

# THE VILLAGE VIEW

## FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Fall has always been an exciting time of year at Penn's Village; this year promises to be no exception. First, please join me in welcoming Anne Park, a brand new member who has offered to serve as our Penn's Village Volunteer Manager. Anne is a retired PhD social worker, as well as a pastor and hospital chaplain. As we continue to receive many applicants for both service delivery and committee engagement, the role of Volunteer Manager is integral to our success.

And, there is more! Our highly anticipated return to a growing number of in-person meetings is underway, with all due precautions. For those of us who may have come to value Zoom's convenience and accessibility, we are working on ways to offer quality, hybrid meetings!

I am also happy to express our gratitude to Home Instead for their generous gift presented at our Garden Party in May (see photo on p 7) and for the support of all Business Partners, who continue to support us in so many ways. In today's issue, *The Village View* is honored to highlight Stair Ride, a Business Partner at the Mentor level.

*Jane*

## PV BUSINESS PARTNER HIGHLIGHT

### Stair Ride

#### A Full-Service Home Access Company

As we grow older, many Penn's Village members are discovering the challenges of keeping our homes comfortable, safe, and easy to live in. Fortunately for us, Stair Ride, a full-service home-access firm and PV Business Partner, can offer solutions that may help.

Whether you need a stair lift, ramps, a more accessible bathroom, or home remodeling to meet your unique challenge, Larry Gladstone, Stair Ride CEO, and his team are committed to finding and recommending affordable solutions. And, because folks sometimes don't know exactly what they need, Stair Ride offers a free, no-obligation home evaluation to assess specific situations.

Call Larry Gladstone at 215-442-1531 to discuss your needs. With purchase and rental options, plus a trained, experienced staff to install ADA-compliant solutions, Stair Ride brings flexibility and expertise to meeting home accessibility needs.



## WELCOME!

New Penn's Village  
Members and  
Volunteers

Ashley Hulsey

Jeanne King

Anne Park

Will Park

Norma Silber

Siegmar Silber

Scout Woodhouse



Follow us on social media:



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## Join Penn's Village

To become a member or to volunteer, visit [www.pennsvillage.org](http://www.pennsvillage.org)

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](mailto:info@pennsvillage.org)

[www.pennsvillage.org](http://www.pennsvillage.org)

201 South 21st Street

Philadelphia, PA 19103

## PV's Summer Intern, Riley Tien

*Summer Interns have been an integral part of the PV Marketing & Communications Committee strategy since 2014. Local universities have provided us with exciting rising stars who contribute summer hours to helping us with social media know-how and stories about our members that we use to promote Penn's Village to the central Philadelphia community. In return, we offer the Interns contact with professionals who can guide them in their own professional development. Their experiences with us build their resumes while they fulfill their roles and complete their tasks. Riley Tien, a rising senior at Drexel University, is our summer 2022 intern.*

My name is Riley Tien, and I am studying psychology and data science at Drexel University. I'm originally from Bucks County, but I moved to Tampa, Florida with my parents for high school. Then, I decided to move to Philadelphia for university. As a rising senior, I'm hoping to pursue a career in the mental health field that supports race- and sexual-minority populations. Additionally, civic engagement and supporting underserved communities remain my lifelong passions; I hope to dedicate my life to pursuing them. Fighting food insecurity, for example, has been an interest I've discovered since enrolling in university.



Riley Tien, in front of the Drexel Dragon

I am currently the Student Representative for Feast Incarnate, a local soup kitchen that has been dedicated to serving food-insecure Philadelphians every Tuesday since 1988, and a volunteer at Little Africa Plus, a food shelter on Temple University's campus. I've also done summer internships with 12Plus, a Philadelphia-based nonprofit that aids students in pursuing post-secondary education, and HIAS, as a health-team intern, where I aided in registering newly immigrated families for the COVID vaccine and health appointments. Lastly, with Drexel's Lindy Center for Civic Engagement's Anti-Racism Grant, I have been fortunate to fulfill a project that informed race minority adolescents on the psychological aspects of racism. I'm incredibly grateful for all of these enriching experiences; they've shaped my perspective on both my career and life.

I met Harriette Mishkin and Molly Clifford (representing the Penn's Village Marketing & Communications Committee) at Drexel's Civic Engagement Fair and was really excited to hear about Penn's Village's mission and goals. And since becoming an intern, all of the members and volunteers I've met have been incredibly kind and welcoming. I assist with social media posts for programs and in identifying and posting relevant and interesting articles for PV members and active agers. I also interview and write stories about members and volunteers that are used in community-based newsletters.

*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.*

## All AROUND TOWN

The dog days of summer are over, and we're ready for cooler days ahead! Most arts and cultural venues have scheduled their seasonal events for late September.

### MUSIC

**The Philadelphia Orchestra** has two outstanding late September concerts: opening night with *Yannick and Lang Lang*, September 28, 7:00 pm, and *Danil Trofonov*, September 30-October 2. Verizon Hall, Kimmel Cultural Campus. [Philadelphia Orchestra Home](#).



**Penn Live Arts** offers two performances in September: *Blind Boys of Alabama*, living legends in gospel music, on September 17, 8:00 pm, and *Kardemimmit*, four women who showcase Finnish folk music, on September 30, 8:00 pm. Zellerbach Theatre at The Annenberg Center. <https://pennlivearts.org>.

**Philly Arts and Music Festival.** *Street Eats, Arts and Beats*. A celebration of Philadelphia's robust art culture with thirty plus art vendors; five plus music acts, including *Trombone Shorty & Orleans Avenue*; and Philly's ten plus favorite food trucks. September 24, 1:00-8:00 pm. Marine Parade Grounds at the Navy Yard. [www.thepamfestival.com](http://www.thepamfestival.com).

### THEATER

**Lantern Theater Company** opens its season on September 8 with a Tom Stoppard play, through October 9. Three additional plays are scheduled for the rest of the season. [Lantern](#)

[Theater Company](#), Philadelphia, Pennsylvania



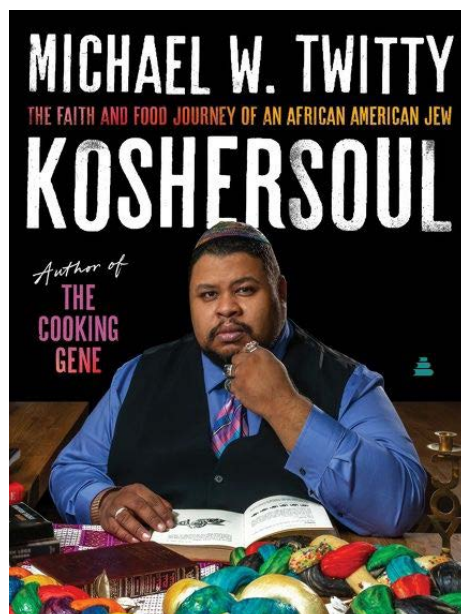
### MUSEUMS

**Winterthur Museum.** *From Winterthur to the White House: Jacqueline Kennedy and H.F. du Pont*. A new Winterthur exhibition revives the historic collaboration that turned the White House into the museum it is today, thanks to the vision of Jacqueline Kennedy and Henry Francis du Pont. Through January 8, 2023. Winterthur Museum, Garden, and Library, 5105 Kennett Pike, Winterthur, DE. [www.winterthur.org](http://www.winterthur.org).



**Drexel University—Gateway To The University: The Collections at Drexel.** This newly renovated gallery space is designed to showcase Drexel's rich and diverse collections. Paul Peck Alumni Center Gallery, 31st & Market Streets. From 11:00 am to 4:00 pm Tuesday-Saturday, through December 23, 2022. [Gateway to the University: The Collections at Drexel](#) | [Drexel Collection](#).

**South Street Visitors Center.** Remember when there were plans in the 1970s to use South Street for a crosstown expressway (which is now Vine Street)? The battle was won by the community and resulted in the South Street Renaissance. A collection of historical memorabilia of the time, curated by Joel Spivak, is on display at the iconic Zipperhead Building, 407 South Street, home to the South Street Headhouse District.



**Weitzman Museum.** *KOSHERSOUL*, an in-person conversation with cookbook authors Michael Twitty and Joan Nathan. September 22, 7:00 pm. The Weitzman National Museum of American Jewish History, 5th and Market Streets. [www.theweitzman.org](http://www.theweitzman.org).

### IN MEMORIAM

Doris Fenvesse

Ron Sokol

*May Their Memory Be a Blessing*



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## INTRODUCING

### Mary Ann Forciea

by Karen Orman



As one of only fourteen women in her medical school class at Duke University, Mary Ann Forciea recalls a pathologist coming into class one day and saying, “What? Are we having a class with the nurses?” As things turned out, Mary Ann became a pioneer in geriatric medicine at the University of Pennsylvania and is now retired after more than thirty-five years of teaching, clinical work, and home-care pursuits. In 1980, Mary Ann and her husband, Stephen Douglas, moved to Philadelphia to take advantage of outstanding opportunities at the University of Pennsylvania: his at Children’s Hospital of Philadelphia and hers at the Medical School. Stephen recently retired as an immunologist after his decades at

CHOP. Even though they have been married for forty-two years, the couple have had only ten anniversaries. That’s what happens when you get married on a leap year day—it keeps you young!

When Mary Ann came to Penn, there was no Geriatrics Department, so she and a few others led the way in this developing field and became their own division in 1992. Among many innovations, Mary Ann developed programs to take young medical students on home calls. The patients were so excited to see them—they got dressed up and some put on their wigs. Mary Ann recalls one occasion when two male students visited sisters who were in their 90s. When the students were leaving, the sisters exclaimed, “Men—it’s so nice to see them again!” The last time they had seen a man was five years before when the minister came by.

As a newly elected member of the Penn’s Village Board, Mary Ann hopes that her professional experiences will be helpful to our volunteers; she is looking forward to a mutually rewarding experience. She values the concept of people helping people and she and her husband find being with Neighbors and Villagers comfortable as they transition to retirement.

Before recently becoming a Penn’s Village member, Mary Ann presented a few PV programs, including one entitled *What To Do About New Medical Symptoms*, during which she was impressed by the number of participants, the many questions, and the animated discussion. On a personal level, she’s looking forward to our many lectures and group activities. We are so fortunate and grateful to have her among us.

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## COMMITTEE CORNER

### Inclusiveness & Diversity

Open the Penn’s Village website <https://www.pennsvillage.org> now and click on Inclusiveness, our newest addition! You will discover that you can now access, from one place, the myriad of resources related to inclusiveness and diversity that are in constant, ongoing development by our Inclusiveness and Diversity Committee.

Our goal is to make it easier for members and other users to more easily locate and access learning resources that we develop and post. We are very excited to have this new level of visibility for such an important component of the Penn’s Village Mission! Please take a look and give us any feedback you may have.

### Marketing & Communications

During the *Village View* summer hiatus, the M&C social-media team posted close to fifty articles and stories on our Community Blog and the Penn’s Village Facebook, LinkedIn, Instagram and Twitter accounts. Consider joining Facebook, Instagram, Twitter and/or LinkedIn so that you can access our informative and entertaining posts. Direct links are on page 1 of every edition of the *Village View*, right above the Table of Contents.

### Membership & Welcoming

The Membership and Welcoming Committee focuses on recruitment of new members, new-member engagement, and member retention. During the first three quarters of this year, we have hosted three Penn’s Village Previews to intro-

duce prospective members. We call each new member within a month after they have joined and so far this year, we have welcome 30 new households.

We welcome you to consider joining our committee. If you are interested in checking us out, contact [info@pennsvillage.org](mailto:info@pennsvillage.org) to express your interest in the Membership and Welcoming Committee, and one of us will get back to you.



Voter registration and updates  
(new name or address) due by  
Monday, October 24, 2022  
[www.vote.pa.gov](http://www.vote.pa.gov)

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## SEPTEMBER PROGRAMS

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



**Friday, September 9, 1:00 pm. *Fall Prevention: A Matter of Balance.*** This in-person Fall Prevention presentation will cover balance and its components, assessment descriptions, and methods to improve balance. There will also be an opportunity to schedule pro bono, individualized balance assessments. The presenter is physical therapist Carol Huegel, who specializes in neurologic and vestibular rehabilitation. First Presbyterian Church McColl Room, 201 S. 21st Street.

**Thursday, September 15, 2:00 pm. *Adapting your Home as your Needs Change.***

This is a Zoom presentation of a panel discussion featuring a range of experts with different professional backgrounds to get you thinking about steps you may be able to take, now and later on, to keep your home comfortable, livable, and safe. Among the topics to be discussed are how we currently use space, what kinds of things are important to us in our environment, and what types of adaptations are possible.







**Friday, September 16, 11:00 am. *Let's Talk, TED Talks with Group Discussion.*** Join us for an entertaining TED talk by author and political activist, Anne Lamott. Anne shares “twelve truths I learned from life and writing.” She tells us, “there’s so little truth in the popular culture.” Her truth will likely resonate with many of us, and her humor is universally relatable. Although she delivered this talk pre-Covid, it is a wonderful reminder of how we can approach the paradoxes of life. Following the video, Molly Lenowitz will facilitate a discussion of the points the viewer particularly appreciated. Zoom presentation.

**Wednesday, September 21, 11:00 am. On-site, in-person Tour of NextFab: *The Future of Making.*** NextFab is a network of collaborative makerspaces that provide access to machinery, education, membership, community, events, and professional services for anything you might want to fabricate. By combining digital technology with traditional tools, they have cutting-edge ways to help you make things, solve problems, and learn by doing. Take a tour of the space and see what they have to offer—who knows, you just might discover a new passion and the place to pursue it! Afterwards, stay for lunch with other members if you’d like, at NextFab onsite restaurant, Café Ynez. Meet at NextFab, 2025 Washington Ave. for the tour.



**Wednesday, September 28, 2:00 pm. *Understanding Alzheimer's.*** This in-person program provides a primer on Alzheimer's disease. Topics include identifying the ten warning signs of Alzheimer's and learning how to recognize common signs of the disease in yourself and others, as well as next steps, including how to talk to your doctor. It will also help you learn the differences between Alzheimer's and dementia, stages, risk factors, research, and FDA-approved treatments. Our speaker will be a trained volunteer with the Alzheimer's Association. McColl Room, 201 S. 21st Street.

# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 	6	7	8	9 1:00 pm Fall Prevention McColl Room <b>In Person</b>	10
11 	12	13	14	15 2:00 pm Adapting Your Home <b>Zoom</b>	16 11:00 am TED Talks <b>Zoom</b>	17
18	19	20	21 11:00 am Tour of Next Fab 2025 Washing- ton Avenue <b>In Person</b>	22 	23	24
25 	26	27	28 2:00 pm Understanding Alzheimer's McColl Room <b>In Person</b>	29	30	



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## PV PROGRAM REVIEW

### Penn's Village Discovers the Philadelphia Rail Park

by Mario Oropeza

Have you ever wanted to see an island in the sky? Or a floating garden? Well, did you know that both exist in downtown Philadelphia? If not, then welcome to the Rail Park in Center City. The park, patterned after the very successful High Line Park in New York City, is built on an abandoned railroad right-of-way. Phase One of the park, which opened in 2018, runs on a ¼-mile elevated viaduct from just east of Broad Street to near 13th Street.

In late May, Penn's Village organized a tour of the park hosted by a representative of the Friends of the Rail Park. About twenty members participated, and it was a glorious spring day for the tour. Then, in July, members of the Penn's Village West Walking Group were inspired to make the Rail Park the destination of one of their Monday morning walks.

In the completed Phase One segment, you will find many places to sit and take in striking views of downtown Philadelphia. Throughout the park are native plants and trees specifically designed to attract pollinator species such as bees, butterflies, and birds. At one end of the park are large swings for your enjoyment; there are also areas for lectures and public performances.

You can visit the park daily from 7:00 am through 10:00 pm on your own or you can be part of guided tours regularly provided by the Friends of the Rail Park.



Penn's Village walkers enjoying the shade at the Rail Park. From left to right: Sheryl Potashnik, Marianne Waller, Daniele Easton, Madeleine Pierucci, and Ana Molina. Kristin Davidson, photographer.

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## A Very Generous Gift to Penns Village

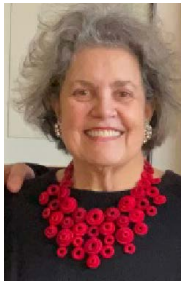


Penn's Village Executive Director, Jane Eleey, gratefully accepts a \$10,000 gift from Steve Levin, owner of Home Instead, a home health company in central Philadelphia. Home Instead is a Penn's Village Business Partner; they also provide staff who volunteer with us and promote us in their monthly newsletter.

## ACTIVE AGING

### Personal Proof: Age Really Does Not Matter

by Sherrill Cresdee



I'm seventy-two-and-a-half years old (juvenile thinking keeps one young, no?), and while riding my e-bike Covid purchase, I recently crashed while over-correcting to avoid an obstacle. On the way down, and in particularly memorable slow motion, my right leg bent closed backward with sounds of crunching and tearing, my head banged the ground, and there was loud, unintelligible yelling going on. Immediate thoughts were, "Yay for helmets!" and "My leg is....?" Next heard were two male voices, "Are you okay?" "Anything broken?" "Want me to call an ambulance?" "Howz your head?"

My response was to exhale, roll onto my back, and unfold my leg straight up in the air. "Guess your leg's not broken if you can move it like that," one of the voices said, followed by, "It sure did bend funny..." While being told I could be helped up, I lay there breathing and checking in with m'body parts.

*So, does age matter? Every so often, there's a magazine or newspaper article highlighting the benefits of exercise AT ANY AGE. "Yeah. Harumph. Sure," I usually snickered. Then, three years ago, when I turned sixty-nine and a half, I began doing three-times-a-week, forty-five-minute to one-hour-and-fifteen-minute workouts with a personal trainer and/or one of PV's Business Partners, ViVo. From the beginning, the workouts have been a revolving menu of strength/cardio/resistance/balance exercises. Was/is it easy? No! But not being fabulously persistent, albeit responsible, once given a schedule, I show up.*

*Why do this at all? I want to always be able to pick up whatever is dropped on the floor, use any restroom facility, and get into/out of any chair or seat without assistance. (One exception will always be Mies van der Rohe's "Barcelona" chair, for which even teenagers need a crane.) Since I was entering the "Not For Sissies" stage of life, I thought a little exercise might not be a bad thing and got scheduled.*

After the guys lifted me up (properly, by holding my elbows, not my wrists), I let everything settle, picked the bike up and walked/wheeled home. Once there, I took Tylenol for pain and Advil for swelling and laid down with an icepack, getting up and moving around every hour so muscles wouldn't protectively stiffen up. The next day, with nary a twinge, I worked out for seventy-five minutes.

In addition to bettering my endurance, strength, and balance, I have discovered something else that "exercisers" have known about for a long time—Motion Lotion. It's very counterintuitive to continually move something that aches. The first two or three times you exercise and realize the pain has subsided, you are disbelieving—until the next ache/twinge also disappears.

My exercising payoff has been more valuable to me than receiving my [over]weight in gold and proves every day that age does not have to matter.

## THANK YOU TO OUR BUSINESS PARTNERS

