

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



HAPPY New Year!

As we at Penn's Village individually and collectively cross the threshold into 2020, many of us may have made resolutions and reaffirmed our goals for the coming year. As we make our resolutions, we look forward to that sense of accomplishment and pleasure of living up to our values that we often describe as being happy.

In her new book, *Women Rowing North*, author Mary Pipher tells us that we don't have adequate words to parse the many forms that happiness takes. She says, "We need a word for the happiness we feel eating ice cream at a festival, after making love on a lazy fall afternoon, or hearing that one of our grandchildren won a scholarship, or when we run into a long-lost friend at an airport." Contentment is one kind of happiness, just as is the excitement over experiencing, sharing, and learning from interesting things. And, not to be overlooked is the happiness that comes from helping other people.

The Mather Institute, an award-winning resource for research-driven information about wellness, aging trends in senior living, and successful aging service innovations, recently

published a list of ten tips to boost your happiness:

1. Say "Thank you!"
2. Take time to learn something new.
3. Try skipping your afternoon coffee or sweets for a week—you'll savor them more after the break.
4. For thirty days, take one picture a day of something you find interesting, beautiful, meaningful, or enjoyable.
5. Put on your walking shoes and take a walk.
6. Redirect your thinking when you find yourself dwelling on negative thoughts.
7. Challenge yourself to reach a new milestone and then celebrate your success.
8. Take a new approach by savoring positive experiences in new ways.
9. Put on a happy face—acting happy can lead to actual happiness.
10. End the day on a bright note by taking a few moments to think of three positive things that happened that day.

My sincere wishes for a very HAPPY New Year. I hope you will join the Penn's Village Board of Directors and me on Tuesday, January 28th, as we all take the opportunity to celebrate the Village's successes over the past year and to participate in the continuing dialog of how to ensure a thriving and fulfilling 2020.



PENN'S VILLAGE SECOND ANNUAL TOWN HALL

Tuesday, January 28
5:30 – 7:30 pm

Jefferson University
Alumni Hall

Learn about future plans
and toast a new year for
Penn's Village.

Snacks, wine, and soft drinks
will be served.

To register,
email: info@pennsvillage.org
phone: (215) 925 -7333

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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 January. Please register at 215-923-7333 or at info@pennsvillage.org. Check the website for up-to-date information.

The start of 2020 brings two programs to help us ponder our future and two programs to stimulate our minds and tasting sensations. What a way to begin the new year!

Wednesday, January 8, 2:00 pm. End of Life: Is There Really A Good Death? Explore the crucial conversations and events that support a peaceful, loving end-of-life experience—not only for the dying but also for family and loved ones. Led by Laura L. Barry, Hospice Care Transition Liaison with the Visiting Nurses Association of Philadelphia. MacColl Room, First Presbyterian Church, 201 S. 21st Street.

Monday, January 13, 2:00 pm. Strategies for your Future: Ideas for What to Do with Your Life in its Next Phase. Dick Goldberg and Mady Prowler, formerly of the “Coming of Age” program at Temple University, will co-facilitate a conversation on how to decide what really has meaning for you, what resources you will need, and potential obstacles and strategies for overcoming them. MacColl Room, First Presbyterian Church, 201 S. 21st Street.

Thursday, January 23, 4:30 pm. Beer Pairings. Sips and food pairings will be offered. Bainbridge Heirloom Market, with Stephen Sabo, Beer Manager and long-time beer enthusiast. 2303 Bainbridge Street.

Tuesday, January 28, 9:00 am-7:00 pm. Blood Drive. In partnership with Society Hill Towers and Society Hill Civic Association. Community Room at Society Hill Towers. See article below for details.

Tuesday, January 28, Noon. Lunch and Books. *Blowout: Corrupted Democracy, Rogue State Russia, and the Richest Most Destructive Industry on Earth*, by Rachel Maddow. Positano Coast. See article on page 7 for details.

Tuesday, January 28, 5:30-7:30 pm. Penn’s Village 2nd Annual Town Hall. Jefferson Alumni Hall. See page 1 for more details.

Penn’s Village Happy Hour Hiatus

Our Happy Hour will be taking a break until Spring. The Program Committee hopes that you have enjoyed the past Happy Hours and looks forward to seeing you when the days begin to get longer and warmer.

Penn’s Village Joins Society Hill Towers in 4th Red Cross Blood Drive



On Tuesday, January 28, Society Hill Towers will host their 4th Red Cross Blood Drive in collaboration with

Penn’s Village and Society Hill Civic Association. All are welcome – either as blood donors or as volunteer greeters. Location is the Society Hill Towers Community Room (behind Zahav) at 285 St. James Place. Hours are from 9:00 am to 7:00 pm.

Blood donors may register at www.redcrossblood.org. Click on “Donate Blood.” Enter zip code “19106” or SOCIETY HILL TOWERS to select your appointment time. You will get a reminder email on January 28. You can also call 1-800-Red Cross.

Volunteers are needed for two-hour blocks of time to welcome donors (primarily between 9:00 am and 1:00 pm), check them in, verify their appointment

time, and provide Thank You stickers. Contact drive organizer Mary O’Neill at mconeill210@gmail.com to register for your preferred volunteer time.

You can also volunteer to represent Penn’s Village, hand out our brochure, and answer questions about membership and volunteer opportunities. **If you are interested and available for either of two shifts – 9:00 am - 11:00 am or 11:00 am - 1:00 pm, leave your name at 215-925-7333. Mention you will be able to volunteer at the blood drive to represent Penn’s Village, and we will get back to you.**

What to expect if you are a blood donor:

- Bring photo ID or your Red Cross donor card, or use RapidPass* (see footnote) – sent to you on January 28 in your email appointment reminder.
- Before the blood drive – drink an

extra 16 oz. of water or other non-alcoholic fluids.

- Be sure to have a healthy meal that day. Get a good night’s sleep.
- Red Cross staff will also check your blood pressure, pulse, and iron level on site before you donate.
- Take time to enjoy a snack and a drink in the refreshment area after you have donated.



*RapidPass offers you a way to complete pre-reading and donation questions online from home or office, reducing your time on site (about one hour). You will be sent RapidPass in your reminder email the day of your appointment – just read the information and answer the questions. Use a laptop or desktop computer. Print the pass or email the PDF to yourself – bring the paper pass or the email on your phone. **RapidPass cannot be completed on a smartphone or tablet at present**, and it can only be completed the day of ... not before.

ACTIVE AGING

The Joy of Walking

by Dick Levinson

To understand the character of a great city, simply walk through as much of it as you can. Philadelphia is a continuing source of surprise, inspiration, and delight when seen from ground level.

Who knew that there was so much great free entertainment to be had when one travels from Rittenhouse Square to the precincts of Old City. From the harried businessman barking orders into his cell phone, to the teenage girl with her backpack a sea of stickers and slogans that mean nothing to this man of the 1960s, Philadelphia is a stage bursting with players of every possible description.

There are pitchmen and women seeking financial support for every political cause under the sun. Noisy



Chances are if you do your walking in Center City Philadelphia, sooner or later you will come across Scabby the Rat, the commonly used giant inflatable balloon mascot for union rights protests.

protestors on Walnut Street let a local furrier know that neither he nor his products are welcome. The merchant retaliates by playing the greatest hits of Frank Sinatra at top volume. Police officers keep a watchful eye on the proceedings, but do not intervene.

To walk in a modern city is to share space with every breed of dog imaginable. For the most part, they are quiet and well behaved. One knows, however, that these creatures are ever alert and gifted with the ability to see, hear, and smell things that put our own poor senses to shame. These canine companions know a great deal about their human masters, including when we are nervous, frightened, or under stress. Fortunately, our secrets are safe with them because they can never tell what they know.

Years ago, I imagined that urban America would prove to be overwhelming for dogs, but I was clearly wrong. Bring them into an environment of honking horns, impatient drivers, and grumpy pedestrians, and I thought that they would be unable to cope. In reality, dogs possess an ability to screen out what is unimportant and to focus on what truly matters to them at any moment in time.

Walking is the lazy person's perfect exercise. We march forward, as if on automatic pilot, as we strengthen our hearts and help to keep our waistlines in check, although some of us should have, perhaps, joined the party much earlier.

More Steps for Better Health

From NIH News in Health, August 2019

Walking is an easy way to exercise without needing a gym membership. It's a popular way to burn calories, and research shows that walking is good for your health. A new study asked how many steps a day can lead to health benefits.

Many watches and smartphones can count the steps you take in a day. These devices often suggest taking 10,000 steps each day. But that number isn't based on careful study.

Researchers looked at the daily activity of 17,000 women averaging seventy-two years old. The women wore a device on their hip for seven days that tracked the number of steps they took each day.

The team tracked any deaths among the women over the next four years. More than 500 died during this time. The women who took about 4,400 steps per day were 41% less likely to die during the study than those who took 2,700 steps.

The risk of death continued to decrease with more steps until about 7,500 steps. Beyond that, the effect leveled off. The women who reached 10,000 steps each day had no added benefit.

"Taking 10,000 steps a day can sound daunting," says lead researcher Dr. I-Min Lee from Brigham and Women's Hospital and Harvard Medical School. "But we find that even a modest increase in steps taken is tied to significantly lower mortality in older women."

Tea, Scones, and Phones Continues to Be a Favorite

More than forty Penn's Village members, friends, and Society Hill Towers residents enjoyed a November afternoon learning how to better use their Apple or Android phones while enjoying tea and homemade scones and muffins. What better way to spend an afternoon than socializing with friends while improving one's phone skills! A big thank you to the Society Hill Towers for use of their Community Room.



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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 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

215-925-7333
info@pennsvillage.org
www.pennsvillage.org
201 South 21st Street
Philadelphia, PA 19103

Follow us on social media:



All AROUND TOWN

Selected Cultural Events and Activities for January

On the Kimmel Center Cultural Campus: **La Noche Latin Music Dance Party** (free) on January 6; **Sittin' In Live Jazz** (free) on January 15; Vox Ama Deus Symphony Orchestra, **Four Rhapsodies** (Gershwin & Enescu) on January 10; Broadway Philadelphia, **The Band's Visit** from January 7-19; Philadelphia Orchestra, **Disney's Fantasia – Live in Concert** from January 3-5; **The Simon & Garfunkel Story** (musical celebration of rock legends) on January 29 and 30; The Philly Pops, **Hamlisch: With Love** from January 17-19. **Riverdance 25 Anniversary Show** from January 21-26; Philadelphia Chamber Music Society, **New Voices: Paris of the Belle Epoque** on January 14; Chamber Orchestra of Philadelphia, **Music of the Enlightenment** on January 26 and 27; Opera Philadelphia, **Verdi's Requiem** from January 31-February 2. For more information, visit kimmelcenter.org.

1812 Productions. **This Is The Week That Is** at Plays & Players Theatre, 1714 Delancey Place, closes January 5; 11th Hour Theatre Company, **Chess the Musical** at Christ Church Neighborhood House, 20 N. American Street, from January 11-19.

Wintergarden at Dilworth Park (free). Picturesque plantings and whimsically created topiaries, through February 23. Visit www.ccdparks.org for details.

Central Philadelphia has a multitude of wonderful museums for every interest and taste. Visit one this month and tell us which exhibit you liked the best: The Philadelphia Museum of Art, The Barnes, PAFA, National Museum of American Jewish History, Woodmere (Chestnut Hill), The Fabric Workshop and Museum, The University of Pennsylvania Museum of Archaeology and Anthropology, Mutter Museum, The African American Museum, The Constitution Center.

Returning again is **Restaurant Week**, January 12-24. Three-course lunch for \$20, three-course dinner for \$35. Visit www.ccdrestaurantweek.com for details.

Report on Penn's Village and Philadelphia Clergy Breakfast Meeting

Penn's Village invited representatives of the faith communities of Central Philadelphia to a continental breakfast and discussion about the needs of older adults in their communities and how we could work together to best serve those needs. Rev. Jesse Garner, former pastor of First Presbyterian Church, and Stephanie Grupe, representing the Penn's Village Marketing

and Communications Committee, heard from attendees about the needs of their congregants. Executive Director Jane Eley and Health Pal Margo Villanova shared some of the ways Penn's Village could partner to serve those needs by helping older adults continue to live in their homes as long as possible. Future on-site Penn's Village visits with congregations are being planned.

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.

JANUARY 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
5	6	7	8 2:00 pm End of Life: Is There Really A Good Death? MacColl Room	9	10	11
12	13 2:00 pm Strategies for Your Future MacColl Room	14	15	16	17	18
19	20	21	22	23 4:30 pm Beer Pairings Bainbridge Heirloom Market	24	25
26	27 2:30 -4:00 pm Le Cercle Francophone d'Histoire Athenaeum	28 P.V. SUPER TUESDAY 9:00 am- 7:00 pm - Blood Drive Society Hill Towers Noon-2:00 pm - Lunch and Books Positano Coast 5:30-7:30 pm - Town Hall Jefferson University Alumni Hall				GREEN - Penn's Village Event PURPLE - PV Member Only Event



INTRODUCING

The Salkowitzes

by Sherrill Cresdee

With a fifty-plus year career in governmental public health and private consulting, Sue Salkowitz's expertise, activism, and involvement isn't slowing down a bit. Two days after we spoke, she was off to present and spend three days at the American Public Health Association (APHA) conference; the following week she was inducted as a Fellow of The College of Physicians of Philadelphia.

In addition to consulting, Sue is a University of Pennsylvania Leonard David Institute of Health Economics Adjunct Senior Fellow; a Senior Advisor to the American Medical Informatics Association (AMIA) Public Health Work Group, researching public health, poverty, homelessness, education, and early-childhood-experience characteristics to incorporate into electronic medical records to support prevention

and care. She has also been a national specialist in the development and deployment of Immunization Information Systems (IIS).

An early "techie," Sue was employed by the City of Philadelphia when it was first computerized and was provided with training, as that was not part of her public administration degree. Going on to spend thirty-three years with the City, Sue concluded her career as Director of Health Information Services for the Department of Public Health, having served in the Dilworth, Tate, Rizzo, Green, Goode, and Rendell administrations.

Introduced to Penn's Village by the late Pat Harner, Sue was instrumental in developing the Health Pals program guidelines and protocols. "Since social isolation determines the health and well-being of older people, my

hat's off to Penn's Village as a major player in direct companionship and program services to Philadelphia's elderly. Health Pals are heroes to me." Though she doesn't "...do any direct volunteering, my husband Richard [an insurance educator and expert] has led the annual Medicare Part D Insurance seminar at Penn's Village."

Doing things together as a couple for fifty-six years, Sue and Richard Salkowitz are entrenched Philadelphians, "...using the City almost every night—going to the National Constitution Center, WHYY events, lectures at the University of Pennsylvania, Drexel and Jefferson, and more." They have always been political junkies, activists (anti-gun violence, vaping regulations ["...not tobacco..."], flu pandemics), condo board members, and world travelers. Tell me again the definitions of *retired* and *senior*???



LE CERCLE FRANCOPHONE D'HISTOIRE



"Le Cercle Francophone d'Histoire" is a group that combines love of the French language and of history. Lectures are conducted exclusively in French. According to an established calendar, a pre-selected theme is discussed during each session. Prior to the sessions, participants may do their own research in order to familiarize themselves with the period and theme; however, there is no need to be an expert in any of the historical subjects discussed.

The group lecturer and moderator, Eric Simonis, is a native French speaker and a private French language instructor. He taught for six years at Walnut Hill College, is a French language tutor at the University of Pennsylvania, and a member of *The American Friends of Lafayette* and *The Napoleonic Historical Society*.

"Le Cercle Francophone d'Histoire" meets on Mondays from 2:30 to 4:00 pm
at the Athenaeum of Philadelphia. Regular attendance is not mandatory but is encouraged.

You are also welcome to attend as a listener if you wish to improve your French comprehension skills but are unable to participate in the conversation.
(For Members Only)

SÉRIE DE RENCONTRES D'HIVER: "MEURTRES ET ESPIONNAGE AU FÉMININ!"

LE LUNDI 27 JANVIER 2020

Margaretha Geertruida "Margreet" MacLeod, dite "Mata Hari" (1876-1917)

Danseuse exotique et courtisane, convaincue d'espionnage



Lunch and Books: *Blowout* by Rachel Maddow

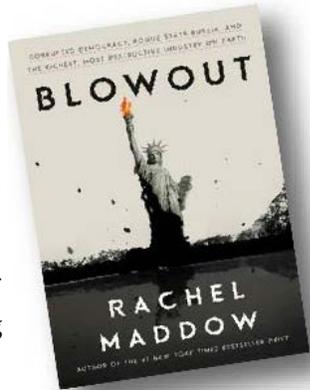
Tuesday, January 28, Noon, Positano Coast

#1 NEW YORK TIMES BESTSELLER

Big Oil and Gas Versus Democracy—Winner Take All

Blowout is a call to contain the lion: to stop subsidizing the wealthiest businesses on earth, to fight for transparency, and to check the influence of the world's most destructive industry and its enablers. The stakes have never been higher. As Maddow writes, "Democracy either wins this one or disappears."

Rachel Maddow is host of the Emmy Award-winning Rachel Maddow Show on



MSNBC, as well as the author of *Drift: The Unmooring of American Military Power*, a *New York Times* bestseller.

Maddow received a bachelor's degree in public policy from Stanford University and earned her doctorate in political science at Oxford University. She lives in New York City and Massachusetts with her partner, artist Susan Mikula. To register, call 215-925-7333 or email info@pennsvillage.org.

IF YOU'RE READING THIS...

...chances are you're an active member of Penn's Village and enjoying the benefits of your membership. If you are a member, we would love for you to join our Membership and Welcoming Committee to spread the word to others.

You will enjoy working with other volunteers to encourage your friends and neighbors to join our Penn's Village family. You will also have an opportunity to welcome those new members to our organization.

Please contact Jane Eley to express your interest: jane@pennsvillage.org.

FREE LIBRARY NEWS

Philadelphia City Institute Closure

The Philadelphia City Institute (PCI) Library on Rittenhouse Square will be closed from approximately January 20, 2020 to March 16, 2020, for the construction of the new lift. During this time, there will be no book drop-offs and no holds available at PCI. At the time of closure, all available patron holds will be transferred to the Central Library. Library patrons can make new requests that can be picked up at the

Central Library or a branch library of choice.

Jim Pecora, Vice President of Property Management of the Free Library, is awaiting the L & I permit, after which time the exact closure date will be determined. Erin Hoopes, PCI Head Librarian, will provide advance notice of closure dates to patrons by email newsletter, Facebook, printed handouts, and door postings.

Cookbook Club and Conversations with the PA Ballet will be held at the Central Library. The LEAP After-school Program will be held at The Church of the Holy Trinity on Rittenhouse Square (Monday through Thursday 3:30 to 6:00 pm). English Conversations may be held at the Central Library (not yet determined). All other programs (including Story Time) will be temporarily suspended.

THANK YOU TO OUR BUSINESS SPONSORS

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

