

# THE VILLAGE VIEW

## FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



### Important Information About "Re-Opening" Penn's Village

Dear Members and Friends,

I am happy to report that Penn's Village is busy revving up to resume in-person, face-to-face services (including indoor services) and transportation provision. Apart from our outdoor events, such as our Happy Hour at Malbec on May 25, we will hold off on returning to indoor programs until venues open and CDC and local guidelines permit. We have sought advice from health professionals, attorneys, social workers and others about doing this safely.

### Here's what we anticipate

- We will strongly encourage all members and volunteers to be vaccinated.
- All staff will have to be vaccinated.
- We will abide by all CDC guidelines on masking, distancing, hand-washing, room capacity, etc.
- Volunteers who are not vaccinated may provide services only remotely or outdoors.
- We will request proof of vaccination (copy of vaccination card or certificate) from both volunteers and members. Copies can be Xeroxes, scans, or photos.
- We expect to be able to offer a volunteer or staff member to help any member who needs assistance making a copy of their proof of vaccination.
- We have already implemented New Member and Volunteer Agreements that include safety precautions and will continue to expect those from new members, new volunteers, and anyone asking for a service who has not yet submitted a signed Agreement, including Neighbors.
- We will continue to monitor CDC, state, and local public health guidelines and make changes in our policy and procedures as necessary.

### Get information about COVID-19

- Read our Coronavirus BLOG, found on our website under "Resources." Volunteers are posting helpful articles of special interest to help us all navigate as we approach a "new normal."
- Watch for emails that will give details as they unfold.

Join with Penn's Village Members, Volunteers, and Staff as we work toward returning to a new normal!



### Penn's Village Interest Groups

Several groups formed around common interests are currently active within our Village. At this time, due to the COVID-19 pandemic, all groups are still meeting via ZOOM. If you are interested in learning more about any of the groups, please email [info@pennsvillage.org](mailto:info@pennsvillage.org) or telephone 215-925-7333.

#### Chat Group

Every other Tuesday 11:00 am – Noon

#### History Book Group

3rd Wednesdays 1:00 – 2:00 pm

#### Intergenerational Book Group

4th Wednesdays 3:00 – 4:00 pm

#### Men's Group

Mondays 10:30 am – Noon

#### Spanish Conversation Group

Mondays 4:00 – 5:30 pm

#### Support Group

1st Mondays 11:00 am – 12:30 pm

#### Writers' Group

3rd Wednesdays 11:00 – 12:30 pm

### Follow us on social media:



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## ACTIVE AGING

### Understanding Blood Pressure - Part 2

by Hannah Roni Troutman, D.O., and Harriette Mishkin

In April, Part 1 of *Understanding Blood Pressure* discussed the basics of blood pressure and the proper use of a home blood pressure monitor, identifying possible causes of potential differences between readings taken at home and those taken in the doctor's office. In Part 2 (below), we will look at the consequences of this "silent disease" and how you can help control it.

#### **What are the consequences of high blood pressure?**

In most cases, the damage done by high blood pressure takes place over a prolonged period of time:

- Heart attack—High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.
- Stroke—High blood pressure can cause blood vessels in the brain to clog more easily or even burst.
- Heart failure—The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- Kidney disease or failure—High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.
- Vision loss—High blood pressure can strain or damage blood vessels in the eyes.
- Sexual dysfunction—High blood pressure can lead to erectile dysfunction in men or lower libido in women.
- Angina—Over time, high blood pressure can lead to heart disease or microvascular disease (MVD); angina, or chest pain, is a common symptom.
- Peripheral artery disease (PAD) — Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.

#### **What are blood pressure targets?**

Your physician may give you a target blood pressure reading that is based on your risk for having a future cardiovascular event:

- Patients with atherosclerotic cardiovascular disease
  - prior history of coronary artery disease
  - prior stroke or transient ischemic attack (TIA)
  - peripheral arterial disease
- Patients with heart failure
- Patients with diabetes mellitus
- Patients with chronic kidney disease (CKD)
- Older adults—There are different guidelines from different medical societies for adults older than sixty-five. Target blood pressure recommended in this age group can be less than 130/80 (American College of Cardiology/American Heart Association) or less than 150/90 (American College of Physicians/American Academy of Family Physicians)
- Patients with multiple cardiovascular risk factors (and an estimated ten-year risk of future cardiovascular events of 10% or greater)

Patients without any of these characteristics are considered lower risk, and a less intensive target blood pressure is recommended.

*[Continued on page 8](#)*

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### May 18 Primary Ballots Are Arriving

According to the Committee of Seventy, voters who requested mail-in ballots have begun to receive them for the primary election. [Philly has opened 14 drop boxes](#) as an alternative to returning your ballot by mail, or you can drop off your ballot (as well as register to vote, request a mail-in ballot, fill it out and return it in one stop) at the City Commissioners Office in City Hall.

Don't forget to place your ballot in the [secrecy envelope you'll receive with it](#) (no "naked ballots"! ) and seal it. Then sign and date the voter declaration on the outside of the envelope. If you haven't applied for a ballot, you have until 5 pm on Tuesday, May 11 to request it. But don't wait because your ballot must be back at your county's board of elections by 8 pm on election day, May 18.

In addition to elections for public office, which are restricted to voters registered by party, there are important ballot questions on the May 18 primary ballot. All Pennsylvania voters, regardless of party affiliation, may vote on statewide ballot questions during primary elections. [For details, see: https://www.dos.pa.gov/VotingElections/Pages/Joint-Resolution-2021-1.aspx](https://www.dos.pa.gov/VotingElections/Pages/Joint-Resolution-2021-1.aspx). In addition, an explanation of the ballot questions can be found at [https://www.pennsvillage.org/content.aspx?page\\_id=2507&club\\_id=982103&item\\_id=2899](https://www.pennsvillage.org/content.aspx?page_id=2507&club_id=982103&item_id=2899).

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### Speaking of The Pandemic

Coronacoaster noun: the ups and downs of a pandemic. One day you're loving your bubble, doing workouts, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

I'm getting tired of being part of a major historical event.

## ALL AROUND TOWN

Each day we read of planned openings coming this fall in the arts and cultural community – at the Kimmel Center, the Broadway Series at the Academy of Music (*Hamilton* returns!), the Philly Pops, the two chamber orchestras, and more. Hope is here, and it abounds. Until then, take advantage of warmer weather with outdoor activities and indoor virtual events.

### Museums/Public Space

**Philadelphia's Magic Gardens (PMG)** is an immersive mixed media art environment that is completely covered with mosaics. The creator, Isaiah Zagar, used handmade tiles, bottles, bicycle wheels, mirror, and international folk art to chronicle his life and influences. The space is made up of two indoor galleries and a bi-level outdoor sculpture garden (not all is handicapped accessible). The current exhibition highlights the work of Mexican folk artists. Open Wednesday through Monday: 11:00 am-6:00 pm, 1020 South Street. Tickets must be reserved online in advance. [General Admission Tickets - Philadelphia's Magic Gardens](#) ([philly-magicgardens.org](http://philly-magicgardens.org)).



**The Neon Museum of Philadelphia at NextFab** features over one hundred fifty pieces from large, animated commercial signs to one-of-a-kind artworks. The Museum's special exhibitions focus on neon, Philly culture, and roadside America, with photos, paintings, sculpture, and videos. Now showing: Mason Carter's *Blendini City*. There are activities, events, videos, changing art shows,

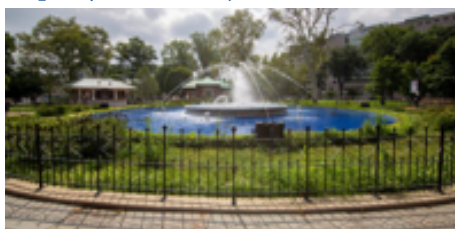
and a museum shop. The block-long NextFab building is also home to other arts-related organizations, a restaurant, and business incubator spaces. 1800 North American St, Unit E. Reserve in advance and pay in person during your visit. [Neon Museum of Philadelphia](#).



### **Mural Arts Walking Public Tours.**

Explore the world's largest outdoor art gallery. Weekend tours resume in Center City, Bella Vista, West Philadelphia, and Spring Garden. [Tours - Mural Arts Philadelphia Mural Arts Philadelphia](#).

**The Franklin Square Fountain Show** returns to dazzle. Located at 6th and Race Streets, the display is choreographed to music, with a performance every thirty minutes. For more information, contact [info@historicphiladelphia.org](mailto:info@historicphiladelphia.org). Watch here for a preview: <https://youtu.be/unjH7toJZNM>.



### Outdoor Concerts

**Opera Philadelphia. May 5, 7, 9.** *The Drama of Tosca*. This is a concert adaptation that tells the tale of Puccini's *Tosca*, as seen through the eyes of a narrator. TD Pavilion at the Mann. [Events | Opera Philadelphia](#).

### Planning Ahead for the Summer

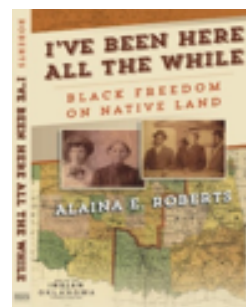
**Chamber Orchestra of Philadelphia.** Sunday at 6:30 pm on June 13 and 27

and on July 11. Natural Lands presents The Chamber Orchestra of Philadelphia in a new concert series to bring you outdoor summer evening performances of your favorite classical music. Enjoy the open air and unmistakable sounds of a live orchestra surrounded by the exquisite grounds of Stoneleigh, a natural garden in Villanova. [chamber orchestra of Philadelphia series - Natural Lands](#) ([natlands.org](http://natlands.org)).



### Virtual Programs

**American Philosophical Society. Thursday, May 6, 6:00 pm.** Join Alaina Roberts on a webinar for a discussion of her new book, *I've Been Here All the While*, which explores the intersections of African Americans and Native Americans in Reconstruction-era Indian Territory (modern-day Oklahoma). In this book, we meet the Black people who actually received the mythic "40 acres and a mule," the American settlers who coveted this land, and the Native Americans from whom these holdings originated. Free. Register at: [I've Been Here All the While](#) ([amphil-soc.org](http://amphil-soc.org)).



**Annenberg Center for the Performing Arts. Thursday, May 6, 7:00 pm.** Ayodele Casel, *Chasing Magic*. This tap star makes her Philadelphia debut in an all-female program alongside

[Continued on page 5](#)



## Village View Editorial Board

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## Join Penn's Village

To become a member, visit [www.pennsvillage.org](http://www.pennsvillage.org) and click on "Join." There you will find our membership information.

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

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

201 South 21st Street  
Philadelphia, PA 19103

## INTRODUCING

### George Trotman



An avid fisherman, George Trotman is also interested in other diverse pursuits such as drawing and collecting antique toy trains. He has loved to draw from the time he was a boy growing up in Haddonfield and first learned to cast a surf rod during childhood summers in Avalon.

George has studied drawing at many Philadelphia art schools, including in the Continuing Education Curriculum at The Pennsylvania Academy of the Fine Arts. He served as Secretary of the Long Beach Island Fishing Club in Harvey Cedars, New Jersey and is a member of the Avalon Fishing Club. He is also a member of the Toy Train Collectors Association, and was the founding President of the Philadelphia Oriental Rug Society.

Graduating in 1961 from Lehigh University with a BS in Mechanical Engineering, George had a choice of being drafted or going to the Naval Officer Candidate School in Newport, Rhode Island. He chose OCS, accepting the Navy's requirement to serve three years. His first assignment was as the Engineering Officer on a minesweeper in Charleston, South Carolina. He was then selected to join the Navy's three-year graduate program at MIT. In 1968, he successfully completed his MIT studies with an MS in Mechanical Engineering and a Naval Engineer's Degree. Now designated as an Engineering Duty Officer, his career centered on building, upgrading, and repairing ships. His duty stations

included the Philadelphia Naval Shipyard; the Joint Military Assistance Group Greece, in Athens; the Supervisor of Shipbuilding Office in Brooklyn, New York; and the Naval Ships System Engineering Station in Philadelphia.

In 1967, George married Elizabeth Fincher, who had the distinction of being among the eight or so women who, for the first time, were selected for admission to the Harvard Business School's MBA program. Liz gave birth to their son, Tyler, in 1974, and their daughter, Winifred, in 1975.

During the mid-1970s, George was diagnosed with Hereditary Spastic Paraplegia, a disease-related mutation that results in the very gradual deterioration of the nerves in the lower spine causing progressive spasticity and weakness in the lower body. In 1985, no longer having the requisite mobility for Naval service, George retired as a Commander in a disabled status. Although today he is not able to walk, he is fortunate that it will not spread to his upper body and that it will not kill him.

In 1995, Liz died of ALS at the age of fifty-four; after many tough years of living alone, George met Linda Zaimis in 2003, and they have subsequently developed a loving relationship. Linda, a retired PECO computer programmer, is a committed gardener who also loves knitting. And—she is George's best fishing buddy!

George joined Penn's Village at the invitation of one of PV's most enthusiastic cheerleaders, the late PV Board Member Pat Harner, the Trotmans'

*Continued on page 7*

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*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.*

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*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.*

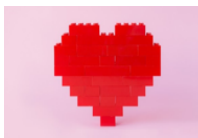
## MAY PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for May.

Self Registration is now available; please review the [Self-Registration Instructions](#) on the Penns Village website. You can also register by emailing [info@pennsvillage.org](mailto:info@pennsvillage.org) or calling 215-925-7333. All programs are offered as ZOOM Teleconferences; members who register will be sent login information a day or so before the event.

Nonmember guests may attend up to three free programs before being asked to join and/or volunteer with Penn's Village. Check our website and look for emails for up-to-date information, a fuller description of each program, and any additional programs scheduled in May.

**Thursday, May 6, 3:30 pm. Everything You Wanted to Know about Diabetes.** Stanley Schwartz, MD, will discuss diabetes and its two main classifications, along with medical complications and risks for seniors. Types of therapies and new medications will be identified, including their benefits and side effects.

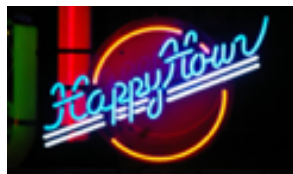


**Wednesday, May 12, 1:00 pm. Heart Healthy Living.** Howard Julien, MD, MPH, will explain how to improve your chance of having a healthy heart, focusing on exercise and nutrition as the most strongly recommended strategies.

**Thursday, May 13, 4:00 pm. Gerrymandering in Pennsylvania—What It Is and What We Can Do About It.** This program, presented by Charles Day, a volunteer with Fair Districts PA, a nonprofit organization, is a follow-up to our March program on Congressional and Legislative Redistricting. This program will focus on the battle against gerrymandering of PA's judicial districts, federal legislative districts, and state legislative districts.



**Thursday, May 20, 2:00 pm. Helen LaFrance: Folk Art Memories.** Kathy Shelton, author of *Outsider Art of the South* and *Helen LaFrance: Folk Art Memories*, will talk about the extraordinary artist Helen LaFrance, who passed away last year at the age of 101. The artist was a self-taught Black American known for her memory paintings of the disappearing lifestyle of the rural South. She was also a quilter and woodcarver who painted a series of powerful visionary interpretations of the Bible.



**Tuesday, May 25, 5:00 pm. Happy Hour.** Malbec Argentine Restaurant, 400 S. 2nd Street. Members and Volunteers join together at the Head House open-air pavilion for food and no-host drinks. All COVID-19 protocols followed. \$11 per person, payable in advance, includes first drink and appetizer.

### ALL AROUND TOWN

(Continued from page 3)

singer/songwriter and Broadway alum, Crystal Monee Hall, and pianist Anastasia Victory. [Performances & Events | Annenberg Center.](#)

**Also at Annenberg, Friday, May 7, 7:00 pm.** Eddie Palmieri Afro-Caribbean Jazz Quartet. Legendary pianist, bandleader and NEA Jazz Master Eddie Palmieri, patriarch of Latin jazz, is known for his bold charisma and innovative drive as he fuses his Puerto Rican heritage with the complexity of jazz influences. [Performances & Events | Annenberg Center.](#)

### IN MEMORIAM

April 2021

Lee Horne

May Her Memory Be a Blessing



### Free Library Joe McCarthy Lecture Series Final Program

The closing segment in the Philadelphia Free Library series, *Trust No One: Joe McCarthy and the Politics of Fear*, is on Monday, May 10, at 7:30 pm, as *Vanity Fair* contributing writer, Marie Brenner, discusses "The Strange Afterlife of Roy Cohn." It has been said of Brenner that she has succeeded in turning so many of her feature articles into movies that she is now also working as a Hollywood producer. [Click here](#) for more information and to make reservations.

# MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>Sunrise 6:01 am Sunset 7:54 pm</div>
<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div> <div>3:30 pm Diabetes Education Zoom</div>	<div>7</div>	<div>8</div>
<div>9</div> <div>Happy Mother's Day</div>	<div>10</div>	<div>11</div>	<div>12</div> <div>1:00 pm Heart Healthy Living Zoom</div>	<div>13</div> <div>4:00 pm Gerrymandering Zoom</div>	<div>14</div>	<div>15</div>
<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div> <div>2:00 pm Folk Art Memories Zoom</div>	<div>21</div>	<div>22</div>
<div>23</div>	<div>24</div>	<div>25</div> <div>5:00 pm Happy Hour Malbec Restaurant</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>
<div>30</div>	<div>31</div> <div>Memorial Day Sunrise 5:35 am Sunset 8:21 pm</div>					

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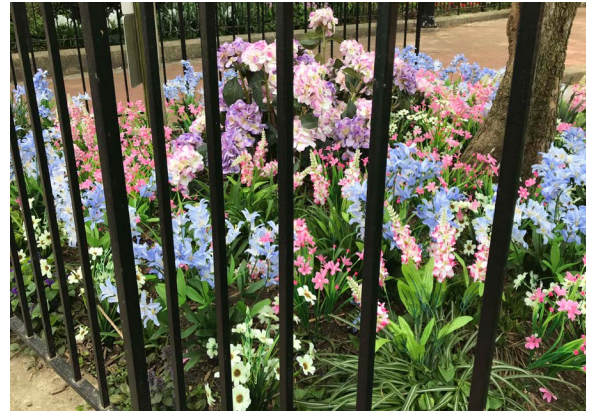
## CALENDAR NOTES

In April, TV folks were back filming in Fittler Square. Last summer, Christmas in July—a swirling blizzard of fake snow on Spruce Street.

This year, lush green sod—covering the park’s grass, made sparse over the past year by so many pandemic picnics.

TV time said July, so—add a riotous profusion of real and fake flowers and bushes. April time said one hour more of daylight by month’s end.

How did you use your extra daylight in April?



Photograph courtesy of Marianne Waller

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## Combating Asian American and Pacific Islander Hate

*Submitted by Lois Evans for the Penn’s Village Inclusiveness and Diversity Committee*

Our deep condolences go out to the victims and their families in the mass shooting—in March, at an Atlanta spa—that resulted in eight people dead, including six Asian American women. Unfortunately, this incident was not an isolated event. According to Stop AAPI (Asian American and Pacific Islander) Hate (<https://stopaapihate.org/>), some 3,800 anti-Asian hate incidents were reported nationwide last year, including ninety-seven in Pennsylvania. Philadelphia City officials said anti-Asian American hate incidents tripled between 2019 and 2020, and had already reached twenty-eight complaints in the first three months of 2021. Notably, these numbers represent only *reported* events—the Asian Community has long kept silent about such experiences.

Bias-fueled behaviors toward people of racial or cultural groups other than one’s own contribute greatly to the hate-fueled unrest being experienced in America today. While such prejudicial and discriminatory behavior against Asian Americans and Pacific Islanders may have seemed ‘invisible’ to us in the past, we must now **see it, recognize it, name it, address it**. Now is the time for us to **Speak up and Speak out**. What specifically can Penn’s Village members do? Here are some suggestions.

- Be alert and start reporting *any and all* incidents we witness toward AAPI persons or communities. Call 911 to report when a crime is occurring or has occurred.
- To report non-emergency AAPI hate crime, call 215-686-4670 or email [pchr@phila.gov](mailto:pchr@phila.gov), the Philadelphia Commission on Human Relations (which also investigates acts of hate and violence); we can also report hate crime and acts of violence to Stop AAPI Hate (<https://stopaapihate.org/>).
- Write letters to the editor condemning such behavior and offering solutions.
- Vote in the upcoming elections for local and state leaders who are listening to and standing up for the rights and dignity of the AAPI community.
- Become aware of our own “subtle acts of exclusion.” Expand our own friend circles to be more inclusive.
- Learn more about issues of racial injustice toward AAPI as well as how AAPI have enriched American culture, economy, education and in so many ways. See also the May 2021 edition of the Penn’s Village Inclusiveness & Diversity Committee’s blog on *Resources to Combat Racism* (go to <https://>

[pennsvillage.org](https://pennsvillage.org), click on Resources, then click on Inclusiveness).

- Finally, contribute to organizations like the AAPI Civic Engagement Fund at <https://appifund.org> or the AAPI Community Fund at <https://www.gofundme.com/f/support-aapi-community-fund> that are engaged in addressing many of these issues.

Together, Penn’s Village members can help to condemn both subtle acts of exclusion and overt and violent acts of hate and contribute to lasting social change. We can become more aware of our own biases and work to neutralize them. Finally, we can amplify AAPI voices and find ways to uplift, empower, respect, and protect the AAPI community. Remember: When any community is attacked, we are all diminished.

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### George Trotman

*[Continued from page 4](#)*

across-the-street neighbor for years. Until the COVID-19 virus limited gatherings, George served as the host for the Penn’s Village Men’s Group, twelve PV guys who got together biweekly to share coffee and donuts while chatting and sharing viewpoints. Now, without the goodies, they enjoy doing the same via Zoom for an hour each week.



## Blood Pressure (Continued from Page 2)

### **What can be done to keep blood pressure under control**

*Work with your doctor.* Your healthcare provider will help you make a plan to lower your blood pressure.

*Make a few lifestyle changes.* In many cases, this will be your doctor's first recommendation, likely in one of these areas:

- Maintain a healthy weight—Strive for a body mass index (BMI) between 18.5 and 24.9.
- Eat healthier—Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.
- Reduce sodium—Target less than 2,000 mg of sodium (salt) intake per day.
- Get active—Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week.
- Limit alcohol—Drink no more than 1-2 drinks a day. (One for most women, two for most men.)
- Limit caffeine.
- Avoid frequent use of non-steroidal anti-inflammatory medications (NSAIDs) such as Advil, Aleve, Motrin, Ibuprofen, Naproxyn, Meloxicam, and Celebrex, as these medications will raise blood pressure.

- Regularly check your blood pressure at home.

*Take ownership of your treatment* by keeping records of your blood pressure readings at home and bring the results to you doctor for review, and *Take your medication exactly as your doctor tells you* at a similar time each day.

### **What foods should be avoided?**

Avoid foods with high sodium content:

- Canned foods
- Frozen TV dinners
- Frozen pizzas
- Deli meats like hams, salamis, bolognas
- Sausages
- Bacon and other cured meats

The best way to control sodium content is to prepare meals yourself so that you have much more control over what is in the food. One example of a heart healthy diet is the DASH (Dietary Approaches to Stop Hypertension) diet (see illustration on page 9). It does not require any special foods and provides daily and weekly nutritional goals. The DASH plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats,

full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oil

- Limiting sugar-sweetened beverages and sweets.

*We thank Dr. Hannah Troutman, Clinical Assistant Professor, Division of Nephrology, Jefferson Health, for joining our conversation.*



Having plans sounds like a good idea until you have to put on clothes and leave the house.

It's weird being the same age as old people.

When I was a kid, I wanted to be older... this is not what I expected.

Life is like a helicopter. I don't know how to operate a helicopter.

Chocolate is God's way of telling us he likes us a little bit chubby.

It's probably my age that tricks people into thinking I'm an adult.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember... Don't sing!

I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

## **May Blog Now Available [Here](#)**

The popular April *Village View* article, "Understanding Blood Pressure – Part 1," is now featured in the Penn's Village Community Blog. Co-authored by Dr. Hannah Roni Troutman, Clinical Assistant Professor in the Division of Nephrology at Jefferson Health, and Penn's Villager, Harriette Mishkin, the article explains the basics of blood pressure and ways to correctly use a

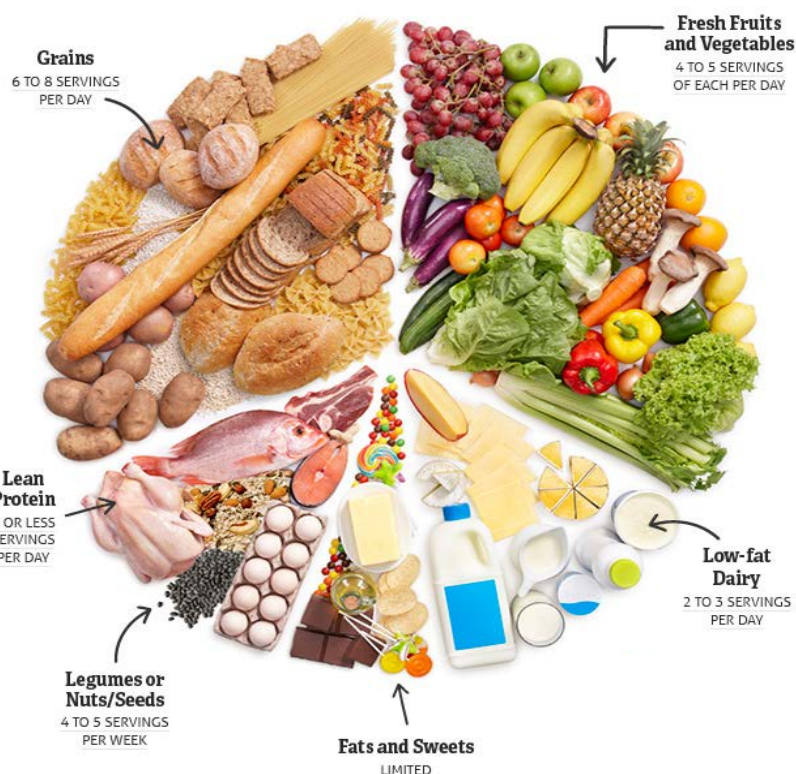
home monitor, as well as the possible causes of differences in readings at home and in a doctor's office.

Part 2 of the article can be found in the ACTIVE AGING column on page 2 of this issue. The article discusses possible effects on the body of high blood pressure and some of the lifestyle changes that may help keep your pressure at an acceptable level.



## The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) Guidelines for a healthier, more balanced diet



<https://www.heart.org/en/health-topics/high-blood-pressure>

## COMMITTEE CORNER

### From the I & D Committee

The jury's verdicts were read aloud: Guilty on all three counts. A White police officer was held accountable for the murder of a Black man by a mixed race jury in Minneapolis. A Black life mattered. The life of George Perry Floyd, Jr., mattered. Was this history in the making? Perhaps. But to create and sustain a more just society, we must remain steadily vigilant. Make our voices heard. Work hard on both personal and societal levels. Remember his name. He was George Perry Floyd, Jr. He was a Black man. And his life mattered.



### THANK YOU TO OUR BUSINESS SPONSORS

Please support all our business members. See [www.pennsvillage.org](http://www.pennsvillage.org) for a complete list.



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