

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



More than just a Town Hall, the second annual Penn's Village meeting was a spirited celebration of community, friendship, and support. More than seventy-five Penn's Villagers, Neighbors, Volunteers, Board Members, Staff, and Friends came together to enjoy a delicious buffet, greet friends old and new, hear reports from our Board Members, and offer feedback, suggestions, and new ideas.

The Penn's Village story for 2019, happily, continues into the new year as one of progress and growth. We learned that over the past year we have increased our financial sustainability with the renewal of three grants, the addition of new benefac-

tors, and an increase of seventy new member households.

Opportunities for membership involvement and participation have expanded with the launch of the Welcoming Committee, enhanced capability to identify volunteers' skills and interests, and member leadership of standing committees. A growing number of Village-sponsored educational and cultural presentations/activities and the ongoing formation of new affinity groups provide more opportunities than ever for members to become involved. The affinity groups, in particular, provide a smaller, more intimate and interest-focused setting in which to build relationships.

Increased outreach into our neighborhoods and civic organizations continues to help us honor our commitment to bringing the value of Penn's Village to central Philadelphia's widely diverse population. Our Marketing and Communications Committee works tire-

lessly to increase our visibility. We have developed a new logo and updated our printed and website materials, expanded *The Village View*, and arranged for print and television opportunities to spread the Penn's Village story.

We wrapped up the evening with a lively, open interchange around what seems to be working well and, perhaps, not so well. There were kudos for existing services and programs and suggestions for topics for future programs and outreach activities.

As people were leaving, I heard two stories that summed up for me what made the evening so special. Both stories were about people seeing old contacts that they hadn't seen in years and who now were looking forward to rekindling their relationships.

As I said following the first Penn's Village Town Hall last year—the possibilities are endless!




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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 February. Please register at 215-925-7333 or at info@pennsvillage.org. Check the website for up-to-date information.

Programs ranging from the second module of our ongoing digital photography workshop series to a how-to presentation on important end-of-life conversations are planned to fit your interests and needs.

Monday, February 3, 2:00 pm. Understanding Alzheimer's Disease and Dementia. Mike Williams of the Delaware Valley Chapter of the National Alzheimer's Disease and Related Disorders Association will lead a discussion on the difference between Alzheimer's disease and dementia, including the benefits of early detection; the causes, risk factors, and stages of the disease; and treatment options. MacColl Room, First Presbyterian Church, 201 S. 21st Street.

Tuesday, February 11, 2:00 pm. Mobile Device Photography Workshop—Module 2. Bring your mobile device (phone or tablet) and learn how to manage, share, and store your photos on your device. Led by PV members and cell phone experts Brian Wengenroth and Mario Oropeza. MacColl Room, First Presbyterian Church, 201 S. 21st Street. See below for more details.

Wednesday, February 12, 2:00 pm. End of Life: What are your wishes? What are the wishes of your loved ones? Presented by Laura L. Barry, Hospice Care Transition Liaison with the Visiting Nurse Association of Greater Philadelphia. Learn how best to initiate and communicate difficult, yet crucial, conversations. MacColl Room, First Presbyterian Church, 201 S. 21st Street.

Wednesday, February 19, 11:00 am. Mother Bethel Church Tour and Creperie Beau Monde. Join volunteer docent Cheryl Grundy on a 45-minute tour of the sanctuary and museum located in Mother Bethel Church, 419 S. 6th Street, followed by an optional lunch at Creperie Beau Monde, 624 S. 6th Street.

Penn's Village Happy Hour Hiatus

Our Happy Hour is still on winter break. The Program Committee hopes that you have enjoyed the past Happy Hours and looks forward to seeing you in a few weeks when our fancy turns to thoughts of spring.

Mobile Device Photography Workshop—Module 2

At 2:00 pm on February 11, Brian Wengenroth and Mario Oropeza will present Module 2 of the Mobile Device Photography Workshop in the MacColl Room at the First Presbyterian Church at 201 S. 21st Street.

Picking up from Module 1, once you have snapped that perfect photo, Module 2 will help you with how to

- find, organize and manage your photos on your digital device;
- share your awesome photos with family and friends via email, texting, social media and cloud storage.

The presentation will be part lecture and part hands-on experience, with enough time for questions and answers. You should bring with you the phone or tablet that you would like to use to organize and share your pictures. Attendance at the first workshop

is NOT a prerequisite, but it will be assumed that you have a basic working knowledge of how to use your device.

To register, call 215-925-7333 or email info@pennsvillage.org. If you cannot attend, please cancel your reservation to make room for others.



In the December Module 1 workshop, Brian Wengenroth shows attendees how to get the best from the camera features on their mobile devices.



The panoramic shot above, taken by a workshop attendee, is but one example of the many techniques that Brian and Mario shared with us at the Module 1 presentation.

ACTIVE AGING

The Art of Crafting Meaningful Conversation

by Ann Atkins

Still I am learning—Michelangelo

Meaningful conversation with family and friends is an art. The need to be known and understood is a core trait of all humans. Using this premise and seeking to understand communications, even with a teenage grandchild, can reveal glorious moments. Below are some tips for creating these magical moments:

1. First, it is important to remember that communicating takes many forms. Sitting with and listening to a child practice a music lesson, with no comments—just supportive listening—communicates your love and respect.
2. You can create a window of opportunity to listen/talk by offering to chauffeur someone, deciding to ride-share, taking public transportation, or by just being available during a transition time.
3. Don't supersize the moment or go back for refills—magical moments are delicacies. A hug or a pat on the knee might be enough.
4. Be uplifting to yourself and others—self-deprecating comments will push people away, not draw them to you.
5. Universal themes reach across generations—that's why we call them universal. When hearing someone's story of betrayal (a universal theme), the best response might be, "Yes, betrayal is very painful." Disclosure of your own experience might feel like the natural response, but may not be helpful or appropriate.
6. Rules of polite dinner conversation don't apply. There is no guarantee that offering information or asking a question will ensure a conversation.
7. The desire to "pass on our own lessons" may actually be motivated by our need to feel good about our own life.

8. If we need to make every opportunity a "teaching moment," we probably believe our story will spare others from being hurt. Knowing when to stand back and not protect is the hardest lesson of all.

For those times when we need to just "let it all out," we can meet with a wise friend who laughs with us and loves us. For me, those get-togethers include dark chocolate.

Even with the best of intentions and our egos securely in check, creating meaningful moments of connection will challenge old habits; we might do well to remind ourselves of the quote attributed to Michelangelo at age eighty-seven and a master of art: "Still I am learning."

Ann Atkins, a popular Penn's Village presenter, is the author of *Golda Meir ~ True Grit*, *Eleanor Roosevelt ~ Unleashed*, and *Marie Curie ~ A Nobel Life*.

February is... AMERICAN HEART MONTH



Sponsored by The American Heart Association

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, you can make healthy changes to lower your risk of developing heart disease. To lower your risk

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Controlling and preventing risk factors is also important for people who already have heart disease.

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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

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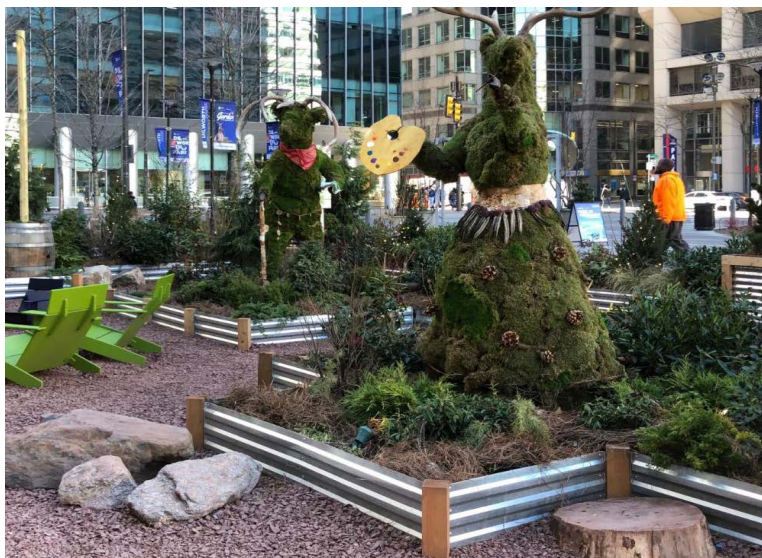
ALL AROUND TOWN

Selected Cultural Events and Activities for February

On the Kimmel Center Cultural Campus: Opera Philadelphia, **Verdi's Requiem** through February 2; Philadelphia Chamber Music Society, **Rudolf Buchbinder, piano**, on February 4; **La Noche Latin Music Dance Party** (free) on February 3; **Sittin' In Live Jazz** (free) on February 12; The Philly Pops, **Aretha: Respect** from February 14-16; Broadway Philadelphia, **Hello, Dolly** from February 19 - March 1; Philadelphia Orchestra, **Sorcerers, Spells, and Magic** from February 13-15, and **Symphonie fantastique** from February 20-22; Chamber Orchestra of Philadelphia, **A la Francaise** on February 23 and 24; **Grand Organ Celebration** on February 26. For more information, visit www.kimmelcenter.org.

Lantern Theatre Company, **The Vertical Hour** through February 16 at St. Stephen's Theater, 923 Ludlow Street; Inis Nua Theatre Company, **A Hundred Words for Snow** from February 5-23 at Louis Bluver Theatre at The Drake, 302 Hicks Street; Arden Theatre Company, **My General Tubman**, a World Premiere by Philadelphia's and Penn's Village's own Lorene Cary, through March 15; Suzanne Roberts Theatre, **Everything is Wonderful** from February 14 - March 8; Wilma Theater, **Describe the Night** through February 16; Walnut Street Theater's Independence Studio on 3, **Thurgood** through February 9.

Philadelphia Museum of Art, **Duchamp Galleries**, Main Building. Marcel Duchamp holdings return home after a yearlong exhibition tour in the Asia-Pacific region. Explore the reinstalled galleries devoted to an artist who overturned conventional definitions of art. The Barnes, **Marie Cuttoli: The Modern Thread from Miró to Man Ray** from February 23 - May 10.



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

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.

FEBRUARY 2020—Black History Month

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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|----|---|---|---|----|--|----|
| | | | | | | 1 |
| 2 | 3 2:00 pm Understanding Alzheimer's Disease and Dementia MacColl Room | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 2:30 -4:00 pm Le Cercle Francophone d'Histoire Athenaeum | 11 2:00 pm Digital Photography Series, Module 2 MacColl Room | 12 2:00 pm End of Life: What are your wishes? MacColl Room | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 11:00 am Mother Bethel Church Tour 419 S. 6th Street | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 GREEN - Penn's Village Event PURPLE - PV Member Only Event | 29 |



Relative.

by Sherrill Cresdee

Eunice, a twelve years my senior, hands-on company owner, loaded with energy, politically active died-in-the-wool liberal, mother, grandmother, great-grand to-be, regularly runs rings around me. “We’re going to Minnesota to see m’granddaughter for Thanksgiving; then off to Morocco for Christmas; and a cruise in January to the Caribbean.” She is undeterred by anything and always has been.

Divorced for many years, Eunice and Nate shared two sons, with Nate having another child, a daughter, with his second wife. As an [early] modern family, Eunice, Nate, and all three kids were very much involved in one another’s lives.

Recently, Eunice attended the funeral of her Nate’s second wife. Living in New York City, with the funeral in Brooklyn, she did what New Yorkers

do and took the subway, getting off at the appropriate stop and walking the six blocks or so to the funeral home. Approaching her destination, she noticed two backlit men talking together and wondered who these gray-haired old guys were—were they friends of Nate’s? Were they two neighborhood guys? As she got closer to the old men, she realized they were her sons.



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 is a member of The American Friends of Lafayette and The Napoleonic Historical Society. He taught for six years at Walnut Hill College and is a French language tutor at The University of Pennsylvania.

“Le Cercle Francophone d’Histoire” meets on Mondays from 2:30 pm 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 Penn’s Village Members Only)



LE LUNDI 10 FÉVRIER 2020

Henriette Caillaux (1874-1943)

Historienne de l’art, coupable de l’assassinat de Gaston Calmette



NOTE: This lecture and discussion conclude the first series. The theme for the next series is **PROCÈS CÉLÈBRES DE L’HISTOIRE DE FRANCE**. Dates are March 9 and 23, April 6 and 20, and May 11. Look for more details in the March issue of *The Village View*. PV Members new to the series should call the Penn’s Village office at 215-923-7333 to join and attend.

The 2020 Census: Be an Influencer or Be a Counter

by Dick Levinson

The U.S. Constitution requires a national census to count America's population every ten years. This spring, each and every home in the U.S. will receive an invitation to respond to a short questionnaire – online, by phone, or by mail. This will mark the first time that responses can be collected online. And, the U.S. Census Bureau estimates that completing the questionnaire will take ten minutes on average.

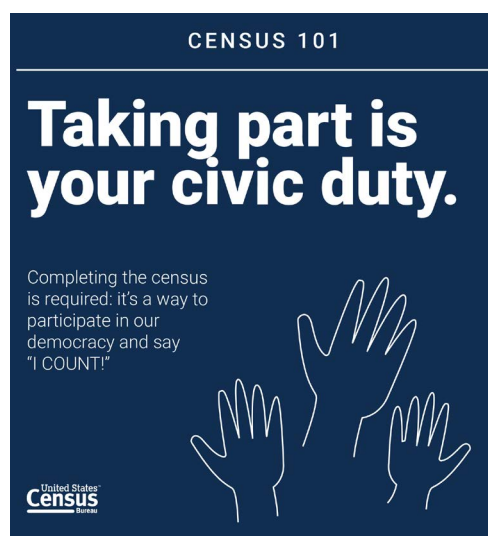
While this process is of consequence everywhere, it is particularly important to Philadelphia—the nation's poorest big city—and the metropolis with the largest number of poor seniors. Now just sixty days away from launch on April 1, the numbers gathered in this year's count will determine how many members of Congress in Philadelphia and Pennsylvania can elect and send to Washington.

As the number of Americans living elsewhere grows rapidly, the competition for scarce federal resources grows ever sharper. Philly receives federal aid to help with housing, health, education, and other needs. The formulas that spell out the size of these grants are determined in part by the census data.

You can make a difference for Philadelphia. Learn about the census at <http://www.2020census.gov> and support complete and accurate data collection by talking to your friends, neighbors, and family members. Assure them that the Census Bureau will never ask for social security numbers, money or donations, anything on behalf of a polit-

seniors, the Census Bureau offers a large number of part-time temporary jobs that pay from \$16 to \$35 an hour. The Free Library of Philadelphia has partnered with the Census Bureau to help the agency "staff up" for its activities here. Free Library branches throughout the city began having special census-related job fairs as early as June 2019, where presentations were made on the wide range of jobs available to the public.

While many Philadelphians have now claimed census jobs, the Bureau is still not meeting its recruitment goals. The basic pay rate for Enumerators (counters) has risen to \$25.50 an hour. The need for additional staff is so great that the Law Department of the City of Philadelphia has waived the rule that prohibits public employees in Philadelphia from holding more than one job. The Pennsylvania Department of Public Welfare has decided that money earned working for the census will not reduce any other benefit. Finally, if you speak a language that the Bureau needs, you need not be a citizen to be employed. If you would like to apply to work for the Census Bureau, please go to this link: <http://2020census.gov/en/jobs.html>.



ical party, bank or credit card account numbers, or citizenship status.

In a city with many unemployed and underemployed people, including

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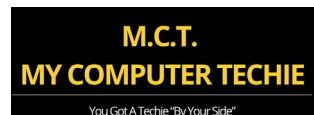
Penn Medicine



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