

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



Once again, it's time for our traditional two-month *Village View* publication hiatus! Only nine months ago, the Editorial Board published the first issue of the 2019-2020 editorial year of the *Village View*, and I shared with you the exciting projects that our committees were moving forward with in support of our 2018 Strategic Plan.

Four months later, in January 2020, we held our second annual Town Hall meeting—a celebration of community, friendship, and support, where we shared that over the past year we had improved our financial sustainability, were expanding opportunities for membership involvement, and would forge ahead with a growing number of Village-sponsored educational and cultural presentations/activities.

And then—March. Suddenly, our concerns shifted dramatically to matters of safety and support to help avert the coronavirus pandemic threat. While staying true to our mission, we added the Coronavirus Section to our website to facilitate important and timely communications and went to work to drastically change how we deliver the programs and services that define Penn's Village.

As we move into summer, the operative words in our vocabulary have become “virtual,” “ZOOM,” and “safe.” The Ed-

itorial Board, The Board of Directors, and all the Penn's Village Committees and staff are busy moving ahead in this new virtual world.

The Program Committee will continue to develop new programs via ZOOM. The Service Committee will explore how new services, such as help with food shopping, can work. The Diversity Committee will be hosting a virtual workshop for the Board of Directors and committee chairs presented by Dr. Eve Higginbotham, Vice Dean for Inclusion and Diversity at the Perelman School of Medicine at the University of Pennsylvania. And, of course, our other committees will continue to provide support for all our endeavors.

Settling into new staff positions over the next several months will be Molly Clifford, who recently joined us as Administrative Coordinator, and Donna Murphy, our brand-new Data Base Coordinator, which is a new position.

We are all looking forward to the time when life returns to some semblance of the old familiar. But as the rules and recommendations change over the coming months, we must continue to acknowledge that we represent a vulnerable population. In the meantime, we have discovered that we, as members of Penn's Village, can continue to thrive and stay connected and engaged in all kinds of creative ways that don't put us at increased risk.

Be safe and enjoy your summer!



We'll Be Back in a Moment

This issue of the *Village View* is the final one for the 2019-2020 editorial year. We will be back in September with all of our popular columns, news about current and upcoming Penn's Village events, and a special feature honoring the nursing/midwifery professions (see below).

Calling All Nurses and Midwives

The World Health Organization has designated 2020 as the International Year of the Nurse and the Midwife. To celebrate the dedication and differences that the nurses and midwives among us have made through the years, we are planning a special feature article in our September issue of the *Village View*. We would love to hear your stories and include your insights in our article. Please contact us at communications@pennsvillage.org or 215-925-7333.

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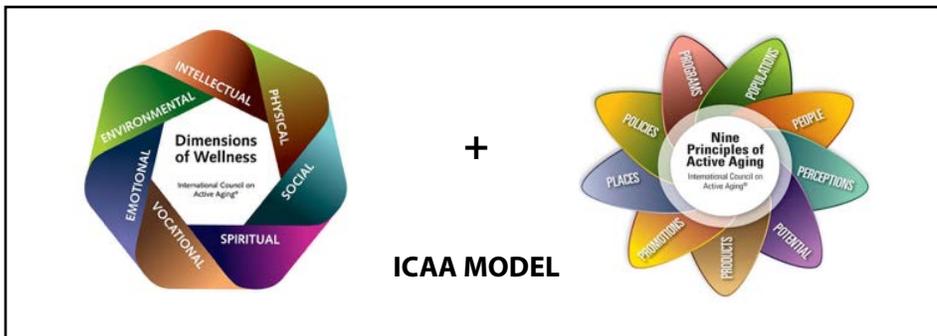
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ACTIVE AGING

A Review of the Physical Components of Active Aging

by Rachel Maher, PT, DPT—Excel Physical Therapy

The International Council on Active Aging (www.ICAA.cc) is rooted in the principal of active aging—that people can improve the quality of their later years by staying active and engaged in life within the seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social, and spiritual. Because older adults are working longer, living longer, and keeping active and engaged in community and social engagements more than ever, focusing on all seven dimensions of wellness is critical to one’s well-being.



According to the ICAA Model, when the Seven Dimensions of Wellness are combined with the Nine Principles of Active Aging, older adults may continue to live productive and fulfilling lives. As a physical therapist, I focus on the physical component of active aging, while being mindful of all components.

Current exercise guidelines for adults 65 + include:

- setting aside time for moderate aerobic exercise for at least thirty minutes a day, five days a week. Moderate equates to about a 5-6 difficulty on a 0-10 scale of how hard you feel like you are working
- adding muscle strengthening activities to your routine at least

two days a week, working all major muscles

- practicing balance exercises
- adding flexibility and stretching movements to your routine.

Research shows, however, that less than one-third of Americans aged sixty-five and over meet these recommendations! Here are some ways to get started:

- walking or hiking
- gardening, raking, or sweeping your sidewalk
- biking
- dance classes
- swimming/aquatic classes
- yoga.

The recommendations are crucial for older adults so that they can maintain good physical health and also prevent decline from lack of mobility and physical strength. Preventing decline ameliorates falls and subsequent mobility limitations, cardiovascular and health conditions related to diabetes and obesity, and many other conditions.

Below are links to two resources: the first focuses on physical fitness programs for older adults, and the second contains online virtual exercise classes available to stream at home from Philadelphia-based gyms and fitness centers:

<https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/physical-activity-programs-for-older-adults/>

<https://6abc.com/covid-19-coronavirus-quarantine-stuck-at-home/6021676/>

Simply moving just a little more each day is a great place to start. Even during these times of increased caution, you can take a walk through the park or around the block, keeping a safe distance and wearing a mask! Please consult with a physician or physical therapist if you are unsure of how to get started or to make sure it is safe and effective based on your individual needs!

Watch the 2020 Summer Solstice Live from Stonehenge!

Every year, thousands of people camp out overnight for the Stonehenge annual summer solstice event to celebrate the official start of summer. This year, however, this annual English celebration has been canceled due to COVID-19.

But wait—there is a pandemic silver lining here! The English Heritage Organisation, which manages Stonehenge, isn’t letting the dawn of the longest day of the year go unnoticed. For the first time ever, the summer solstice at Stonehenge will be live streamed (free), from shortly before sunset on Saturday, June 20, through the early morning of Sunday, June 21, on English Heritage’s Facebook page.

Sunset Saturday, June 20, 2020

9:26 pm Stonehenge
(4:26 pm Philadelphia)

Sunrise Sunday, June 21, 2020

4:52 am Stonehenge
(11:52 pm Philadelphia)

Follow the English Heritage Facebook page to get more information.

INTRODUCING

Norma Van Dyke

by Sherrill Cresdee



Born in the middle of the Great Depression, Norma Van Dyke attended a one-room, red brick country school with an outhouse, outside of Ann Arbor, Michigan, from K to

8th grade. There were two other children in her grade. "I was very fortunate to do that. In addition to lessons, we kept the pot-belly stove stoked and cleaned blackboards; the older children helped the younger children." The life lesson learned here was community, "...everyone knew their place and how to help one another. Today's loss of community is, I think, our undoing in the world." Made aware of Penn's Village five years ago, Norma has volunteered as a Health Pal and Compan-

ion and believes that "Penn's Village tries to do its part filling in the lack of community [for its membership]."

An undergraduate at Antioch College (Ohio), Norma attended Smith College's Master's program in psychiatric social work post-WWII. This two-year, full-time work/study program was paid for by the government through the National Institute of Mental Health, established because of all the PTSD returnees. The work part of the program was two years of practical placement from September to May with three summers of coursework. With a policy of "...not placing you where you'd like to go...," and because of her prior co-op experience working in a residential treatment center, Norma chose Philadelphia and, despite the policy, was placed here. Given special dispensation for her second placement at the Child

Psychiatry Center, originally located at St. Christopher's Hospital for Children, she was hired permanently and remained for thirty-eight and one-half years until one day being laid off with a lot of other staff.

Norma's residency in Philadelphia has also included purchasing a shell of a Society Hill historic home in 1975, "...no bathrooms, no kitchen, with original 1830 floors and walls." In the past two years she has "...had chimneys lined with steel and re-pointed the brick masonry throughout." Maintaining "...a historically certified house is so labor intensive that I feel like it's part of my body, my self."

In addition to Penn's Village, Norma is a member of the Franklin Inn Club and is very politically active, currently involved in movements to establish independent voting and fair districting legislation. She's busier than ever before.

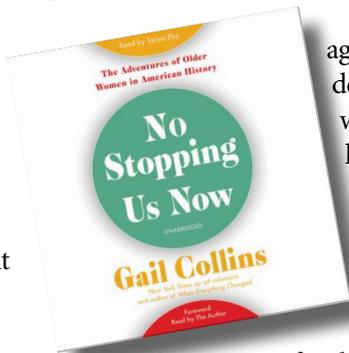
BOOK REVIEW

***No Stopping Us Now: The Adventures of Older Women in American History* by Gail Collins**

Reviewed by Bonnie Eisenfeld

Gail Collins colorfully describes how older women were viewed in each historical, geographical, and economic segment of America. She interweaves social trends with informative and juicy stories of outstanding, interesting, and successful older women in each era, mostly in popular culture and politics, who stood out from the crowd often by going against the social norms. The large print edition of the book, at over 500 pages long, was heavy to hold but easy and entertaining to read.

Older women. What does that even mean? In colonial times, you could be an older woman at age thirty, and only a few women lived past ninety. In the days of the frontier when there was a short-



age of women, older women were in demand as wives. Women of all ages were respected and valued for their knowledge and practical skills such as farming, medicine, or midwifing.

During later periods, living in cities, dependent on husbands as providers, women were valued mostly for child-bearing and home management skills. Older single women without independent wealth were considered useless appendages. In contrast, widows or single women who inherited money from their deceased husbands or fathers started and managed businesses, schools, and charitable organizations, and even took over political offices. For some enterprising married women, menopause meant liberation from child-bearing, so they took up important and useful projects, often in the public arena, such as abolition of slavery, women's suffrage, temperance, and other reforms. Then, as now, wealth was power.

When the twentieth century arrived, women became more educated, worked at somewhat better jobs, traveled, played sports, and drove cars. The flapper age and the movies were drivers of the youth culture. Older women, again in danger of being submerged, tried various ways of looking younger and healthier.

During World War II, the demand for women workers of all ages surged both in the military and industry. "Of the six million women who went to work at a paying job during the war... a quarter of a million were over 65." Post-war, women reverted to domestic life. In the 1970s, a new generation discovered their brains, power, and talents and chose careers over housework. As a result, there are now even more success stories about older women.

Read the book. Be inspired!

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

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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Penn's Village Board Approves Updated Vision, Values, and Mission

In May, the Penn's Village Board of Directors voted to accept a new Vision, Values, and Mission statement that was developed by a task force that included Lois Evans, Harriette Mishkin, Mark Raymond, and Mary Rucci.

VISION

To transform how people connect, engage, and thrive as they age.

VALUES

We treat all people with dignity and respect.

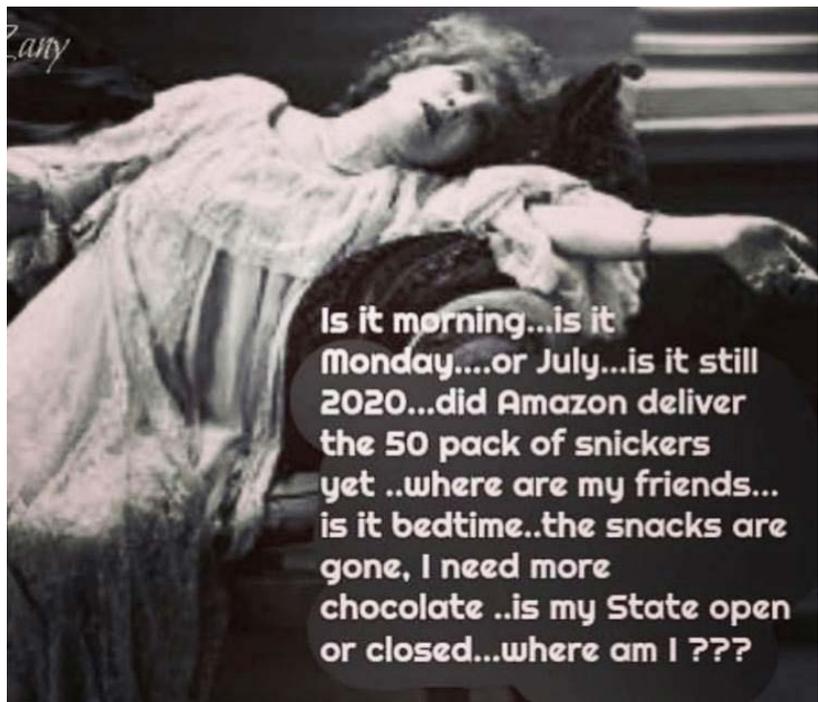
We actively promote a diverse and inclusive community.

We communicate with compassion and empathy as we help our members reach their goals.

We strive for excellence in all our programs and services.

MISSION

To assist older neighbors to live independently in their own homes in central Philadelphia by providing caring services and programs that increase social engagement through a network of volunteers.



Don't forget to read our blog on our website.

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, socioeconomic status, physical abilities, religious beliefs, or political beliefs.

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.

JUNE 2020 Pride Month

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

All June events are open to all.	1	2 3:30 pm Penn's Village Reads ZOOM	3	4 3:30 pm Penn's Village Reads ZOOM	5	6	
	7	8	9	10	11 3:30 pm Penn's Village Reads ZOOM	12	
	13	14	15	16 3:30 pm Penn's Village Reads ZOOM	17 3:00 pm The Muse Behind the Artist VI ZOOM	18	
	19	20 4:26 pm (EDT) Sunset at Stonehenge Summer Solstice	21 Father's Day	22	23 2:00pm Political Redistricting ZOOM	24 3:30 pm Penn's Village Reads ZOOM	25
	26	27	28	29	30		

All Around Town

Driving Toward Brighter Days—Virtual Southeastern Pennsylvania Day Trips

Now that we are enjoying the warmer weather, many of us are longing for a change of scenery. The local arts and cultural scene is mostly on hiatus until mid-summer or fall, so if you are looking to plan for the future, here are eight **Leisure Day Drives** described in the Penn's Village Blog. Written for us between October 2019 and May 2020 by international business consultant Clare Novak, these vivid stories and photos, accessible in the blog archives, take us on virtual weekend day trips through the near-Philadelphia countryside.

Read Novak's blog posts on our website (www.pennsvillage.org) to explore the fascinating places listed below and the history behind each of them. (You can also subscribe to our blog and receive a notice each time there is a new post.) Then, when we have the okay, you will be ready to pack a picnic lunch and be on your way. When that time comes, remember to check your destination's website to be sure facilities are open.

Chester Springs Creamery and Milky Way Farm (October 2019)

Milky Way Farm is a fourth-generation dairy farm owned by the Matthews family. It occupies a beautiful part of Chester County on Route 113 in Lionville, PA. The cows graciously donate their milk to make the delicious ice cream served in The Creamery. The staff will gladly give you a taste to help you decide on a flavor.

American Treasure Tour Museum (November 2019)

The American Treasure Tour Museum is a warehouse of happy—crazy, cluttered, eclectic happy. A Mad Hatter and a child with a blank check went shopping together, purpose and whimsy. Purpose is evident in the collection of player instruments—pianos, organs, circus organs, and even violins. Whimsy, well, see for yourself.

Koziar's Christmas Village (December 2019)

The Koziar family started their lighting in 1948. Because the family so enjoyed it, each year more decorations were added. First the house, then the barn, then displays caused people to start driving out to see what has become a Christmas Village.

A Pagoda in Reading (January 2020)

What's a pagoda doing in Reading? The Pagoda, located atop Mt. Penn, has been a landmark in Reading, PA for over 100 years. It was envisioned as a luxury resort, but unable to attain a liquor license and facing financial problems, the Pagoda never opened. Today, it is owned by the City of Reading. It is open to visitors on weekends by donation and houses a small café.

Wolf Sanctuary of Pennsylvania (February 2020)

There are approximately forty wolves

and wolf-dog mixes living in the Wolf Sanctuary in Lititz, PA. These magnificent creatures are rescue animals. They have been rescued from zoos and homes. Some were injured in the wild and now receive care.

Ladew Topiary (February 2020)

Which topiary garden in our area was named one of the "ten incredible topiary gardens around the world" by Architectural Digest? While Longwood and other famous gardens would be good guesses, the answer is Ladew Topiary in Monkton, MD.

Bethlehem Steel (March 2020)

Now a museum, the mill was once the industrial heart of a city. In its day, it was one of the world's largest steel producers and shipbuilding companies. The company's roots trace to 1857 with the establishment of the Bethlehem Iron Company.

Hopewell Furnace National Historic Site (May 2020)

The peaceful countryside surrounding Hopewell Furnace and the village built to support the furnace invites you to put aside modern devices and simply live. As visitors step away from our hurried times and into the Pennsylvania iron industry, there is a great deal to be experienced through a leisurely walk.

Miss a Recent Zoom Event?

Please note that we have begun recording our Zoom events. You can access the videos of the events that have been recorded by going to the website and clicking on the **Past Events** tab. We will be regularly adding new events as they are presented.

Tech Tip Reminder

As many doctor visits are now becoming virtual, let us know if you need technical assistance accessing telemedicine calls with your healthcare provider. For more information, contact us at info@pennsvillage.org or 215-925-7333.

FROM THE PROGRAM COMMITTEE

The Program Committee, under the leadership of Molly Lenowitz and Mario Oropeza, announces the schedule of programs for June. Please register at 215-923-7333 or at info@pennsvillage.org. These programs will be offered as ZOOM Teleconferences. Members who register will be sent login information a day or so before the event. Check our website and look for emails for up-to-date information, a fuller description of each program, and additional programs scheduled in the month of June, as well as the rest of the summer.

Tuesday, June 2, 3:30 pm. "Penn's Village Reads." We continue our successful Penn's Village Reads program with Kristin Davidson, board chair and co-chair of the Marketing & Communications Committee, reading from *Little Fires Everywhere* by Celeste Ng. This book explores the weight of secrets, the nature of art and identity, and the ferocious pull of motherhood—and the danger of believing that following the rules can avert disaster.

Thursday, June 4, 3:30 pm. "Penn's Village Reads." Brian Wengenroth will read "The Clicking of Cuthbert," from P.G. Wodehouse's collection of ten short stories by the same name, all with a golfing theme. This, the first story in the collection, introduces the Oldest Member, an elderly sage who appears in most of Wodehouse's many golf stories and narrates from the clubhouse off the 18th green of an unnamed golf club somewhere in England.

Thursday, June 11, 3:30 pm. "Penn's Village Reads." Guest reader Patricia Nemirovsky Alsina will read selections from Richard Howard's translation of *The Little Prince* by Antoine de Saint-Exupery, which brings the English text as close as possible to the French, in language, style, and most important, spirit. It will capture the hearts of readers of all ages.

Tuesday, June 16, 3:30. "Penn's Village Reads." "Cairo: A type of Love Story," by Peter Hessler. Read by Margherita Abe.

Wednesday, June 17, 3:00 pm. "The Muse Behind the Artist VI." This is our annual celebration of Philadelphia art as four vibrant local artists share the inspiration behind their colorful work. You will meet Bob Ingram, Kathy Halton, Adam Crawford, and Nicole Nikolich.

Tuesday, June 23, 2:00 pm. "Political Redistricting: How Did We Get into Such a Mess and Where Do We Go From Here?" with Fred Murphy, a member of the Common Cause PA Redistricting Committee and a PV member.

Tuesday, June 24, 3:30. "Penn's Village Reads." "The Road from Colonus," from *The Collected Tales of E.M. Forster*.

July and August

Lunch and Books will have a **late July or early August** meeting, either in person or via Zoom, and a **Pop Up Happy Hour** is planned for **August 4**, either in person or via Zoom. Watch for program announcements in your inbox and check the website for new program listings and details throughout the summer.

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