

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY

Dear Members and Friends,

I am so pleased to welcome you back! While The Village View was on its summer hiatus, a few Penn's Village members tentatively began scheduling outdoor meetings, and some of our committees and interest groups (whose participants have all been vaccinated) are occasionally getting together in members' homes for meetings and/or socializing. As you will discover in the Committee Corner on page 5, the Program Committee, while still following CDC and Penn's Village guidelines, is looking into a hybrid "In-Person + Zoom" as a potential future meeting model.

The Program Committee is only one of seven Penn's Village Standing Committees that play a vital role in the success of our community. Together, they make plans for today's activities and tomorrow's services and, generally, meet once a month for one hour. Your ideas and contributions are important and most welcome. When committees achieve their goals, Penn's Village achieves its goals, and our members are served successfully.

Another volunteer opportunity is to help provide a service. Penn's Village is, at our best, an organization of seniors helping seniors. When you volunteer for a service, it is important to remember that the need for a particular service depends on the specific need for that service at any point in time. For example, we often need drivers, but may have many volunteers waiting for a companion assignment.

Check the out possibilities on our website at https://www.pennsvillage.org/content.aspx?page_id=22&club_id=982103&module_id=402312, then call the PV office at 215-925-7333 to find out more and get your volunteer ball moving! And please continue to follow the latest news on Covid-19; our health blog offers information worth checking out.



Volunteers Needed: On Oct. 24 and 25, two events co-sponsored by Raices culturales latinoamericanas (Latin American Cultural Roots) and Penn's Village will feature the manufacture of chocolate, along with music and dance. For information about volunteering, contact Yolanda Alcorta, co-founder of Raices, at 610-389-1398 or at yalcorta@gmail.com.

Be sure to see Penn's Village Article in the Inquirer

<https://www.inquirer.com/real-estate/aging-in-place-villages-volunteers>

or in the Real Estate section in the Sunday, 8/29 print version.

PV Chat Group Going Strong!

By Sue Frank

Back in December 2020, Molly Clifford announced the formation of "a new conversation Group—the Penn's Village Chat." There has been a lively PV Men's Group for years; this initiative was a new opportunity for anybody who wanted to interact with other Penn's Village members.

"...this group will discuss whatever is on your mind that day: family, current events, friendships, and travel are just a few of the topics the group may choose. Get to know your fellow Penn's Village members as you connect, engage, and enjoy."

Although the Group originally had a "facilitator," it eventually fell into my hands. Now, eight to ten people usually materialize every two weeks in our Zoom zone on Thursday at 11:00 am and go for it! We could probably be a dozen and still work well, but over that number, we'd recommend that folks start a new group.

We seem to agree that we are delighted with the merry dynamic of our chat crew. I have wondered if Penn's Village

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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?

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INTRODUCING

Farida Pomerantz

by Karen Orman



Farida Pomerantz and her husband, Jay, moved to Philadelphia six years ago from Massachusetts. But don't think for a minute that Farida followed a linear route to arrive here. She was born in Japan, where her parents of Russian and Syrian descent met before moving to Panama to continue working in the import/export textile business.

After living in Panama for fifteen years, Farida came to the U.S. to attend Bryn Mawr College. Her parents had befriended Jay when he was in the Peace Corps in Panama. There weren't too many Jewish bachelors in Panama and they had two daughters. Hmm.... I wonder if there could have been a connection! After Farida finished college and Jay completed his internship in Philadelphia, they married and moved to Massachusetts.

Farida's field of study at Harvard was Slavic languages. Later, she studied anthropology and then worked at the local library for thirty years. She has Master's degrees in both Slavic languages and Spanish and still takes advantage of opportunities to speak Spanish and Russian. After living in

Longmeadow, Massachusetts for forty-five years, Farida and Jay were lured to Philadelphia by the presence of their daughter and two grandchildren. Moving to Abu Dabi at that point to be with their son would have been a stretch.

Farida is an avid reader, a lover of chamber music, and an enthusiastic gardener who very much enjoys cooking. She still makes some Russian and Panamanian specialties. Farida has adjusted to life in Philadelphia, where she enjoys walking and is especially charmed by how many of the small streets and buildings have been preserved. She especially appreciates the many cultural activities that are readily accessible without the use of a car.

Farida read about Penn's Village when she first moved to Philadelphia and thought it sounded similar to an organization in Boston that had the same goals. She and Jay joined Penn's Village to support the organization and to enjoy its activities. With the plethora of Zoom programs during the pandemic, she thinks it's a great idea that they are archived for later viewing. Both Farida and Jay are certainly welcome additions to our Penn's Village family.

PV Garden Party Postponed

Due to changing regulations surrounding the increase in Covid-19 cases caused by the Delta variant, the Penn's Village Annual Garden Party, scheduled for Saturday, September 18, has been postponed. Please check your email and the Penn's Village website for updates.

IN MEMORIAM

September 2021

Jonathan Fox

May His Memory Be a Blessing

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

Welcome back, Penn's Villagers!

Over the summer, we saw the return of concerts at the Mann, indoor dining, gyms, and watching baseball "live." But pandemic concerns are not yet over, and each of us is slowly considering how to return to arts and cultural events while weighing the new risks posed by the Delta variant of Covid-19. With that in mind, this column will mainly focus on outdoor and virtual events in September. Here are several that seem very inviting.

Chanticleer. If you love gardens or simply need a change of scenery, Chanticleer, in Wayne, is worth the time. Plan your visit ahead, as parking is limited. For a preview of your visit, read our latest post on our Community Blog. [[Leisure Day Drives – Chanticleer Gardens – Penn's Village \(pennsvillage.org\)](#)]. Note that you will need to both purchase an entrance ticket and register for a parking space. Parking is free but limited and timed. The time of your parking spot will be the time of your visit. <https://www.chanticleergarden.org/visitors.html>.



Yoga at Race Street Pier. This is a socially distanced yoga class led by Three Queens Yoga Studio. Free yoga classes run on most Mondays, Thursdays, and Sundays through September 26, on

North Columbus Boulevard and Race Street. Enjoy FREE fitness classes every Monday at 6:00 pm, Thursday at 8:00 am, and Sunday at 10:00 am at Race Street Pier. Pre-registration is required. [Wellness on the Waterfront Presented by Independence Blue Cross \(delawarewaterfront.com\)](#)



One Day University. "Memorable Musicals that Changed Broadway", one of the most popular programs offered, will be repeated on September 2, 7:00 pm. This presentation/lecture combines live music and compelling storytelling. Cost is \$29. [Premium Program: Memorable Musicals That Changed Broadway | OneDayU](#).

The SPACE Art Gallery. "*Femme Noire*" by Robert Carter. This exhibit celebrates the intersection of art and design through the lens of world history and Black artists. It features couture designs by Philadelphia's Dom Streater and explores graphic textiles inspired by queens throughout history. Join the Artist Reception on September 10 (5:00-8:00 pm), September 18 (2:00-6:00 pm), and/or September 29 (5:00-8:00 pm). Also explore fine-art photography, original jewelry, and gifts. 749 S. 8th Street. <https://www.thespace-philadelphia.com/>.

Restaurant Week in Center City. This thirteen-day dining extravaganza runs from September 18 through September 30. Dinner is \$40; lunch is \$25. A list of restaurants can be



found at [Center City District | CCD Restaurant Week \(centercityphila.org\)](#).

Opening Soon

Museum of the American Revolution. *Liberty: Ron Troiani's Paintings of the Revolutionary War.*

Most of the arts groups that perform at the **Kimmel Cultural Campus** have announced their fall schedules. This includes *Broadway* series, *Philadelphia Orchestra*, and *Opera Philadelphia*.

Philly Pops SINATRA: A Man and His Music opens on September 24.

The Walnut Street Theatre, 11th Hour Theatre Company, Theatre Exile, Wilma Theater, and others are also planning their fall openings. Check their websites for performance schedules.

PBS Streaming Alert. In honor of Grandparents Day, the award-winning documentary, *Lives Well Lived*, will be streamed on the PBS website (Channel 12 in Philadelphia), from September 1st through the 28th. If you saw it the first time with Penn's Village back in 2019 at the National Museum of American Jewish History, see it again. If you missed it, see it now! [Lives Well Lived | PBS](#).

Breaking News from the Fundraising Committee

Thank you all for your donations to Penn's Village July 4th Fundraiser 2021!

Your gifts have been doubled by our Penn's Village Benefactor!

And Gifts from First-time Donors have also been matched by a second Penn's Village Benefactor!

Although the time for the match has ended, donations are always welcome.

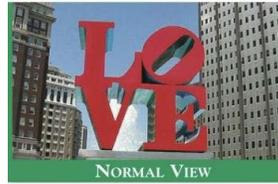
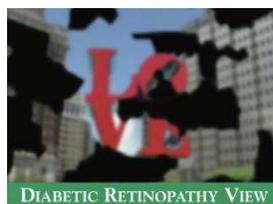
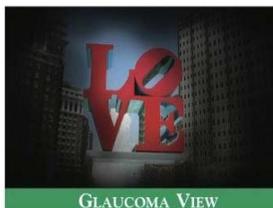
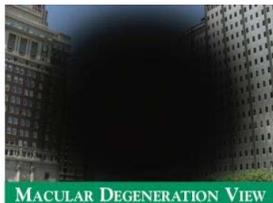
ACTIVE AGING

Low Vision

by Andrea Barnett-Krausen, Licensed Occupational Therapist and Fieldwork Educator at Thomas Jefferson University OTA Program

Low vision is loss of vision that cannot be corrected or restored through medication, surgery, or glasses/contact lenses. It often interferes with everyday tasks, such as reading the mail, shopping, writing, and watching TV.

Several conditions can cause low vision, including age-related *macular degeneration*, which results in the loss of central vision (looking straight ahead); *glaucoma*, which damages the optic nerve and leads to vision loss due to high pressure inside the eye; diabetes, which can lead to *Diabetic Retinopathy* that causes spotty vision loss; and *cataracts* that cause a clouding of the lens and distort color-vision detail when not corrected by surgery. One way to demonstrate the effects of low vision is to compare different pictures of the LOVE sculpture in Philadelphia.*



How Lighting Helps†

Effective lighting can make the most of your environment and impact your mood, health, and well-being. We generally require more lighting as we age, and increasing lighting is one of the easiest ways to improve visibility and safety in our homes. By age sixty, we need three times as much light as we did at age twenty.

There are four different types of lighting: sunlight, artificial, combination, and directed.

1. Sunlight

Pros: Sunlight—the best, most natural light source—is always your best alternative if you can control the light. It brings out excellent contrast and is good for all outdoor and indoor tasks.

Cons: Sunlight is not always constant or reliable, and changes can be sudden and dramatic. It can also produce outdoor and indoor glare spots and shadows.

Tips:

- Use lattices, adjustable blinds, and sheer panel curtains to reduce sunlight.
- Wear sunglasses or hats with visors outdoors to limit the amount of light that enters the eye and a hat or cap with a visor to reduce indoor glare.
- Keep windows clean.
- Minimize glare by using window tinting.
- Work with your back to the window.
- Change the times at which you do certain tasks to take advantage of maximum sunlight.

2. Artificial Lighting

Pros: Artificial lighting is anything that isn't natural sunlight. While natural light is produced by the sun, artificial light sources can include **incandescent** bulbs, **fluorescent** tubes, and light-emitting diodes (**LEDs**). Fluorescent light provides cool, evenly spread illumination and is better than incandescent for general room lighting because it does not create shadows and is inexpensive and energy efficient.

Cons: Science has not completely solved flickering associated with fluorescents and LEDs, which can produce a “strobe” effect. Eye strain and headache are possible if bulbs are not properly covered. Also, these lights cannot be dimmed as easily as incandescent lighting.

3. Combination Light

This term refers to incandescent and fluorescent in the same fixture and is the closest to sunlight. You can use fluorescent for general room lighting and incandescent in adjustable swing-arm desk lamps and floor lamps to provide brighter, more concentrated light for activities like reading and crafts.

Pros: More consistent lighting to eliminate shadows and dangerous bright spots. Experiment with several types of lighting and consider installing dimmer switches. Some people may prefer incandescent, some fluorescent, and some a combination of both.

Cons: Fluorescent can cause a strobe-like effect, and the flickering can cause eye strain or headache. Incandescents can cause shadow and glare.

Tips:

- Experiment with different lighting placement.
- Cover or shade bulbs. Choose a covering that reflects the light off the ceiling or walls before it hits the eyes. (Reflective light produces excellent lighting while reducing glare.)

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SEPTEMBER PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for September. Self-Registration is now available online; please review the Self-Registration Instructions on the website. You can also register by emailing info@pennsvillage.org or calling 215-925-7333. Check the PV website and watch for emails with up-to-date information, a fuller description of each program, and/or any additional programs scheduled for this month.

All programs are offered as ZOOM Teleconferences; members who register will be sent login information a day or so before the event.

Friday, September 3, 2:00 pm. *Summer Reads: Selections from “Uncle Wellington’s Wives,”* by Charles W. Chesnutt. (Part 1). Marjorie Mueke will read selections from this book, the tale of an ill-fated Wellington Braboy, who journeys to the North, mythic land of wealth and opportunity, only to realize that life there — despite a newly-acquired white wife — proves increasingly difficult for the black man.



Wednesday, September 8, 2:00 pm. *Summer Reads: Selections from “Uncle Wellington’s Wives,”* by Charles W. Chesnutt. (Part 2). Marjorie Mueke continues to read selections from this book, the tale of an ill-fated Wellington Braboy, who journeys to the North, mythic land of wealth and opportunity, only to realize that life there — despite a newly-acquired white wife — proves increasingly difficult for the black man.



Monday, September 13, 4:00 pm. *Penn’s Village Preview.* Do you have questions about how Penn’s Village operates? What services and programs are offered? The role of volunteers and how to become one? The different levels of membership? Then join this discussion that will answer your questions. We will provide an introduction for new members and a refresher for existing members.

Tuesday, September 14, 10:00 am. *Understanding Age-Related Changes in Thinking Skills to Optimize Everyday Functioning.* Have trouble finding your reading glasses? Ever walk into a room and wonder to yourself, “What

am I doing here?” Dr. Tania Giovannetti’s presentation will cover changes in memory and thinking skills across the lifespan and how these changes affect everyday life. Strategies to reduce the impact of memory failures on everyday life and differences between typical and more concerning memory problems will be reviewed.



COMMITTEE CORNER

Program Committee

The Program Committee hopes that we can soon bring back in-person programs and tours. For now we’re on hold, following CDC and Penn’s Village guidelines. Given that some members have found that Zoom programs are convenient for them, the Committee will be looking into hybrid In-Person+Zoom programs whenever possible. Our in-person happy hours are as popular as ever, in large part because they allow us to meet socially, in person; you can expect to see more of these, as well as a possible outdoor picnic.

The Committee is always looking for additional members who can identify and develop new programs. If you are interested, can participate in our monthly meetings, and are willing to help facilitate a program from concept to full implementation, please contact the Penn’s Village office at 215-925-7333.

Inclusiveness & Diversity Resources

In June, the I & D Committee’s monthly Blog—*Resources to Help with America’s Racial Crisis*—completed its first year. The I & D posts have averaged about three-hundred visits each, suggesting the resources have been meeting members’

needs for information. We would welcome your proposals of suitable materials focused on inclusiveness and diversity as we move into a broader range of materials for our second year. Please feel free to send any of the following to info@pennsvillage.org, while recognizing that not every submission can be used. We are looking for both print media (e.g., books, essays, poems, and magazine/newspaper/journal articles) and/or multimedia (e.g., films, zoom programs, TV miniseries, websites, lectures, webinars, YouTube videos, music or dance performances, and artwork exhibitions). Thank you in advance!!

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 2:00 pm Summer Reads Zoom	4
5	6 Labor Day	7 Rosh Hashana	8 2:00 pm Summer Reads Zoom	9	10	11 Patriot Day
12 Grandparents Day	13 4:00 pm Penn's Village Preview Zoom	14 10:00 am Changes in Thinking Skills Zoom	15	16 Yom Kippur	17	18
19	20	21	22 Autumn Begins	23	24	25
26	27	28	29	30 Sunrise 6:56 am Sunset 6:44 pm		



Tower of Voices -
Shanksville, PA

CALENDAR NOTES

Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11 attacks in 2001. This September, just as we are hopeful of emerging from the Covid-19 pandemic, we will mark the twentieth anniversary of those attacks.

We invite you to take a few moments to reflect with Clare Novak as she recounts her visit to the Shanksville, Pennsylvania Flight 93 Memorial last winter. Clare, who posted in January in the PV Community Blog as the Covid-19 pandemic was raging, tells us that Shanksville is a sacred place. "Later, when we are able," she promises, "I shall return..."

You can access and read Clare's post in our Community Blog at https://www.pennsvillage.org/content.aspx?page_id=2507&club_id=982103&item_id=1608&pst=12756.

ACTIVE AGING Low Vision

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- Use stronger or 3-way bulbs to provide no-glare lighting.
- Put lamps in places where you do close work. Look for softer light bulbs that simulate natural daylight.
- Install extra lights in frequently used closets and cabinets.
- Install special lighting over all stairways and hallways.
- Consider installing light switches close to your bed.
- Use night lights in the bedroom, hallway, and bathroom.

4. Directed Lighting

Adjustable floor, desk-standing, and wall-mounted task lamps are equipped with an adjustable arm and flexible head so you can point light where you need it. Keep the following points in mind:

Tips:

- Bulb should be recessed into the shade.
- Position the shade below eye level and directed on your work.
- Shine light onto the task from a 45-degree angle so that excess light shines away from your eyes.

How to Deal with Glare

Glare is reflected or uncontrolled light that shines directly into your eyes. The problem is particularly acute when you enter a brightly lit room, such as a bathroom, from a

dark hallway or other dim environment. Ways to reduce glare include:

- Install dimmer switches.
- Clean, but do not polish floors and other surfaces.
- Consider replacing harsh-glare surfaces with softer ones (carpeting, wallpaper, etc).
- If glare is unavoidable, use sunglasses, large-brimmed hats, umbrellas, or visors; when indoors, do not use sunglasses because they darken a room; instead, use a hat or cap with a visor.
- Try placing transparent yellow acetate sheets over white pages.
- Remember that sunlight can fill a room with light without producing glare.
- Mini blinds are excellent window coverings because they can be adjusted during the course of the day to eliminate glare.
- To make television easier to see, simply turn the screen away from the sun or a lamp so the light source is behind the screen.

Lighting decisions are individual. Experiment! And always check with your health-care professional regarding your vision concerns.

For additional resources and tips: www.lighthouse.org; www.macular.org; www.glaucoma-foundation.org; www.lowvision-info.org; www.nei.nih.gov; www.Lowvision.preventblindness.org; www.visionaware.org.

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Chat Group *continued from page 1*

itself might function as a sort of filter—great organization, wonderful people. We may be "older" ladies, but this is certainly not a criterion for inclusion! We began with a ZOOM link and the nine members who responded to Molly's invitation. As pandemic restrictions began to lighten up in June, member Nancy Halpern organized a face-to-face luncheon at Positano Coast.



Penn's Village Chat members (left to right around the table): Nancy Halpern, Sue Frank, Judith Sachs, Linda Burke, Patricia Nemirowsky Alsina, Lenore Gorenstein, Marion Hoover, and Pat Fusco, enjoying lunch at Positano Coast in August. Thanks to members Mickey Galatola and Olivia Walling for the photo.

We will probably maintain our ZOOM meetings after (How long, O Lord, how long?) pandemic restrictions end, but even now, several of us have enjoyed on-the-side, in-person get-togethers with members of the group. For me, the Penn's Village Chat Group has been the door into a garden full of lovely new friends.

Come, all ye! There's room for a couple more with us, as well as for additional groups.

Penn's Village Summer Interns

Penn's Village thanks our summer interns, Rilyn Diaz and Maggie McFadden, for their extraordinary contributions toward increasing the visibility of our organization through social media. They created and posted more than sixteen posts that received more than seven hundred views in two months. We wish them all the best in their last year in college and all their future endeavors!

Meet Rilyn



My name is Rilyn Diaz, and I am from New York City. I attended New Explorations into Science, Technology, and Math High

School in Lower Manhattan. During my time there, I was involved in several community service organizations, prompting me to relive the experience and volunteer with Penn's Village as a rising senior year at the University of Pennsylvania's Wharton School of Business, studying Management and Decisions Strategy. On campus, I serve on the Leadership Board for the Effective Communication for Business Impact course, am a member of Black Wharton Consulting, and volunteer in the local Philadelphia community. During my

free time, you can catch me playing volleyball with friends, taking weekend trips to new cities, or swimming at the beach!

This summer, I've been helping Penn's Village with marketing and communications strategies. Being able to combine my interests on the marketing side while also interning on a client service team with AlphaSights has been extremely rewarding.

I'm looking forward to taking a leap of faith to study history and the arts at Queen Mary University of London. I have always enjoyed learning about different living communities and cultural norms, so this will definitely be an amazing opportunity!

Meet Maggie



My name is Margaret McFadden, but everyone calls me Maggie! I am a rising senior at LaSalle University in North Philadelphia. I am majoring

in Marketing with a minor in Public Relations. I grew up in Bucks County, Pennsylvania, in a small town called Bristol, which is only about forty minutes from the city. This summer, I worked as a social media marketing intern for Penn's Village. I also worked at a charter school

in West Philly. I worked with Rilyn, the other summer intern, to create content promoting the Penn's Village summer events and programs via the organization's Instagram and Facebook pages. I have also had the opportunity to interview and chat with some of the members and volunteers and write stories for future promotions. What a great experience it has been to learn about the great work of Penn's Village firsthand through the eyes of active members. I have had so much fun working with Rilyn and everyone at Penn's Village this summer, and I encourage you to check out our Instagram and Facebook pages to see what we have been working on!

ACTIVE AGING Low Vision

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*Photos are used with permission of JuleAnne Lieberman from EZ2C.

†All lighting information and tips used with permission of Alan Lovell, Information and Referral Coordinator. APH ConnectCenter. All tips and lighting information are from <https://visionaware.org>. (VisionAware for independent living with vision loss (n.d.). *Essential Skills for Everyday Living* [Webpage]. Retrieved April 10 - May 2, 2021, from <https://visionaware.org/everyday-living/essential-skills/home-modification/lighting>).

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