

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Here it is, June 2022, and COVID-19 is still very much with us! Because this is the last issue of *The Village View* until September 1, I feel it is important to call your attention once again to the latest iteration of Penn's Village's COVID-19 precautions that are contained in the recent e-mail update distributed May 3.

Services:

Going forward, masks are encouraged, but not required when receiving or giving in-person services. However, a volunteer should always ask a member about masking before entering a member's home, before accompanying a member to an appointment or errand, and before a member might enter a volunteer's car.

Volunteers are expected to comply with members' requests for masking and, in turn, may ask a member to mask. Members, similarly, are expected to comply with such requests. As before, all members and volunteers offering or receiving in-person services must report as being fully vaccinated and having been boosted at least once.

Programs:

When indoor programs are resumed, members and non-member guests attending programs in person will be asked for proof of vaccination and at least one booster, along with ID, and will be expected to be masked during the program and in all common spaces of the indoor site. (This is comparable to the requirements at the Kimmel Center and theaters.) As you will discover on page 5, a few indoor programs appear on the June schedule. We continue to explore how to get together safely in person and, also, how to meet the needs of those who do not wish to do so.

Upcoming programs in restaurants will be held in locales with outside seating or indoor seating with good ventilation.

Interest Groups and Committees:

Members of these groups may choose to meet in person, or not, and may determine their own rules for masking. Members, including volunteers who participate with interest groups and on committees, are required to report as being fully vaccinated and having been boosted at least once. Please continue to regularly check your email and the website for any changes regarding these precautions.

Thank you for helping us keep our community healthy and safe. I hope that you have a safe and happy summer and are able to enjoy the many programs and activities the Program Committee has planned for you during *The Village View* two-month hiatus.

Be well,




2022 Annual Penn's Village Garden Party!

Wednesday, June 1
5-7PM
AVA Courtyard
1920 Spruce Street
Rain Date June 2



Follow us on social media:



IN THIS ISSUE

- 2-3 All Around Town
- 4 Book Review: *Last Call at the Imperial Hotel*
- 4 Committee Corner
- 5 June Programs
- 6 June Calendar
- 7 New PV Walking Group
- 8 Active Aging: Sleep

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ALL AROUND TOWN

June is busting out all over, and we're all ready to enjoy warmer, sunnier weather and play outdoors. Many indoor theater events are winding down; they will be highlighted here, along with several outdoor activities. While *The Village View* is on summer hiatus, you can get your arts and culture updates online, directly from the venues' websites. Be sure to check out the series for next year at Penn Arts, Philadelphia Ballet, Philadelphia Orchestra, and others.

OUTDOOR EVENTS



PA Horticultural Society's 2022 Flower Show. This year's theme is "In Full Bloom." Once again, the show will be held at FDR Park on South Broad Street at Pattison Ave. Tickets must be purchased in advance for a specific date. Discounted tickets are available at selected venues. Check details on the website. June 11-19, 2022 [Flower Show Tickets \(phsonline.org\)](http://phsonline.org).

Rodin Museum opens its **Garden Bar** on Fridays from 4-8:30 pm, until September 30. Explore the museum, enjoy refreshing summer cocktails and tasty small plates, listen to music, and take in the garden oasis. Free admission to



garden, weather permitting. Pay-what-you-wish admission to the museum. [Garden Bar \(rodinmuseum.org\)](http://rodinmuseum.org).

Liberty Point, Philadelphia's newest restaurant, is located outside the Seaport Museum and has a capacity of 1,400 people, with three levels of food, drinks, and live entertainment. There are spectacular, panoramic views of the Delaware River—look north to see the Ben Franklin Bridge, east to see the New



Jersey State Aquarium, southeast to see the USS New Jersey, and south to see the marina, the Dockside condo, and I-95 traffic. Take a walk north on Columbus Boulevard after your meal to see the artwork below or walk south to Spruce Street Harbor Park. Paid parking is available in the nearby lot.

[continued on next page](#)

Penn's Village welcomes and actively encourages an inclusive and diverse community of members, staff, Board of Directors and volunteers. Inclusiveness and diversity mean welcoming all and excluding no one because of age, race, ethnicity, gender, sexual orientation, socio-economic 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.

Weaver's Knot: Sheet Bend is a new, site-specific public artwork located on Columbus Boulevard between Cherry



Street Pier and Race Street Pier. It takes the form of a giant knot constructed in stainless steel spheres with a shiny finish, giving them a mirrored, reflective appearance. The spheres are of various sizes and are welded together to create the knot shape. The knot shape is attached to tall steel poles with wire rope cables and suspended overhead. The entire structure is twenty-one feet tall at its highest elevation.

Rosenbach Museum. *The 2022 Bloomsday Festival.* Bloomsday is a daylong event of readings from James Joyce's novel, *Ulysses*, interspersed with musical performances that bring the epic novel to life. Joyce enthusiasts and novices alike can drop by any time to listen, relax in the beer garden, and enjoy free admission to the Rosenbach to view portions of the manuscript in a new exhibition, *18 Reasons to Read Ulysses*. Free and open to the public. Thursday, June 16, 11 am - 8 pm. Delancey Place between 20th



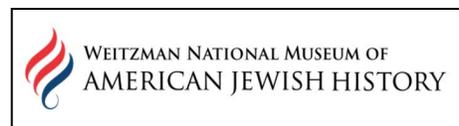
and 21st Streets. More details at <https://rosenbach.org/bloomsday>

Franklin Square. *Philadelphia Chinese Lantern Festival.* Experience a celebration of light and culture with more than thirty larger-than-life lantern displays throughout Franklin Square, including the return of the 200-foot-long dragon. June 21-August 7. Philadelphia Chinese Lantern Festival (historicphiladelphia.org).



INDOOR EVENTS

The National Museum of American Jewish History has reopened in Old City, at 5th and Market Streets, with a new name, **The Weitzman**, in honor of benefactor, Stuart Weitzman, and a new exhibit, *The Future Will Follow the Past: An Exhibition by Jonathan Horowitz*, that explores the significant changes America has experienced since 2020s and issues it has been grappling with for decades. The museum, which is dedicated to exploring the Jewish American



experience, will be open on Fridays, Saturdays, and Sundays from 10 am to 5 pm. Be sure to see the outdoor sculpture, *OY/YO*, by Deborah Kass. Admission is free. Weitzman National Museum of American Jewish History (theweitzman.org).

Academy of Music. *Shen Yun.* This performance takes you on an extraordinary journey through China's 5,000 years of

divinely inspired culture. June 10-12. Shen Yun - Kimmel Cultural Campus.



1812 Productions. *In Search of the Kitchen Gods.* Join Philadelphia artist Bi Jean Ngo on a culinary journey through her Vietnamese American identity. Theatre Exile, 1340 S. 13th Street. June 8-26. In Search of the Kitchen Gods — 1812 Productions.



Arden Theater. *School Girls; Or, The African Mean Girls Play.* Members of an elite boarding school in Ghana are excited by the prospect of earning a spot in the Miss Universe pageant. When Queen Bee Paulina is threatened by unlikely newcomer Ericka, tensions run high. But, as the saying goes: keep your friends close and your enemies closer. Through June 5. Home - Arden Theatre Company



BOOK REVIEW

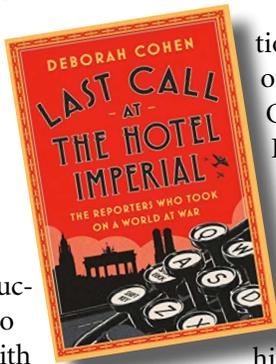
Last Call At The Hotel Imperial: The Reporters Who Took On A World At War by Deborah Cohen

reviewed by Dick Levinson

Their names are largely forgotten today. But during the desperate years from 1929 to the early 1940s, when it seemed as though the nations of Europe were racing toward self-destruction—and determined to take the United States with them—this elite group of women and men loomed larger than Bob Woodward or Christiane Amanpour do today.

For Dorothy Thompson, John Gunther, H.R. Knickerbocker, and Vincent Sheean, explaining the fiery trial that the world was passing through and offering thoughtful analysis about what was likely to happen next was a sacred duty. The constant pressure to be right—and to be first—fueled both passionate love affairs and evenings drenched in alcohol for many, if not most American journalists.

If you've ever wondered what it was like to spend time in the company of Leon Trotsky, Benito Mussolini, or Adolph Hitler, this wonderful book provides compelling insights. Trotsky and Mussolini, who were former journalists themselves, loved to engage with and challenge those who came to question them. John Gunther found Trotsky as freshly scrubbed as a new penny. He delighted in showing the young American that some of his precious books included hollowed out places where the old revolutionary hid his secret papers. It seems that Mussolini was the real charmer of the group; he was rarely too busy to ques-



tion his visitors about recent events or to ask if Hitler's hold on the German people remained secure. Hitler himself was almost impossible to interview in the traditional way. Apparently, he rarely responded to a direct question and used most encounters with journalists as a chance to quote his own speeches.

Dorothy Thompson, who had been sent to Europe by the old *Philadelphia Ledger*, loathed Hitler and used an encounter with him to engage in Gay-baiting. When Hitler read the finished article, he was so furious that he did not speak to a foreign journalist for an entire year.

By the 1940s, Thompson, who was a radio commentator as well as a journalist, was the second most famous woman in America after First Lady Eleanor Roosevelt. In fact, the first film that Spencer Tracy and Katharine Hepburn ever made together, *Woman of The Year* (1942), was a satirical send-up of Thompson's life. Sadly, Thompson's second husband, the Nobel Prize winning novelist Sinclair "Red" Lewis, was not nearly as charming as Tracy. In fact, he was an alcoholic, who was deeply embittered by the fact that his wife was more famous than he was. From his perspective, nothing could be worse than being referred to as "Mr. Thompson."

Last Call provides a vivid look at a vanished world, while introducing us to a remarkable cast of characters who are all well worth meeting.

COMMITTEE CORNER

Inclusiveness Updates from I & D Committee

The Inclusiveness and Diversity (I&D) Committee is developing a new INCLUSIVENESS drop-down menu on the website to make it easier to find materials and resources on inclusion and diversity. Keep your eyes open for the launch!! In the fall, we are scheduling a kickoff presentation on *The Impact of Race on Aging*, which will be followed by a series of presentations and discussions about specific ways our own aging experiences and processes are influenced by race. Stay tuned and join us!

Marketing & Communications Campus Recruitment



Marketing Communications committee members Harriette Mishkin and Kelly Rostelli continued to look for social-media expertise on data analysis at the Civic Engagement Fair at Drexel University in May.

Penn's Village Committees include:
The Finance Committee
The Fundraising Committee
The Inclusiveness & Diversity Committee
The Membership & Welcoming Committee
The Program Committee
The Service Committee

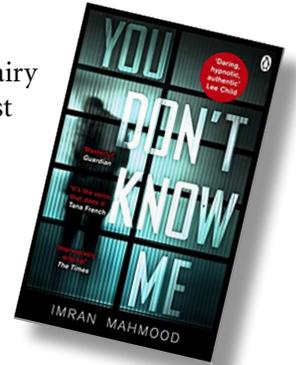
JUNE PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for June. Registration is required; you can register on the Penn's Village website or by emailing info@pennsvillage.org or telephoning 215-925-7333. Check the PV website and your email for updated information and/or newly scheduled program additions. Some programs are offered as Zoom Teleconferences; two programs are in person, as noted below. Members who register for Zoom Teleconferences will be sent login information before the event.



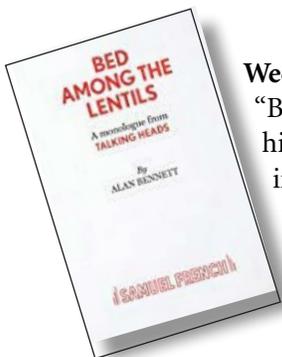
Friday, June 10, 11:00 am. *Let's Talk, TED Talks with Group Discussion.* Penn's Village members Kim Pearson and Mike Pulsifer will lead the discussion of this TED Talk presentation by John Biewen. Titled *The Lie That Invented Racism*, the talk focuses on those of us who are white and acknowledge that we have a racial problem in America. Biewen opens his talk by asking, "What's up with us White folks?"

Tuesday, June 14, 12:00 pm. *Lunch & Books.* This popular in-person program is back with lunch in airy space at Positano Coast, 212 Walnut Street, and featuring the book, *You Don't Know Me*, a fiction best seller by Imran Mahmood, a British barrister. Payment for lunch is cash only, with a 20 percent tip. Proof of vaccination, including at least one booster, and ID are required. Masks required during the program when not eating.



Friday, June 17, 11:00 am. *Let's Talk, TED Talks with Group Discussion.* Hosted by Molly Clifford, PV's Operations Manager, this TED Talk is presented by human-rights attorney Bryan Stevenson. During the talk, titled *We Need to Talk About Injustice*, Stevenson shares some hard truths about America's justice system, starting with a massive imbalance along racial lines, and shares other issues rarely talked about with such candor, insight and persuasiveness.

Tuesday, June 21, 5:00 pm. *Happy Hour.* Come join us for a no-host, in-person Happy Hour in the open canopy space across from the Malbec Argentine restaurant at Second and Pine Streets. The price of the event is \$20 per person and includes one glass of beer, wine, or sangria and an empanada appetizer. Additional beverages and food will be available for purchase. Payment is required at the time of event reservation.



Wednesday, June 22, 7:00 pm. *Penn's Village Reads.* PV member Polly McIntyre will read selections from "Bed Among the Lentils," a dramatic monologue written by Alan Bennett in 1987 for television, as part of his Talking Heads series for the BBC. The BBC series became very popular, moving onto BBC Radio and international theatre, and becoming one of the best-selling audio book releases of all times. This was the third episode of the first series of Talking Heads.

Tuesday, June 28, 7:00 pm. *You're the Author: Now Let's Compose a Story,* facilitated by Mark Raymond and Brian Wengenroth. Each attendee will participate in creating a "progressive story." The group will be given the first few lines of a story, and one-by-one each attendee will add a new line to the story created by the previous participants. Periodically, we will read back the story as composed so far so everyone can catch up. This is not a writing program but an improvisational verbal event.



JUNE 2022 Pride Month

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
			5:00 pm Garden Party AVA	5:00 pm Garden Party AVA Rain Date		
5	6	7	8	9	10 11:00 am TED Talk Biewen Zoom	11
12	13	14  FLAG DAY	15	16	17 11:00 am TED Talk Stephenson Zoom	18
19 Father's Day	20  JUNETEENTH Observed	21 5:00 pm Happy Hour Malbec Restaurant First Day of Summer 	22 7:00 pm PV Reads Zoom	23	24	25
26	27	28 7:00 pm You're the Author Zoom	29	30		

PV Interest Group Stumbles Upon Help for Decluttering

The Penn's Village West Walkers, a newly formed PV Interest Group, embarks from "the Goat" in Rittenhouse Square Park every Monday morning at 9:00 am for an hour of serious walking. Destinations, often decided on the go, have included neighborhoods such as Washington Square and Queen Village, as well as Bartram's Garden (okay—we actually rode to the the Garden, where we spent an hour hiking the green meadows and tranquil woodlands).



One Monday, the group walked to Washington Avenue and took in the new residential high-rises surrounding us, as well as new stores and businesses. A building that especially caught our eye was **ReStore**, Habitat for Humanity's outlet for gently used furniture and appliances, building supplies, and home

goods that is located at 2318 Washington. This is a true neighborhood resource, as individuals can donate goods in person or ask for pick-up for no-longer needed appliances, pieces of furniture, etc. If you suffer from a surplus of stuff, check out Habitat's website at <https://www.habitatphiladelphia.org/restore/> or call them at 215-739-9300.

If you would like to join the PV West Walkers or get information about an east-of-Broad walking group, contact info@pennsvillage.org. To explore other PV Interest Groups, check out our website at www.pennsvillage.org

OTHER PENN'S VILLAGE INTEREST GROUPS INCLUDE:

The Chat Group meets every Other Thursday 11:00 am until Noon
Facilitator: Sue Frank

The History Book Group meets the 3rd Wednesday of each month from 1:00 pm until 2:00 pm
Facilitator: Howard Green

The Intergenerational Book Group meets the 3rd Wednesday of each month at 3:00 pm
Facilitator: Sue Frank

The Men's Group meets every other Monday 10:30 am until Noon
Facilitator: Yoav Zohar

The Spanish Conversation Group meets on Mondays from 4:00 until 5:30 pm
Facilitator: Peter Schoenbach

The Short Story Discussion Group meets the 4th Wednesday of each month at 2:00 pm
Facilitator: Maggie Schramm

The Support Group meets the 1st Monday of each month from 11:00 am until 12:30 pm
Co-facilitated by two retired clinical social workers.

The Writers' Group meets the 3rd Wednesday of each month from 11:00 am until 12:30 pm
Facilitator: Jenny Nalencz

COMMUNITY BLOG PREVIEW

Naples to Naples

From Naples, Florida to Naples, Italy, contributors to our Community Blog take our Blog readers around the world in just thirty days! Blaine Bonham's graphic depiction of his trip to Naples, Italy, and visits to the Spanish Quarter, along with some comparisons to Philadelphia and photos of handsome architectural structures will hold your attention and guide you through his journey. [Click here](#) to read *Naples and its Spanish Quarter: Italy's Once Forbidden Fruit*.

Are you Looking for a New Doctor?

Medicare can help make it quick and easy to find and compare doctors and other health-care providers in our area.

Here's how:

1. Visit [Medicare.gov](http://www.Medicare.gov), enter your location, and select "Doctors & clinicians" under Provider Type. You can also search by specialty, such as general practice or internal medicine.
2. Review details about the doctors in whom you are interested, such as their contact information, practice locations, hospital affiliations, and performance information.
3. You can also select a "compare" button to compare up to three different healthcare providers.

Once you're ready to schedule a visit with a new doctor, be sure to call ahead to verify general information, such as office location, whether they're accepting new patients with Medicare, and if you need a referral.

ACTIVE AGING

Sleep: Getting Enough Isn't Always Easy!

by Sandra Sokol

The American Psychological Association reports that half of older adults have problems with insomnia. But why? Many factors contribute to the challenges seniors face in falling and staying asleep, as well as to the quality and amount of sleep they need. We'll take a look at some of the causes and risks associated with poor sleep, as well as some tips on overcoming the problems.

Included in the causes are changes in our circadian master clocks; a decrease in the sleep hormone, melatonin; health issues; medications; pain; bathroom visits; and hot-flashes, among others (as we discovered in Ellen Schwartz's article in the May issue of *The Village View*). Then there is the 'stress' demon keeping us all up, magnified over the past two years of COVID-19 anxiety. Most of these are considered to be difficult to moderate. Other significant factors may include the lack of a regular schedule, too little exercise, poor diet, caffeine, alcohol, smoking, and too much looking at our cell phones and/or other blue-light sources in the bedroom. Most of these causes can be addressed to help improve sleep.

It is important to address chronic poor sleep patterns because sleep deficiency can lead to or exacerbate serious health problems. Many health issues often faced by seniors, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, depression, accidents, and falls, may be associated with poor sleep.



Understanding the underlying causes could help us to make some changes to improve our sleep. Adjusting to retirement, we may slip into a poor schedule, going to bed too early, too late, or at irregular times. Who hasn't been sucked into Netflix bingeing and stayed up way too late? Another downward spiral occurs when daytime tiredness encourages napping too often and too long, leading to frequent nighttime sleep problems. A regular schedule can have a positive impact on good sleep.

We may put off regular exercise and over-indulge in food. We may have that glass of wine, thinking it will help us sleep. But it probably won't. A

healthy lifestyle will have a consistent positive influence on establishing consistently sound sleep patterns.

Getting the best sleep possible is extremely important for our health and wellbeing. If we are struggling with getting those ZZZs, it is recommended that we seek professional help from our doctors.

Much more is available on the following websites, from which this information was gathered:

[Understanding Sleep Science: The Keys to Better Slumber \(aarp.org\)](#)

[Sleep Deprivation and Deficiency - What Are Sleep Deprivation and Deficiency? | NHLBI, NIH](#)

[20 Tips for Better Sleep When You Have Insomnia \(webmd.com\)](#)

The next edition of *The Village View* will be published the first week of September.



**HAVE A SAFE
AND HAPPY SUMMER!**

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