



THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



"Look for the helpers. You will always find people who are helping."

- Fred Rogers

Dear Villagers, Neighbors, and Volunteers,

It occurs to me that what was true for Mr. Rogers' Neighborhood is true for Penn's Village. We call our helpers "Volunteers!" These are the folks dedicated to generously providing services and programs to help our members fulfill their goal of remaining in their homes as they age. Penn's Village Volunteers are, in short, the lifeblood of our organization.

For villagers and neighbors, finding help is but a phone call or email away. Do you need transportation to the grocery store or

to a physician appointment? Could you use some help with minor home repairs or just getting your "stuff" organized? And, who wouldn't welcome expert help with smart phones and computers!?

Friendly visits and helping with needs such as pet care and gardening can alleviate social isolation. Specially trained Health Pals can even help schedule doctor visits and go with you to be another pair of ears!

Volunteers also enhance and strengthen our Village by working behind the scenes. They help with scheduling member services and facilitating event registration, being active members on different committees, as well as responding to information requests. And you can be sure there are many Volunteers behind our frequent social and educational events. Volunteers also actively greet and welcome our new members!

Friendships often blossom from Village encounters. Sometimes, Volunteers become Villagers or Neighbors and, often, Villagers and Neighbors get involved in volunteering. As I reflect over the past year, I am grateful to report

that we have seen more interest in volunteering than ever.

The Penn's Village Board of Directors has scheduled a Town Hall Meeting for January 10 to present the new Penn's Village strategic plan (see page 4 for more information). I hope that you can join us as we all continue to build on the success of our Village. In the meantime, if you are interested in exploring Penn's Village volunteer opportunities, please visit our website where you will find more detailed information and our new volunteer application form.

Wishing you a happy holiday season,
Jane

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DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Comcast Holiday Spectacular (Through Jan. 1st)	1 Coffee & Tea Festival
2 Coffee & Tea Festival ~~~ Hanukkah Begins	3 National Make A Gift Day	4 Parkway Central Library Author Event: Gary Giddins	5 Penn's Village Event: Preventing Heart Disease and Strokes	6 Penn's Village Program Committee Meeting	7	8
9	10 Hanukkah Ends	11 Ralston House Alzheimer's Community Forum	12 Penn's Village Event: Fall Prevention	13 Penn's Village Marketing Communications Committee Meeting	14	15
16	17	18	19 Penn's Village Event: Pop-Up Happy Hour Author Talk: Nelson Diaz	20	21	22
23 Last Day of the Craft Hall Pop-Up Restaurant	24 Christmas Eve ~~~ Last Day of the Philadelphia Christmas Village	25 Christmas	26	27	28	29
30	31 Last Day of the Franklin Square Electrical Spectacle Holiday Light Show					

FROM THE PROGRAM COMMITTEE



The Penn's Village bi-monthly **Pop Up Happy Hours** continue to provide an opportunity for members and volunteers to gather and get to know each other better and to sample cocktails and appetizers from well-known establishments throughout Center

City. Our November Happy Hour was held at Talk Restaurant and the next one will take place at Malbec (400 South 2nd Street) on Wednesday, December 19.

Registration not required, just show up!



LUNCH & BOOKS

By Mark Raymond

Recently we hosted our inaugural Lunch & Books program at Positano Coast Restaurant in Olde City. There were 18 attendees and a good time was had by all. Good food in a pleasant atmosphere and lively conversation about an interesting book (*Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice* by Bill Browder) that is currently in the news headlines. The novel tells the story of corruption within the Russian government, the death of Russian tax attorney Sergei Magnitsky, and the passage of the Magnitsky Act by the United States, which sanctioned those Russian oligarchs and officials responsible.

Vanity Fair published an [interview](#) with the author the day before we met! This review from the Economist, forwarded by one of the attendees, captures much of the discussion we had: [Red sky in the morning - Contemporary Russia](#). [If you cannot read either of these articles, email rose@pennsvillage.org and she can send you the text].



The Program Elves back at Penn's Village Central are busy planning our next Lunch & Books program for sometime in January. While we haven't selected the book yet, a top contender is NBC war correspondent Martin Fletcher's new novel *Promised Land*, a sweeping epic of two brothers and the emergence of the State of Israel after the Second World War (here is a link to an interview with Martin Fletcher about his book: [Martin Fletcher turns to fiction to tell 'Promised Land' story](#)).

So keep your eyes on this space for the announcement of our next Lunch & Books, and come join us for good food, a good read, and good conversation—all or any one! Remember, this is not a book club. You don't have to read the book if you don't have the time or are not interested; you can join us just for the food and conversation!

Call 215-925-7333 or email info@pennsvillage.org to register for Penn's Village programs

Penn's Village members and guests braved the snow on November 15 to hear Ed Slott share tips on how to protect retirement savings from tax penalties and pitfalls. *It's not how much you make that counts but how much you keep that counts* and Ed recommends arming yourself with the right questions, resources and experts.



Thank you to Trinity Memorial Church for graciously providing the space.

SAVE THE DATE!

Join Penn's Village as we celebrate 2019 and look to our future.

Thursday, January 10 from 5:30 – 8:00pm

Thomas Jefferson University

Alumni Hall on Locust St. between 10th and 11th Sts.

Please join us to learn about future plans and to toast 2019. Snacks, wine and soft drinks will be served. The hit musical, Hamilton, is coming to Philadelphia in the fall of 2019 and we will be introducing our raffle for what promises to be difficult-to-obtain tickets. Yes, we already have them.

Invitation to follow. Please register by email: info@pennsvillage.org or by phone: 215-925-7333.



DID YOU KNOW?

There are now **350 villages** across the US.

The [Village Map](#) on the Village to Village Network website allows you to search for a village or just browse the map!



Tips to Increase Computer Security

From time to time, the newsletter will give some tips on how to make our communications more secure whether online, with financial transactions, or to avoid phone scams.

We start with these recommendations from Yoav Zohar, Penn's Village information technology volunteer for Apple products:

- Do not enter any information that was asked for on a website that you did NOT initiate (i.e., a link suggested in an email or by a website).
- Use a different password for each site – one trick is to use the same base password with minor changes at the end.
- Most sites use your email to log in. To know if your email login was ever compromised, use this site: <https://haveibeenpwned.com/>
- If your login has been compromised, use this site to check if your password is known “out there”: <https://haveibeenpwned.com/Passwords>
- Remember: the IRS always uses the mail service. If you get an email or phone call that the IRS is contacting you or your computer was hacked, do NOT open the email. If you have opened it, though, do NOT call the phone number.
- If your browser freezes with a frightening message, just Force Quit the browser (Mac)

Connect with Penn's Village:

215-925-7333

info@pennsvillage.org

www.pennsvillage.org

201 South 21st Street
Philadelphia, PA 19103

Follow us on social media:



Join Penn's Village:

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

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.

FOCUS ON FILM

Wildlife: A drama directed by Paul Dano | Co-Written by Paul Dano and Zoe Kazan

by Dick Levinson



Film critics can't issue orders. And if they could, would their readers pay attention? So, whether you are married, divorced or simply single, I urge you to see this beautiful, but harrowing film about a Montana marriage coming apart at the seams. The story is told from the perspective of fourteen-year-old Joe Brinson (Ed Oxenbould), who carries the burden of the family's future on his young shoulders, while his parents retreat into irresponsibility. Oxenbould, an Australian actor who is actually 17, delivers a wonderful, pitch-perfect performance that makes us feel the mix of fear, confusion and rage that Joe confronts daily. He has a kind heart and an instinct for practical solutions, but no 14-year-old is ready to be a man. Things begin to go wrong for the family when Jerry Brinson (Jake Gyllenhaal) loses his job as a golf pro and volunteers to help fight a major fire that has broken out near the Canadian border. In the Montana of 1960, the elite crews of professional firefighters that we know today don't exist. Volunteers like Jerry are viewed by the locals as being one step above prison labor and paid a dollar an hour. In essence, Jerry has abandoned

his family----and left them with no real means of support. Joe's mother, Jeanette (Carey Mulligan) talks a good game, but is unprepared to cope with the demands of her new life. At one point, a tearful Jeanette asks her teenage son if he has a plan for the two of them to follow and insists that she is ready to follow it if he does. Mulligan, a British actress with gamine features, is both powerful and compelling in this role. Jeanette takes a part-time job at the YMCA teaching swimming, but soon drifts into an affair with a secure older man who owns a car dealership. Jeanette makes no effort to conceal her affair from a furious Joe, setting the stage for a terrible reckoning to come.



Thinking and Doing for Others at Holiday Time

The holidays are always looked upon fondly as a time for giving. If you are able to reach out to others in need at this time of year, here are a few ideas to consider in our own backyard

- Episcopal Community Services (ECS) You can serve a meal, host a children's party, contribute to a food cupboard, and even provide a child with a gift. Contact volunteers@ecs.philly.org.
- St. Peter's Food Cupboard continues to have a high demand over the holidays. To help on Tuesdays (4-5) and Thursdays (5-6), or Saturdays (7:56-10am), visit www.stpetersphilly.org/foodcupboard.
- Police toy drives and children's parties. Contact 6th District at 235 N 11th St., 215-868-3060, or South Street Mini-Station, 905 South St. A, 215-922-6706.
- Contribute to the Margaret Armstrong Robb Fund to help a needy Villager with membership dues. Contact the Penn's Village office, 215-925-7333.

NEW MEMBER WELCOME

Meet Lee Drukker

by Karen Orman



Leendert (Lee) Drukker was born in Rotterdam, Holland in 1924. After Germany invaded Austria in 1938, his father was determined to leave Europe. On August 4, 1939, the family set sail on the *New Amsterdam*, arriving a week later in Hoboken, New Jersey.

Lee hardly knew any English, but loved mysteries, particularly the Sherlock Holmes stories. He read so much that he learned English well enough to be placed in a special advanced class in high school. He later majored in journalism at NYU, with minors in English and psychology.

Shortly before graduation, he received a tentative assignment from *The Knickerbocker*, a monthly for readers with a Dutch background. He sold the article and several more. With graduation approaching, he looked for jobs. When *The Bismarck Tribune* responded, he sent a sample of his published work, and secured a job as photographer and reporter in 1948.

By 1950, he was back in New York and worked at a succession of various trade magazines.

He worked for more than 27 years as an editor at *Popular Photography*, a monthly largely aimed at hobbyists. Although he sometimes illustrated his articles and columns with photographs, he considers himself a rank amateur. He retired in 1986 because he felt that the new technology made him obsolete.

Lee met his wife, Lilly, at the Polyglot Club which comprised mostly Columbia University students. They both loved theater and on their first date went to a play, *Gideon*, with Frederic March. Lee and Lilly were wedded only a few months later, and have now been married for 56 years.

A friend of Lee's recommended Penn's Village to him. Lee says that our computer expert was so helpful to him that it added years to his life! Lee also attended a Penn's Village program recently about hearing and balance, two things that are very important to him. After meeting Lee, I'm sure you will agree that he is a wonderful example of someone who is living his life to the fullest. I hope that all of us can be that energetic and curious at age 94!

ACTIVE AGING

Philadelphia Court of Common Pleas Elder Justice Initiative

by Lori Dumas

The Elder Justice & Civil Resource Center (EJCRC) opened its doors in 2016. Although it welcomes all Philadelphians, the Center provides Specialized Judicial Assistance for people age 60 and over. This organization was the brainchild of President Judge Sheila Woods Skipper, who innovatively filled a gap in our judicial system which existed for a long time. Due to her creativity, seniors can now come to City Hall to receive assistance with Elder Justice issues.

The Elder Justice Center is a customer friendly environment and is handicap accessible. Its staff is eager to assist all who visit and are in need of services. This court-based resource center provides assistance to people who are self-represented (i.e. are not represented by attorneys).

Help to seniors may involve initiating a legal action or responding to a civil case filed against them within the Court of Common Pleas of Philadelphia. The office assists litigants by offering procedural information, along with legal resources and referrals; they offer free legal advice from volunteer attorneys and law students by

appointment or on a walk-in basis.

For those tech-savvy seniors, they can also use work stations to E-File, craft civil complaints, answers, motions and other legal paperwork for filing with the Court. There are also private offices for consultations and referrals to agencies that provide self-represented litigants with legal services.

The Center is located in City Hall, Room 278. It operates between 9am-4pm. Staff can be reached at 215-686-7027, 7028, 7029 or by email at: elderresource@courts.phila.gov. The website is: www.courts.phila.gov/ejc.

How to Take Care of Your Medical Care When You Are Healthy

We tend to focus on seeking the best of care when we are ill. Two of Penn's Village's recent blogs (which can be found at www.pennsvillage.org) discuss fall prevention, getting ready for a hospitalization, and returning home. Last month's newsletter article also discussed bone health.

But what should we be doing when we're healthy?

The New York Times has a guide on taking charge of your medical care. The guide, titled How to Take Charge of your Medical Care, can be found at www.ny-times.com/guides. Other guides posted may also be of value!

MEET OUR VOLUNTEERS

Maria Cesare: Something to Volunteer For

by Sherrill Cresdee



While attending Temple University in 1991 – after 22 AT&T local telephone companies split up and before the birth of Bell Atlantic Mobile – Maria Cesare joined Verizon [as it's now known] as a summertime Directory Assistance Operator [remember them?]. While waiting to return to school in the fall, there was a teacher's strike and she ended up never leaving the world of telecommunications. Eventually Maria finished her degree while simultaneously rising through the corporate ranks; today, Maria currently holds the position of Network Engineer with a geographic area not unlike Penn's Village: North/South Girard to Washington avenues and East/West between the Delaware and Schuylkill rivers.

Born in 1970, younger than the majority of our membership, she has contributed greatly to our network of services both as a Penn's Village volunteer and Verizon employee.

Maria's volunteering began by becoming a Bingo "aide" on game night at Magee Rehabilitation to earn tickets to visit Disney World while vacationing in Florida. After returning and casting about for other volunteer opportunities, she noticed on the Verizon Cares website page that if she did fifty hours or more of volunteering, Verizon would "pay" the organization she volunteered at for her time. Maria chose Penn's Village, regularly completing 50 hours, and The Verizon Foundation consistently makes its donation for those hours.

Along the way of volunteering, Maria has discovered that she appreciates and enjoys the 'senior' community. She has, "...a couple of Penn's Village clients now...", most of whom began, "...as folks to help and have turned into friends to laugh, eat and drink with who, also, want a little help." In fact, Maria's appreciation extends to her voluntarily [that word again] taking an early retirement package. Soon after leaving her highly stressful technology life at the end of the year, she will be going on a "bike and barge" trip through Holland and Belgium. "Luckily, they're both fairly flat." While decompressing, she's going to focus on the next, "...low stress..." chapters of her life and hopes they will be full of, "...doing good, personal fulfillment, giving back and being happy."

HOW SMART IS YOUR HOME?

by Mario Oropeza



How often do you tuck yourself into bed and realize you forgot to turn off the kitchen lights? Or fall asleep with the TV on and the remote is lost in the blankets? Do your arthritic fingers make it difficult to add to your handwritten shopping list? How many times have you've fallen and you can't get up? Or, you can't see well without your glasses to dial a phone number, or can't find the correct "off" button on the TV?

It's time to enter the world of voice-activated technology. This technology has come of age, with a number of devices as inexpensive as \$49 and up to \$300 that are made to help you. The price varies depending on the size of the device, the quality of the speaker and whether the device has video capabilities. The leading digital-assistants that we all know by name are Google Assistant, Amazon Alexa, Microsoft's Cortana, and, of course, Apple's Siri which has been on iPhones for several years. At least once a day I ask for Siri's help to identify who starred in an old movie, who was president of the United States after Wilson or before Hoover, or what a state capital is so that I can complete my crossword puzzle.

Front Porch Center for Innovation and Wellbeing in Carlsbad, California did a study of seniors using voice activated devices. Among the findings from the research (which ultimately involved about 50 residents, most older than 80): 75% used the smart devices daily, and almost as many said Alexa helped them feel more connected to family, friends and the rest of the community.

A second phase of their study offered residents the opportunity to see how Alexa can be tied to "smart home" technology. Soon, several individuals were controlling lights and thermostats in their homes with voice commands. That capability gave people, particularly those with mobility issues, a greater sense of control and independence; they no longer had to bother partners or caregivers to turn on lights or adjust the temperature.

It's not really magic... Sure you may need some assistance in setting them up, but with a little training and practice you can be in a position to ask the device to do something and it will -- 24 hours a day, seven days a week. There are still "bugs" with these devices, with security and privacy continuously being improved. If you have Wi-Fi and are comfortable with a smartphone, you may be already on your way.

It may sound like magic but Penn's Village can show you how it can be done.

Mario Oropeza, a Penn's Village volunteer and co-chair of the Program Committee, provided an overview of these devices at a workshop earlier this year. He has also helped at other Penn's Village programs dealing with the use of smartphones and tablets.

ALL AROUND TOWN

Local Events and Activities for December 2018

CELEBRATE THE SEASON!

We've identified several happenings for the holiday season. There's something for everyone: young folks, shoppers, observers, participants.

Take your pick and enjoy.



ATTRACTIONS

Franklin Square Holiday Festival & Electrical Spectacular Holiday Light Show

Race Street at 6th

www.historicphiladelphia.org

215-629-4026

(new this year throughout December)

Tippler's Tour – Colonial Pub Crawls

Contact Historic Philadelphia: 215-629-4026.

Reservations limited!

(December 6, 13, 20, & 27 at 5:30pm)

Comcast Holiday Spectacular The Comcast Building, 17th & JFK Blvd.

(Throughout December)

Christmas Village at Love Park

Food and crafts

(throughout December)

Made in Philadelphia Market in Dilworth Park Local vendors - food and crafts

(Throughout December)

Ice Skating at Dilworth Park and Blue Cross River Rink at Penn's Landing

(Winter months)

HOLIDAY SHOWS

A Philly Pops Christmas: Spectacular Sounds of the Season

Verizon Hall at the Kimmel Center

(December 1-22)

The Philadelphia Orchestra: The Glorious Sound of Christmas

Verizon Hall at the Kimmel Center

(December 20-23)

The Philadelphia Orchestra New Year's Eve concert

Verizon Hall at the Kimmel Center

(December 31)

Dr. Seuss' How the Grinch Stole Christmas! The Musical

Academy of Music

(December 19-29)

George Balanchine's The Nutcracker

The Academy of Music

(December 7-31)

TWO CLASSIC REBIRTHS

The Bourse Food Hall on Independence Mall

5th Street, between Market and Chestnut Streets



Cherry Street Pier – public park and creative space for artists

Columbus Blvd. near Race Street

www.cherrystreetpier.org

SELECTED THEATER OPENINGS

11th Hour Theater Company

Children of Eden (musical)

The Proscenium Theatre at the Drake

267-987-9865

www.11thhourtheatrecompany.org

(December 1-9)

Theatre Exile Completeness

The Louis Bluver Theatre at the Drake

www.theatrexile.org

215-218-4022

(December 1-23)

Newsletter Editorial Board:

Janet Burnham

Sherrill Cresdee

Kristin Davidson

Kapri Koflanovich

Dick Levinson

Harriette Mishkin

Marianne Waller

Contributors:

Lori Dumas

Karen Orman

Mark Raymond

Yoav Zohar

Design and Layout:

Rose Fortese

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Bacchus Mkt. & Catering
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