

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



One day a couple of weeks ago, I was sending an e-mail to a PV Neighbor whom I hadn't seen for a while when I found myself humming, "Reach out and touch someone!" And, as sometimes happens with those jingles, that little 1987 ATT&T tune stayed with me for a while.

Reaching out, touching someone. Or, in Penn's Village language: connecting, engaging, thriving. It all really starts with communicating, doesn't it? Getting information. Learning. Spreading the word. Making and deepening a friendship. Lightening a load. Granting recognition. Thanking, Sharing a smile, Asking for and/or providing a service. Planning and presenting a program. Finding space for a meeting, be it virtual or actual. Renewing a membership. Registering for a program. Contacting another PV member. Checking a meeting time. Or just enjoying a chat or an opportunity to complain.

Then, it occurred to me that a quick look at some of the PV tools in place for communicating with each other might be helpful. And, so, below is my quick list of how we carry on:

The Penn's Village Website: All about Penn's Village; Frequently asked questions; Join PV, Apply for and renew membership, pay dues; Make a donation;

continued on [page 7](#)

PV BUSINESS PARTNER HIGHLIGHT PATINA

A New Kind of Primary-Care Medical Practice Serving Patients 65+

Founded right here in Philadelphia, Patina is a new model of primary care that was purpose-built for people 65 and older. Patina focuses on building trusted relationships, supported by technology and patient-centered primary care teams. The result is that patients can quickly and conveniently access, from the comfort of their own homes, support and excellent care via either virtual or in-person visits with healthcare providers they know and trust.

When you become a Patina patient, you and your dedicated care-team members begin to build important, long-lasting relationships. Team members will take the time they need to get to know you, understand your needs and goals, and create a care plan tailored specifically for you. And you can reach out to them, in much the same way you stay in touch with family and friends, for support and care from people you know and trust.

Learn more about the Patina primary care experience by calling their care team at 855-478-8310 and/or attending the Penn's Village 2:00 pm, October 12th Medicare Open Enrollment Zoom Presentation where Dr. Neil Patel, Chief Health Officer of Patina Health, will share early proof that developing continuous healing relationships can improve patient care and decrease healthcare costs.



WELCOME!

New Penn's Village
Members and
Volunteers

Anthony Checchia
Benita Valente Checchia

Barbara Klauer

Gordon Cohen
Adele Schneider

Joy McIntyre



Follow us on social media:



IN THIS ISSUE

- 2 Penn's Village Interest Groups
- 3 All Around Town
- 4 October Programs
- 5 Active Aging
- 6 October Calendar
- 7 Recycling News You Can Use
- 8 Congratulations You Did It!

The Village View

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Join Penn's Village

To become a member or to volunteer, visit 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

www.pennsvillage.org

201 South 21st Street

Philadelphia, PA 19103

PENN'S VILLAGE INTEREST GROUPS

Calling All Walkers

The temperatures have fallen, and it is time to get those walking shoes out. Are you looking for a walking partner or a small walking group? Penn's Village Walkers might be the perfect solution to connect you to other members with similar walking interests. (For more information email info@pennsvillage.org or phone 215-925-7333)

Chat Group Notice

The Chat Group Zoom Meeting day has changed to every other Tuesday. The next meeting is scheduled for Tuesday, October 4, at 11:00 am.

Intergenerational Book Group

This group has been discontinued. Members who wish to stay in touch through reading have joined the PV Short Story Group facilitated by Maggie Schramm. Maggie does a lot of thoughtful work sending out reminders AND the stories! The group meets on the 4th Wednesday of the month at 2:00 pm.

Interest-Group Schedule

Chat Group meets every other Tuesday from 11:00 am - Noon

Facilitator: Sue Frank

History Book Group: the 3rd Wednesday of each month from 1:00 pm - 2:00 pm

Facilitator: Howard Green

Men's Group: every other Monday from 10:30 am - Noon

Facilitator: Yoav Zohar

Spanish Conversation Group: Mondays from 4:00 - 5:30 pm

Facilitator: Peter Schoenbach

Short Story Discussion Group: the 4th Wednesday of each month at 2:00 pm

Facilitator: Maggie Schramm

Support Group: the 1st Monday of each month from 11:00 am - 12:30 pm

Co-facilitated by two retired clinical social workers

Writers' Group: the 3rd Wednesday of each month from 11:00 am - 12:30 pm

Facilitator: Jenny Nalencz

Mural Arts Month Returns

Did you know that Philadelphia is considered the "Mural Capital of the World?" Throughout October, Mural Arts hosts an activity-filled month that features mural dedications, panel discussions, community events, artist spotlights, a film screening, mural

tours, and more. This year's theme is *A Universe of Possibility!* and the month offers a chance to experience Mural Arts beyond the wall, including a pop-up at the Independence Visitor Center. Visit muralarts.org/muralartsmonth for more details.

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

Falling leaves. Cool breezes. Early sunsets. Fall is officially here. The arts and culture season has opened with a robust roster of performances. Vaccine and mask mandates have been relaxed, but check with each venue for up-to-date requirements and do whatever makes you feel safe.

MUSIC



Kimmel Cultural Campus. The Philadelphia Orchestra, The Philadelphia Chamber Music Society, and The Chamber Orchestra of Philadelphia all perform this month at the Kimmel Center. Concerts range from Strauss and Price, Yannick Conducts Price, Schumann, and Ravel, and Mozart's Requiem, to Apollon Musagete Quartet, Sphinx Virtuosi, and Jerusalem Quartet. Various dates. kimmelculturalcampus.org.

DANCE



The Philadelphia Ballet performs *Cinderella* at the Academy of Music. October 13-23. <https://bit.ly/3RRqIZY>. Pilobolus performs at Penn Live Arts, on October 7 and 8. Pam Tanowitz Dance performs there on October 14 and 15. [Penn Live Arts: University of Pennsylvania](http://PennLiveArts:UniversityofPennsylvania).

THEATER

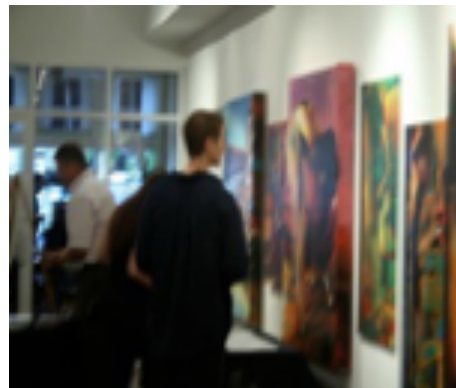


Arden Theatre will perform Tennessee Williams' *The Glass Menagerie*. October 6 through November 6. [Home - Arden Theatre Company](#).

Walnut Street Theatre opens their season with *ROCKY, The Musical*, based on the movie made in Philadelphia. October 4-30. [Walnut Street Theatre](#).

Miller Theater (formerly Merriam Theater) presents *Annie*. October 11-16. <https://bit.ly/3QybwAM>.

MUSEUMS

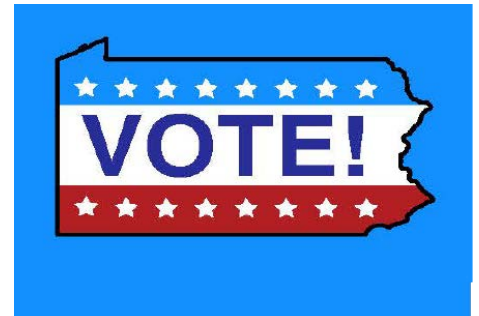


Barnes Foundation Museum. *Modigliani Up Close*. Modigliani was an Italian painter and sculptor who worked mainly in France. He is known for portraits and nudes in a modern style. Opens October 16 and runs through the end of January. Barnes Foundation | Homepage.

MISCELLANEOUS



Center City District. This organization's mission is the revitalization of downtown Philadelphia. Their quarterly digest discusses economic recovery and the return to work, fall events in CCD parks, shopping, dining and entertainment promotions, CCD's partnership with Project HOME, and more.



Voter registration and updates (new name or address) due by Monday, October 24, 2022

www.vote.pa.gov

~ IN MEMORIAM ~

Madeline Miller

Arthur Pomerantz

May Their Memory Be a Blessing



OCTOBER PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for October. Registration is required, and 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. Four October programs are offered as Zoom Teleconferences, while three programs are in person, as noted below. Members who register for Zoom Teleconferences will be sent login information before the event.



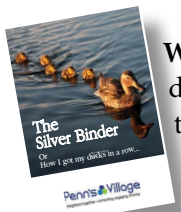
Thursday, October 6, 2:00 pm. *Understanding Medicare Part D.* Learn how to use the medicare.gov website to select the plan that best meets individual needs, taking into consideration factors such as current medications, co-pays, and probable total Rx annual cost. Further, our speakers will define the various Part D insurance policy terms used to describe your benefits so that you will better understand your choices. Presenters are Richard Salkowitz and Lindsay Dymowski. Zoom Teleconference.

Wednesday, October 12, 2:00 pm. *The Dos and Don'ts of Medicare Open Enrollment.* This program will describe what's new in Open Enrollment this year, some things to avoid or watch out for, and some other health care options to consider. What's new and what's changed? How do you avoid misinformation and scams? What should you ask if you're looking for a new provider? Panelists will talk about each of these topics and then be available for a question and answer session. Presented by CARIE and Patina Health. Zoom Teleconference.



Wednesday, October 12, 7:00 pm. *Penn's Village Evening Reads.* Polly MacIntyre is back! She will entertain us by reading three selections during this evening's presentation: *Scaffolding Man*, by Jenny Allen; *The Phantom Luncheon* by Saki (H.H. Munro); and a portion from *The Complete I Hate to Cook Book*, by Peg Bracken. Zoom Teleconference.

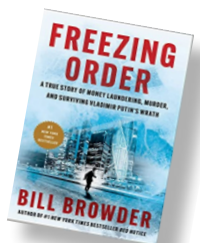
Saturday, October 15, 10:45 am to 12:30 pm. *Cambodian Market Tasting Tour.* We will meet a bilingual guide at The Boathouse Landing in FDR Park. Our expert guide will lead us around dozens of food tents, with the chance to sample and buy Southeast Asian street food, including fresh sugarcane juice, tropical fruit smoothies, homemade spice blends, fermented pastes, and more. Come with an open mind and an empty stomach. Fee is \$10, and our tour is limited to ten people. For location of FDR Park, including map, see <https://fairmountpark.ticketleap.com/flavors-of-fdr-food-market-tasting-tour/get-there/>



Wednesday, October 19, 1:00 pm. *The Silver Binder.* Mario Oropeza leads this workshop, which he personally developed, on organizing the vital details about your contacts and legal, health, and financial affairs and putting them in one place. The session will get you started on what may at first seem like an intimidating task. Binders are available for purchase after the program. McColl Room, 201 S. 21st Street.

Friday, October 21, 11:00 am. *TED Talk with Group Discussion.* Donna Murphy will host this month's TED talk, beginning with a TED video presentation, followed by a facilitated discussion. The topic is *The Haunting Truth of Ghost Stories*, with Coya Paz Brownrigg. Zoom Presentation.

Wednesday, October 26, 12:00 pm. *Lunch and Books.* Over lunch at Positano Café, 212 Walnut Street, 2nd Floor, we will discuss *Freezing Order*, by Bill Browder. According to *The Washington Post*, "*Freezing Order* is an essential work by someone who understood long before the rest of the world did just how far corrupt Russian officials and business people will go to defend their ill-gotten wealth, and how foreign lawyers, lobbyists and public relations firms enable them" and is "not just a cracking good read — it is a reminder of the urgency of addressing the global plague of money laundering." *continued on next page*



OCTOBER PROGRAMS *(continued from previous page)*

Thursday, October 27, 10:00 am-Noon. Laurel Hill Cemetery Tour. This is a two-hour private, guided tour of historic Laurel Hill East Cemetery, rain or shine (unless it's a downpour). The tour requires the ability to walk on uneven areas with some steps involved. Comfortable shoes suggested. Limited to fifteen (**PV members only**). There are plans for a pay-your-own-way lunch at LeBus East Falls, 4201 Ridge Avenue, immediately following the tour (advance registration by October 21). Tour cost is \$15 per person for age 65+ with ID. Meet Michele Brogan at the 3822 Ridge Avenue Gate House entrance at 9:45 am and mention that you are part of the Penn's Village group. **Notes:** The only available restroom is at the entrance gate. The cemetery is accessible by SEPTA's Route 61 bus.



ACTIVE AGING

Some Common Myths About Aging

Many people make assumptions about aging, what it is like to grow old, and how older age will affect them. But as we get older, it is important to understand the positive aspects of aging. Research has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices. Read on to learn more about some of the common misconceptions related to aging according to the National Institute on Aging. You can click on the embedded links for more information.

Depression and loneliness are normal in older adults

As people age, some may feel isolated and alone. This can lead to feelings of depression, anxiety, and sadness. However, these feelings are not a normal part of aging. Growing older can have many emotional benefits, such as long-lasting relationships with friends and family and a lifetime of memories to share with loved ones. In fact, studies show that older adults are less likely to experience depression than young adults. Learn more about [depression and older adults](#).

The older I get, the less sleep I need

As people age, they may find themselves having a harder time falling and staying asleep. Older adults need the same amount of sleep as all adults—seven to nine hours each night. Getting

enough sleep keeps you healthy and alert and can also help reduce your risk of falls and improve your overall mental well-being. Learn more about the importance of getting a [good night's sleep](#).

Older adults can't learn new things

Not true! Older adults still have the ability to learn new things, create new memories, and improve their performance in a variety of skills. Trying to learn new skills may even improve cognitive abilities. Engaging in social activities, such as a walking or book club, can keep your brain active and may also boost your cognitive health. Learn more about [cognitive health and older adults](#).

It is inevitable that older people will get dementia

Dementia is not a normal part of aging. Although the risk of dementia does grow as people get older, it is not inevitable, and many people live into their 90s and beyond without the significant declines in thinking and behavior that characterize dementia. You should talk with a doctor if you have serious concerns about your memory and thinking or notice changes in your behavior and personality. These problems can have a range of different causes, some of which are treatable or reversible.

Older adults should take it easy and avoid exercise so they don't get injured

As you age, you may think exercise

could do more harm than good. However, studies show that you have a lot to gain by being active. Almost anyone, at any age and with most health conditions, can participate in some type of physical activity. Tai Chi and similar mind- and body-movement practices have been shown to improve balance and stability in older adults and this can help maintain independence and prevent future falls.

Now that I am older, I will have to give up driving

As the U.S. population ages, the number of licensed older adults on the road will continue to increase. The question of [when it is time to limit or stop driving](#) should not be about age, it should be about one's ability to drive safely.

Only women need to worry about osteoporosis

Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed. Many of the things that put men at risk are the same as those for women, including family history, not enough calcium or vitamin D, and too little exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors. Learn more about [osteoporosis](#) and how to maintain bone health as you age.

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Lorem ipsum 2	3	4	5 	6 2:00 pm Understanding Part D Zoom	7	8
9	10  	11	12 2:00 pm Medicare Open Enrollment Zoom <hr/> 7:00 pm PV Reads Zoom	13	14	15
16	17	18	19 1:00 pm Silver Binder McColl Room	20	21 2:00 pm TED Talk The Haunting Truth of Ghost Stories Zoom	22
23 <hr/> 30	24  31 Halloween	25	26 12:00 pm Lunch and Books Positano Coast	27 10:00 am Laurel Hill Cemetery 3822 Ridge Ave.	28	29

FROM THE EXECUTIVE DIRECTOR *continued from page 1*

Events calendar; Self-registration for events; Access to recordings of selected past events; Volunteer instructions ; Inclusiveness resources; *The Village View* monthly 8-page newsletter; four blogs; PV Business Sponsorship Program.

This Week from Penn's Village: Emailed weekly, containing current program information, a link to self-registration, and occasional community-involvement opportunities.

The Village View: Emailed the first week of each month, an eight-page newsletter containing an Executive Director Column, member-profile articles, Around Philly Upcoming Events, Book Review, Monthly Program descriptions and Calendar, Interest-Group related news and schedules; Member-contributed articles, PV Committee news, short general-interest current/event articles, and more.

info@pennsvillage.org Request general information or send message to staff.

Telephone 215-925-7333: Request a service, a program reservation, or general information; Leave a message for a staff member.

Dick Levinson's Community Blog—A Sneak Peak

A trip to Paris this summer held lots of surprises for Dick Levinson: wonderful food, fabulous art and culture, and learning that French people are profoundly conservative, traditional, and always aware of the past. With walking tours each day of between six and eight miles, he heard stories and viewed

sites of the past, present, and even the future—the rebuilding of Notre Dame and the memorializing of their dark past during World War II.

For a fascinating account of Dick's tour in "We'll Always Have Paris," read the latest in the Penn's Village Community Blog. <https://bit.ly/3qEl0zP>.

Recycling News You Can Use

Periodically, *The Village View* will provide tips for disposing of stuff. Let's start with three organizations that take donations of decent-quality goods that can be useful to others.

The Philadelphia Furniture Bank will pick up furniture Mondays to Fridays from 9:00 am until 3:30 pm; they also accept drop-offs. Either way, contact them by emailing furniture@pathway-stohousingpa.org or calling 215-291-9830. The Furniture Bank is run by Pathways to Housing PA; it also runs a junk-hauling program called Good Haul, revenues from which support the Furniture Bank.

Project Home takes men's and women's clothing in good condition for resale at their HOMEspun Boutique (located at 1523 Fairmount Avenue), as well as gently-used books. Donation hours: Monday through Saturday 11:00 am until 6:00 pm.

Philly AIDS Thrift accepts a range of items such as appliances, some furniture, electronics, books, and clothing at their store located at 710 South 5th Street. Donation hours: Tuesday, Thursday, Friday, Saturday 12 Noon until 7:00 pm. See their website for items they accept and do not accept: <https://www.phillyaidsthift.com/ways-to-give/donate/>



FDA: Repeat Negative At-Home COVID-19 Antigen Tests

The Food and Drug Administration (FDA) advises that people perform repeat, or serial, testing following a negative result on any at-home COVID-19 antigen test, to reduce the risk that an infection may be missed (false negative result) and to help prevent people from unknowingly spreading the virus to others. They recommend repeat testing following any negative result whether or not you have COVID-19 symptoms.

Excel Physical Therapy is now Ivy Rehab

Excel Physical Therapy, our long-term business partner, has joined the Ivy Rehab Network, while continuing Excel's mission to help people return to the activities they love and to deliver high-quality care to our community. The name changed but the convenient locations, the skilled physical therapists, and the quality hands-on care continue. They will continue to provide hands-on treatment using the same low-patient volume, individualized care approach that they've always had. View their new logo on Page 8. Learn more at www.ivyrehab.com.

Medicare Open Enrollment

It's time to start to shop and compare 2023 health and drug plans. You can make changes during Medicare's Open Enrollment Period (October 15 through December 7). For helpful shopping tips and to learn how to efficiently navigate the Medicare website, register for and attend *Understanding Medicare Part D*, a PV Zoom program presented by Richard Salkowitz and Lindsay Dymowski on Thursday, October 6 at 2:00 pm (see [page 4](#) for more information).

CONGRATULATIONS, YOU DID IT!

Our 2022 Summer Fundraiser was our most successful EVER, exceeding our goal

65 Donors

More than \$13,000 Donated

Total raised = more than \$25,000

Thank you so much for your support,
especially our two matching donors

THANK YOU TO OUR BUSINESS PARTNERS

