

# THE VILLAGE VIEW

## FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Although it's difficult to measure precisely, it is well known that there is strong evidence that many adults aged fifty and older have for years been vulnerable to social isolation and/or loneliness in ways that put their health at risk. Social isolation can significantly increase a person's risk of premature death from all causes. It is thought that the risk may rival those of smoking, obesity, and physical inactivity.

The Covid-19 pandemic, with its requisite social distancing and disease-prevention strategies, has no doubt brought the problem into even sharper focus. It is my hope that we at Penn's Village, with the careful resumption of many of our services and the miracles of communications technology throughout the pandemic have helped to mitigate isolation and loneliness among our Central Philadelphia membership.

Every time people go to our website, open email flyers announcing upcoming programs, or visit a Penn's Village social media page, they encounter our logo boldly proclaiming the promises of what we are about.



Neighbors together—connecting, engaging, thriving

One of the most practical ways I can think of to communicate the emerging post-pandemic value of Penn's Village is to introduce more people, members and nonmembers alike, to the organization via our website. As folks sample presentations and participate in discussions, they can see and hear for themselves the scope of services and meaningful opportunities we provide for connecting and engaging in interesting and even thought-provoking experiences and activities.

We've been asking this question for years—"Do you know that talking about Penn's Village to family, friends, and strangers is the best way to grow Penn's Village?" In June, Donna Murphy, our Membership and Database Manager, narrated a video explaining the features of our newly designed website. She does a masterful job of bringing to life both the website and the unique ways our members and friends have of connecting, engaging, and continuing to thrive. In case you missed the video, you can still access it at:  
[https://www.pennsvillage.org/content.aspx?page\\_id=22&club\\_id=982103&module\\_id=478638](https://www.pennsvillage.org/content.aspx?page_id=22&club_id=982103&module_id=478638)  
And recommend it to your friends.

Let's all continue to Connect, Engage, and Thrive, even as we emerge from the dark weeks and months of Covid 19.



## 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, most groups are still meeting via Zoom. If you are interested in learning more, 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 am – 12:30 pm

## Follow us on social media:



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## Join Penn's Village

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

**Do you know that talking about Penn's Village to family, friends, and strangers is the best way to grow Penn's Village?**

### Connect with Penn's Village

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201 South 21st Street

Philadelphia, PA 19103

## Returning to the Scene of the Crime

by Marianne Waller

On the afternoon of September 1st, undaunted by torrential rain and a tornado warning compliments of Hurricane Ida, a crowd of some two hundred or so drenched, but smiling friends, relatives, and ordinary citizens gathered in Veteran's Square in Media, PA. They were there to welcome and celebrate Penn's Villager, Bonnie Raines, and some of her former partners in crime as they returned to the former site of an FBI office they had broken into fifty years before. Their motive had been to find evidence that American citizens were being spied on by the Bureau.



Also accompanying the "criminals" on this stormy afternoon were local dignitaries and the former *Washington Post* reporter, Betty Medsger. The burglars had been invited to participate in a

dedication ceremony and unveiling of a new Pennsylvania Historical Marker to commemorate their 1971 burglary.

In her address, Bonnie explained to the crowd: "We [she and her late husband, John Raines] *did not want to engage in that much legal jeopardy. We had three young children. We did not want to become martyrs, but at the same time we felt compelled as citizens to act.*"



Go to [page 4](#) to find out more about the burglars, the burglary, and the aftermath in Dick Levinson's review of reporter Betty Medsger's book, *Burglary: The Discovery of J. Edgar Hoover's Secret FBI*.

## Penn's Village Health and Wellness Blog

Penn's Village incorporates health and wellness into its mission of helping members stay safe and secure as they age in place. During the pandemic, Dr. Jay Pomerantz and others have, and will be, keeping members current on CDC guidelines and other important information to help you maintain your personal and family's well-being. Important articles are posted regularly. As we move forward, other health and well-being

articles will also be shared.

To stay well-informed, subscribe to the Blog so that updates are sent to you automatically. Click on the Subscribe button to be notified when updates are posted. The Health and Wellness Blog can be found on the Penn's Village Home Page under Blogs. This link will take you there: [https://www.pennsvillage.org/content.aspx?page\\_id=2507&club\\_id=982103&item\\_id=2901](https://www.pennsvillage.org/content.aspx?page_id=2507&club_id=982103&item_id=2901)

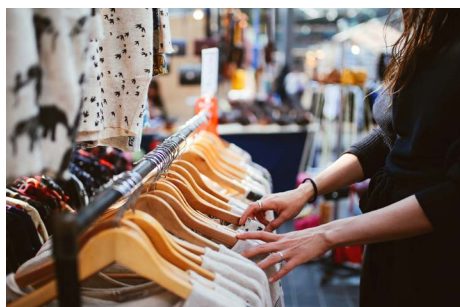
*Penn's Village welcomes and actively encourages an inclusive and diverse community of members, staff, Board of Directors and volunteers. Inclusiveness and diversity mean welcoming all and excluding no one because of age, race, ethnicity, gender, sexual orientation, socio-economic status, physical abilities, 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

Fall brings a mix of activities, from outdoor fairs and live events to indoor plays, exhibits, and Zoom programs. Take your pick..

**Shop Center City Saturdays** returns in support of retailers and restaurants. Businesses will offer exclusive discounts and giveaways through October 16. Activities include Reading Terminal Market Harvest on October 2, Harvest Weekend at Dilworth Park from October 7-9, Rittenhouse Row's Dogs Rule and/or Fire & Ice in Jewelers' Row on October 16. For details and store discounts, <https://centercityphila.org/explore-center-city/shop-center-city/shop-center-city-saturdays-2021>



**Center City Fit presented by Rothman Orthopaedics.** Get ready to get moving! Professional instructors and trainers from Optimal Sport, 1315 Walnut Street, will host free outdoor fitness classes for participants of all skill levels from 6:00-7:00 pm in Dilworth Park. Monday evenings will be dedicated to Zumba and Tuesday evenings will feature a cardio-blasting boot camp class. Runs through October 12.

<https://centercityphila.org/parks/events/center-city-fit>



**Live @ Lunch presented by PNC.** Free lunchtime concerts return this fall in Dilworth Park through October 14. A diverse line-up of local musicians curated by the Women's Coalition

for Empowerment will be showcased every Wednesday and Thursday from noon-1:00 pm. Guests are encouraged to bring lunch from a nearby restaurant or visit the Dilworth Park Café or Air Grille. Spacious seating is provided throughout the park, on the tree-covered PNC Terrace or under the shade of umbrellas along the fountains. <https://centercityphila.org/parks/events/live-at-lunch>



**Parkway Central Library.** The Rare Book Department has completed a major new exhibit, **For the Greatest Number: The New Deal Revisited.** The exhibition, now on display in the third floor's Rare Book Department, is open to the public from 9:00 am-5:00 pm, Monday through Friday. There are many interactive features, including blog posts and programs that bring the exhibition's artists, workers, and legacies to life. The exhibit will remain on display through February 4, 2022. If you visit, please tell people in the Rare Book Department that you learned about the exhibit through the library's Senior Center (and *Village*



*View* Editorial Board member, Dick Levinson).

**11th Hour Theatre Company.** The season's first show, **Soon**, opening October 28, is a new, humorous, witty, and poignant postmodern musical, reminding us of the importance of fully embracing life—even with the end in sight. All performances at Christ Church Neighborhood House. <https://11thhourtheatrecompany.org>

**Philadelphia Museum of Art. Emma Amos: Color Odyssey.** Printmaking, painting, weaving, with combined materials and artistic techniques. <https://press.philamuseum.org/philadelphia-museum-of-art-to-present-first-major-retrospective-exhibition-dedicated-to-emma-amos>

**The Library and Museum of the American Philosophical Society** is hosting a free conference on *Meanings of Independence*, with three virtual panel discussions livestreamed October 18-20, from 1:00-2:15 pm. The conference will continue in person on October 21 and 22 and begin with a 6:00-pm keynote event. Registration is required. The full program and more details are available on the website: [American Philosophical Society](https://www.americanphilosophicalsociety.org/).

**SAVE THE DATE and set your DVR: Monday, November 22, 10:00 pm.**

**Duty Free.** A documentary that exposes ageism in the workplace. From director Sian Pierre-Regis. A story about his mother, Rebecca Danigelis, and her desire to complete a bucket list of adventures after she was fired at age seventy-five. Previously available to Penn's Village members via streaming, courtesy of board member Mindy Mozenter, and now available on PBS Independent Lens (WHYY, Channel 12)



## BOOK REVIEW

### ***The Burglary: The Discovery of J. Edgar Hoovers Secret FBI,* by Betty Medsger**

*reviewed by Dick Levinson*

J. Edgar Hoover was one of the greatest criminals that America ever produced. At some point during his forty-eight years as

Director of the Federal Bureau of Investigation, Hoover began to regard the Constitution of the United States as a mere inconvenience in his continuing campaign to find and neutralize Communists, leftists, liberals, civil rights campaigners, and peace advocates.

Presidents, politicians, broadcasters, writers, and others lived in fear that Hoover might ruin their careers by releasing information from his files. The fact that such information was often incomplete, outdated, or flat out wrong never troubled Hoover or those who worked for him.

Just over fifty years ago, a small group of ordinary Americans, based in Philadelphia, set out to document the kind of legal and constitutional abuses that Hoover's FBI was committing. To obtain this evidence, the group broke into the small FBI office in Media, Pennsylvania. The eight burglars proceeded to steal approximately 1,000 FBI documents at a time when neither the federal Department of Justice nor the U.S. Congress was providing any real oversight of the bureau's activities.

Betty Medsger has written a compelling account of one of the darkest chapters in our nation's history. While carefully documenting the FBI's plunge into infamy and disgrace, she

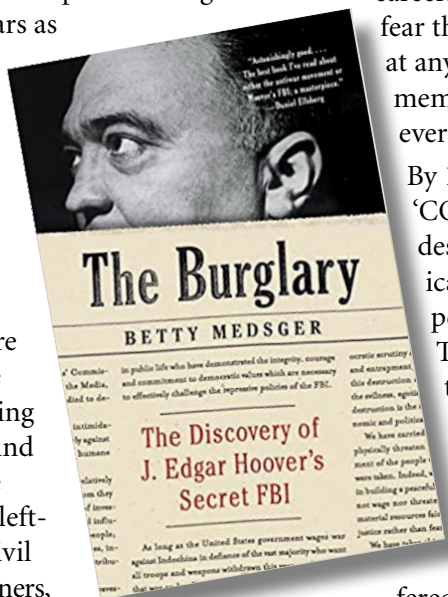
never neglects the human interest stories of eight people with children, careers and the gut-wrenching fear that they could be arrested at any moment. Incredibly, no member of the Media Eight was ever caught.

By 1956, Hoover had launched 'COINTELPRO,' an initiative designed to neutralize America's enemies (as Hoover perceived them), at any cost. These efforts ranged from the cruelly comic to the horrific. The FBI hired prostitutes infected with VD to seduce leading campus members of the New Left. Others were offered

free fruit laced with powerful laxatives. The Bureau organized a campaign to destroy actress Jean Seberg, a woman with a long history of severe depression; she eventually committed suicide. Hoover approved a similar effort against Dr. Martin Luther King, Jr., but the civil rights leader immediately suspected that Hoover was behind the crude effort to remove him before he could accept the Nobel Peace Prize.

By mailing a selection of FBI materials to local and national media, the Media Eight set in motion a chain of events that altered the reputation of Hoover and the behavior of his organization forever. Every American owes them a vote of thanks.

*Go to [page 2](#) to discover the Penn's Village connection to the "Media Eight" and to read about their return to the scene of their crime.*



### **Penn's Village Expands Inclusiveness/Diversity Efforts**

*by Marianne Waller*

Last January, *The Village View* reported that the Independence Foundation had awarded a grant to Penn's Village to support our efforts to become a more inclusive and diverse Village. The grant has made possible the recent addition of Ms. Uda Braithwaite Bartholomew, Community Outreach Specialist, to the Penn's Village team.



Ms. Uda

Ms. Uda grew up in Jamaica, Queens and identifies herself as a generalist and "dyed-in-the-wool" New Yorker who fell in love with Philadelphia

when she moved here in 1987. She traces her ability to empathize with the elderly and to appreciate "the goodness of keeping their worlds as big as possible" to first-hand experience. In her twenties, she suffered for many years from a debilitating illness that often reduced her to the same helplessness often encountered by older adults. And, years later, she assumed the responsibility of being the secondary caregiver for her parents when they, covered by "brilliant long-term care insurance," chose to stay in their home in New York as they aged.

According to Lois Evans, Board member and co-chair of the Inclusiveness & Diversity committee, Penn's Village minority-outreach efforts to date have been based on data from the 2018 census and concentrated in one area in the Graduate Hospital neighborhood plus the Bella Vista/Hawthorne neighborhoods.

To be able to better listen to and get to know our current Penn's Village Black members, Ms. Uda works with the I & D Committee and has initiated

*[continued on page 5](#)*

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## OCTOBER PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for October. [Self-Registration](#) is available on the website; please review the Self-Registration Instructions. You can also register by emailing [info@pennsvillage.org](mailto: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.



**Thursday, October 7, 4:30 pm. *Sachs and McIntyre – The Drama Queens.*** Judith Sachs and Polly McIntyre will read dramatic book selections from *Weddings and Wives*, *Natural and Supernatural Stories*, by Maeve Binchy, Claire Lewis, and Noel Coward.

**Tuesday, October 12, 11:00 am. *What to Do About New Medical Symptoms: Who/When to Call and What to Bring Along.*** The universe of medical advisors is expanding daily with a dizzying array of choices when we experience a new symptom like pain, cough, fever, etc. Should I call my Primary Care office? Would online advice be sufficient? Should I walk into my doctor's office or Urgent Care? Join speakers Dr. Mary Ann Forciea and William Edwards, Certified Nurse Practitioner, in this discussion.



**Monday, October 18, 2:00 pm. *Puzzled about Pronouns?*** A program to educate PV members on the use of personal pronouns and current definitions of the language used regarding sexual orientation. Our speaker is Erin Cross, Director of the Penn LGBT Center. See also article on [page 7](#).

**Tuesday, October 19, 1:00 pm. *Spring Garden Walking Tour.*** Stroll through this early-city suburb, developed in the late 19th century, that was home to merchants, workers, and even prisoners. Enjoy a diversity of exuberant late Victorian homes and view the world-renowned Eastern State Penitentiary, built in the 1820s and studied by penal experts from Asia and Europe at that time. Highlights include the Eastern State Penitentiary, Convent of Divine Love, Bergdoll Mansion, and more. Tour fee is \$20 for PV members; \$25 for non-members. Participants will meet in front of Jack's Firehouse, 2130 Fairmount Avenue. The tour will be conducted rain or shine by trained Preservation Alliance staff and will last one to two hours.



**Sunday, October 24, Noon-5:00 pm. *Chocolate: Another Name for Happiness.*** A presentation of the importance of chocolate to Latin America with displays of the product, the process of creating it from cacao, and its history, particularly in Mexico. Chocolate: Arts and Crafts, 1168 S. 9th Street, in the Italian Market. See story on [page 7](#) for more details.

**If you miss a program, you can view a recording of it [here](#).**

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### Penn's Village Expands Inclusiveness/Diversity Efforts

*continued from page 4*

a Google Meet platform to help establish a rhythm of long-form, expansive conversations. She likens Google Meet to a village green or a neighborhood diner where friends often gather to talk with friends. It is hoped, in addition

to building community, the insights gained from these ongoing conversations will also be helpful in developing goals and plans for moving forward with neighborhood outreach efforts based on the soon to be available 2020 Census data.

Evans says she is confident that Ms. Uda will provide a trusted link or entrée into these communities and help us understand their still unmet needs and cultural strengths for mutual gentle invitations and potential partnerships.

# OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 4:30pm The Drama Queens Zoom	8	9
10	11 Indigenous Peoples' Day	12 11:00 am New Medical Symptoms Zoom	13	14	15	16
17	18 2:00 pm Personal Pronouns Zoom	19 1:00 pm Spring Garden Walking Tour Jack's Firehouse	20 National Pronouns Day	21	22	23
24 Noon- 5:00 pm Chocolate: 1168 S. 9th St.	25	26	27	28	29	30
31 Halloween						



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## CALENDAR NOTES



### Indigenous Peoples' Day

Indigenous Peoples' Day is celebrated the second Monday of October to honor the cultures and histories of the Native American people. The day is centered around reflecting on their tribal roots and the tragic histories that hurt but strengthened their communities.

### International Pronouns Day

International Pronouns Day occurs each year on the third Wednesday of October. Referring to people by the pronouns they determine for themselves is basic to human dignity. International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace.

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### Puzzled about Pronouns?

by Lois Evans, for the I & D Committee

Penn's Village members may already be familiar with the increasingly common effort worldwide to be sensitive to the manner in which we address others. Often, people make automatic assumptions about the sex and gender identity of others based solely on appearance or name. These assumptions are not always correct and the act of making an assumption (even when correct) can send a potentially harmful message. Using a person's name can be a way to show respect; using someone's correct personal pronouns also conveys respect and helps create an inclusive environment. "Personal pronouns" refers to the words we use for people in place of a name or when speaking of them in the third person, e.g., she, her, hers; he, him, his; they, them, their.

Increasing recognition of a broader range of gender identities has resulted in more deliberate use of a vocabulary of pronouns, accompanied by sets of behaviors and expectations that are relatively new to many of us, especially those of us who are older. You may already have noticed and wondered about the signature line on emails or letters containing the personal pronouns of the writer. The ever-increasing fluidity of gender presentation, together with the inclusiveness movement to acknowledge and respect the various groups included in the LGBTQIA+ community, calls for action.

The mission of the Penn's Village Committee on Inclusiveness & Diversity in-

cludes the imperative to explore and provide information to assist our members, volunteers, board, and staff to become aware of and incorporate such significant trends in our daily lives. Thus, we offer two new opportunities—a brief website tutorial and an expert speaker—to aid in an understanding of, and participation in, this phenomenon.

*What's in a Personal Pronoun? A Tutorial* can be found on the Penn's Village website at <http://www.pennsvillage.org/docs.ashx?id=870357>. It offers a description of this 'new' use of pronouns to explain why they matter; provides how-to suggestions for learning what pronouns to use, finding out which pronouns a person prefers, and correcting 'mistakes'; summarizes 'best practices' for using personal pronouns; defines terms essential for better understanding of why this movement is so important; and provides links to websites offering additional information.

Reading the tutorial will be helpful preparation for the October 18th Penn's Village Zoom presentation, *Personal Pronouns and Language Definitions Used in Sexual Orientation* to be given by Erin Cross, Director of the Penn LGBT Center (see October Programs on [p 5](#) for details). The presentation date complements the annual International Pronouns Day on October 20. We urge everyone to register on the [Penn's Village website](#) and to attend. We look forward to seeing you there!

### Chocolate: Another Name for Happiness

by Peter Schoenbach, for the I & D Committee

On Sunday, October 24th, Penn's Village is joining with *Raices Culturales Latinoamericanas* (Cultural Latin American Roots) to feature a celebration of the history, production, and impact of chocolate on the culture.

Taking place in the Italian Market, in front of and adjacent to *Chocolate: Arts and Crafts*, will be demonstrations of the grinding of cacao, a Mariachi singer, a troupe of Mexican dancers performing an Aztec ceremony, and a recorded lecture by a distinguished anthropologist from Yale on the pre-Columbian origins of this special product of the Americas.

The event will run from noon to 5:00 pm and is free and open to the public, with masks required.

Penn's Villagers are invited, and those who can volunteer to help are urged to call the cofounder of *Raice's*, Yolanda Alcorta, at 610-389-1398 or email her at [yalcorta@gmail.com](mailto:yalcorta@gmail.com)



## ACTIVE AGING

### Trying to Get a Good Night's Sleep?

Did you know that older adults are thought to need about the same amount of sleep as all adults—seven to ten hours each night? According to the National Institution on Aging, it is now considered a myth that older adults require less sleep than younger individuals.



#### Insomnia

Although getting enough sleep helps you stay healthy and alert, many older people suffer with insomnia and don't sleep well. They may complain that:

- It takes a long time to fall asleep
- They wake up many times during the night
- They wake up early and are unable to get back to sleep
- They wake up feeling tired

Although they may have a hard time getting the sleep they need, that

doesn't mean older folks need less sleep. The effects of lack of sleep may be associated with irritability, forgetfulness or memory problems, feeling depressed or very sleepy during the day, and an increase in the number of falls or accidents.

The inability to sleep well can become a habit, and some people worry about not sleeping even before they get into bed. They may use over-the-counter sleep aids or prescription medicines to help them sleep. These medicines may help when used for a short time, but they are not a cure for insomnia.

#### Tips That May Help You

Being older doesn't mean you have to be tired all the time. You can do many things to help yourself to a good night's sleep. Here are some ideas:

- Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- Avoid napping in the late afternoon or evening.
- Take time to relax before bedtime each night; some people read a book, listen to a podcast or soothing music, or soak in a warm bath.

- Try not to watch television or use your computer, cell phone, or tablet in the bedroom; the light from these devices may make it difficult for you to fall asleep.
- Keep your bedroom at a comfortable temperature and as quiet as possible.
- Use low lighting in the evenings and as you prepare for bed.
- Exercise at regular times each day, but at least three hours before you go to bed.
- Avoid eating large meals too close to bedtime
- Limit caffeine late in the day.
- Remember—alcohol won't help you sleep; even small amounts make it harder to stay asleep.

If you continue to feel tired and unable to do your activities for more than two or three weeks, check with your doctor about changes you might make to get a better night's sleep.

*Content for this article was adapted from information provided by the National Institute on Aging (<https://www.nia.nih.gov/health/good-nights-sleep>), accessed September 8, 2021.*

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



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