful eye of my physical trainer, Zack, I ride an exercise bike and walk up and down stairs. Using a belt, I lift my leg high in the air as I lie on my back. Working to improve my balance is critical. To do this, I walk sideways

and take big diagonal steps with a heavy elastic band around my legs. During each session, I also practice standing up while lifting small weights up to my shoulders. Doing this just thirty times always leaves me thirsty and hungry for a rest. Fortunately, I don't have to do these things fast, and taking a brief rest is always encouraged.

In a world where trust has grown to be a precious commodity, I have come to trust Shanna, my physical therapist, completely. A wise, funny woman who seems much older than her twenty-nine years, she has pulled me, stretched me, and applied heating pads to every portion of my leg and lower back. Whatever emotional intelligence is, she has it. Shanna knows when to employ humor, when to speak sternly, and when to just give a client some breathing room. I'll miss her when this latest adventure is over.

Did I mention that every one of these sessions includes a massage at the end?

Le Cercle Francophone d'Histoire— Final 2019 Sessions Reminder



The final two 2019 sessions of the French group series with lectures by native French speaker Eric Simonis will be held at the Athenaeum at 2:30 pm on Monday, November 11, and Monday, November 25. Open to Penn's Village members only. All levels of French proficiency are welcome.



Trick or Treat

By the time you read this, I will have once again participated as a Glamorous Ghoul on Halloween.

Easy to pull together and recycleable, the ingredients are:

Two masks

One full-face foundation—a clear mask with heavily blackened brows, stitched mouth oozing blood down the chin and several angry red slashes across the cheeks. The mask transforms

from a piece of plastic to realistic when your own skin tone shows through. On top—I put an aurora borealis rhinestone eye mask. Very glam. Unruly salt 'n pepper hair covering the edges makes the effect more realistic.

Many large bling-y brooches are added to my dress and it's all topped off with a black net-and-feather headpiece.

THE THING IT ISN'T, IS SUBTLE.

In full regalia and slowing down at a stop sign on the way to a party last year, I idly noticed four or five young men chatting on the corner and turned to look at them. At the same moment, one of them turned to look at I don't know what, and noticed me.

He shouted.
He pointed.
They all turned to look.
Mouths opened.
One screamed.
Another hightailed it down the block.

I had completely forgotten what I looked like.



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Join Penn's Village

To become a member, visit www.pennsvillage.org and click on "Join." There you will find our membership levels & application.

To become a volunteer, visit www.pennsvillage.org and click on "Volunteer." We have a variety of volunteer opportunities to suit different interests, skills, talents, and schedules.

Do you know that talking about Penn's Village to family, friends and strangers is the best way to grow Penn's Village?

Connect with Penn's Village

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Follow us on social media:



ALL AROUND TOWN

Selected Cultural Events and Activities for October

A little culture is good for your mental health!

Research shows that both active and passive cultural engagement (i.e., singing, playing a musical instrument, or making a craft; visiting a museum or watching a movie) are strong antidotes to depression. (nextavenue.org.)

On the Kimmel Center Cultural Campus: The Chamber Orchestra of Philadelphia, **All Beethoven** on November 3 and 4, **Sittin' In Live Jazz** (free) on November 13, and **La Noche Latin Music Dance Party** (free) on November 25; Pennsylvania Ballet, **World-Premieres** runs November 7–10; Broadway Philadelphia, **Mean Girls** runs November 19–December 1; Philadelphia Orchestra, **Beethoven Now: The Violin Concerto** on November 29 and 30; Philly Pops, **Abbey Road** runs November 8–10; **Organ Demonstration** (free) on November 9. For more information, visit kimmelcenter.org.

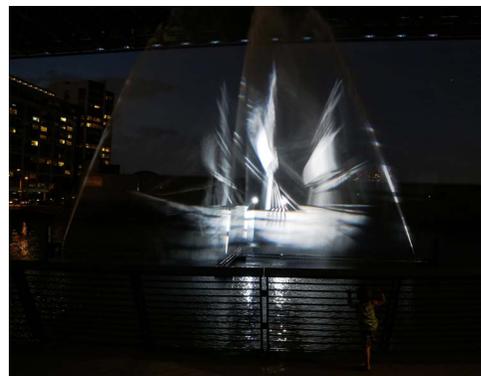
Philadelphia Museum of Art: **Off The Wall: American Art to Wear** opens November 10 in the Perelman Building; **Why is Artificial Intelligence a Woman?**, a lecture on November 16 at 2:00 pm in the Perelman Auditorium.

Walnut Street Theater: **Shrek The Musical** runs November 5–January 5; Arden Theatre: **Tiny Beautiful Things** through December 8; Suzanne Roberts Theatre: **A Small Fire** (with Bebe Neuwirth) until November 10.

Gershman Philadelphia Jewish Film Festival runs November 9–23. Afternoon and evening films at various locations throughout center city.

National Museum of American Jewish History: **Notorious RBG: The Life and Times of Ruth Bader Ginsberg**. See article in this issue, contributed by NMAJH education coordinator Charlie Hersh.

LAST CHANCE: Ghost Ship, a three-dimensional, 90-foot art installation uses mist fountains anchored underwater and lighting projections. It is part of a month-long public art exhibition that looks at the migration on the river and is located under the Benjamin Franklin Bridge, at Columbus Blvd. and Race Street Pier from 7–10 pm. *Ends November 3 (Free).*



A second Center-City **Trader Joe's** has opened at Broad and Arch Streets!

Penn's Village supports and actively encourages a diverse and inclusive community of members, staff, Board of Directors and volunteers. Diversity and inclusiveness means excluding no one because of age, race, ethnicity, gender, sexual orientation, socio-economic status, physical abilities, religious beliefs, or political beliefs.

Don't forget to read our blog.

A very sincere thank you to The First Presbyterian Church for generously providing space to Penn's Village and for always being there for us.

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>GREEN - Penn's Village Event</p> <p>PURPLE - PV Member Only Event</p>				1	2
3	4	5	6	7	8	9
			<p>Noon Lunch & Books Positano Coast Restaurant 212 Walnut St. 2nd Floor</p>	<p>2:00-4:00 pm Tea, Scones, and Phones Society Hill Towers Community Rm.</p>		
10	11	12	13	14	15	16
	<p>2:30 - 4:00 pm Le Cercle Francophone d'Histoire Athenaeum</p>	<p>4:30-6:30 pm Pop-Up Happy Hour Ocean Prime 124 S. 15th St.</p>				
17	18	19	20	21	22	23
			<p>1:00 pm Middle East Art and Artifacts U of PA Museum of Archeology and Anthropology</p>			
24	25	26	27	28	29	30
	<p>2:30 - 4:00 pm Le Cercle Francophone d'Histoire Athenaeum</p>					



Village View Editor, Marianne Waller; Marketing and Communications Intern, Savannah Seymour; and Marketing and Communications Co-chair, Harriette Mishkin at the Philadelphia Inquirer's "Telling Your Health Story" conference, September 28 at Lowes Philadelphia Hotel.

What Is Your Story? Do You Have the Courage to Tell It?

by Savannah Seymour

Dozens of healthcare providers, patients, survivors, and writers gathered Saturday, September 28, at the Loews Philadelphia Hotel for "Telling Your Health Story," an all-day conference on the ethics and value of storytelling in healthcare. For some, this meant wrestling with the lines between honesty and authenticity, while for others the focus hovered over how to locate an audience or to give an issue due justice in writing. The common thread woven through each speaker's presentation was clear: you cannot share a profound story without profoundly sharing yourself.

The conference began with a compelling message from Naomi Rosenberg, MD, an emergency medicine physician at Temple University Hospital. Dr Rosenberg read a piece of her own, "How to Tell a Mother her Child is Dead", written from her perspective as the ER physician. She writes in the second person, as if telling herself how to break the news, and says "you do not lie; you talk about the part that you saw and that you know." The most compelling stories we hear are not told by doctors using clinical jargon, but by people who speak about what they have seen and what they know.

This was certainly the case for panelist Kerri Connor Matchett, co-founder with her mother of nonprofit Praise is the Cure. Kerri was diagnosed with breast cancer, having watched her mother fight the same disease before her. Both as a patient with breast cancer and as a family member, she found a great lack of resources for women of color battling the diagnosis. Instead of withdrawing, she used her own voice to fill the gap. She not only promotes cancer research in women of color through her nonprofit, but also works to create the resources she didn't have. Her book for her daughter, *My Mommy Has Breast Cancer, But She Is Okay*, helps other moms talk with their children about breast cancer, too.

It's stories like these that we remember, not because they are written by people with PhDs but because they are written by people to whom we can relate. No one needs credentials to be a human being, to write what they have seen and what they know. Sometimes all we need is the courage to start.

INTRODUCING

Ron Harper

by Karen Orman



Ron Harper is friendly with an easy smile. He was eager to talk about a recent two-week barge/bike trip through Belgium and Holland, a

long-standing bucket-list item. Up until the bike trip, Ron's travel consisted of family trips, England, and Ireland. One outstanding memory is meeting a woman in England who had been his wife's pen pal for fifty years. You never know when a high school assignment will turn out to have such an enduring life.

Ron attended Penn State where he was a forestry major, an interest that arose from his love of hiking in the New Hampshire mountains. He started work at PECO, advising local officials and civic groups about street trees and utility wires. In the '70s, he was interviewed by Terry Gross on *Fresh Air* concerning PECO's plans for the Limerick Generating Station's two nuclear reactors in Montgomery County. Ron retired in 1991 after thirty years at PECO, capping his career there as a company spokesman and liaison with the media.

Volunteer work is an important aspect of Ron's life. He volunteered for Red Cross Disaster Response and did public relations for several Red Cross national

disasters. He also volunteered with the historical society and community park board in Strasburg, PA.

Although he prefers small town life to urban areas, Ron moved to Center City in October of 2018 to be near his daughter. His two sons are in Lancaster and South Carolina. For him, adjusting to the city is "a work in progress."

Ron joined Penn's Village online and now attends at least a few monthly events, including the Lunch and Books get-togethers, which he especially enjoys. He looks forward to meeting other members at Penn's Village activities, so be sure to give him a warm welcome when you see him.

Notorious RBG

contributed by Charlie Hersh, NMAJH Education Coordinator, National Museum of American Jewish History

"I just try to do the good job that I have to the best of my ability, and I really don't think about whether I'm inspirational. I just do the best I can."
—RBG, 2015

As an ACLU lawyer, D.C. Circuit Court judge, and Supreme Court justice, Ruth Bader Ginsburg has always championed gender equality and justice for all Americans. Open now at the National Museum of American Jewish History, "Notorious RBG: The Life and Times of Ruth Bader Ginsburg" is the first retrospective of the Supreme Court justice's career. It was created by the Skirball Cultural Center in Los Angeles and is based on the book of the same name by Irin Carmon and Shana Knizhnik.

RBG earned the nickname "Notorious RBG" after a series of fiery dissents she delivered in 2013, including her disagreement with the repeal of Section 5

of the Voting Rights Act. First intended as a joke of contrasts with her namesake, the 300-pound rapper Notorious



B.I.G., Knizhnik and Carmon realized how much the two figures have in common — they have both overcome obstacles and use words to promote their ideals. Also, they both grew up in Brooklyn!

Justice Ginsburg has since become a pop culture icon, and according to feminist author Rebecca Traister, this adoring reverence of an older woman as fierce and wise "is a crucial expansion of the American imagination with regard

to powerful women." Through artifacts from Justice Ginsburg's life and career, this exhibit will show the many roles she has embodied — student, mother, lawyer, and trailblazer — and how she has been influenced by Jewish values like tikkun olam, which she defined as "the obligation to improve the world carefully and steadily, to do one's part to make our communities, nation, and universe more humane and more just."

In addition to the exhibition, celebrate Justice Ginsburg's accomplishments through events including an RBG-themed improv show on November 7, an RBG family day on November 10, an RBG-themed workout with the November Project on December 2, RBG in song on December 12, and an on-stage conversation with Notorious RBG authors and curators, Irin Carmon and Shana Knizhnik, on December 15.

You can learn more at <https://www.nmajh.org/exhibitions/rbg/>, or call 215-923-3811.

If you are age 70½ years or older, IRS rules require you to take Required Minimum Distributions (RMDs) each year from your tax-deferred retirement accounts. Check with your accountant or financial advisor

to find out if you can (and what you have to do) directly transfer funds from an IRA custodian to a qualified charity such as Penn's Village without it being considered a taxable distribution. This is called a Qualified Char-

itable Distribution (QCD), and most churches, and synagogues, nonprofit charities, educational organizations, nonprofit hospitals and medical research organizations are qualified charities.

THANK YOU TO OUR BUSINESS SPONSORS

Please support all our business members. See www.pennsvillage.org for a complete list.

