

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

This February is a great month for celebrating all things Village. From the observance of the twentieth anniversary of the founding of Boston's Beacon Hill Village and what grew to become an international Village Movement to our own Penn's Village Town Hall meeting, we join together to reflect on our past and anticipate our future.

In 1999, a group of friends gathered to strategize ways they could remain rooted and involved in their Beacon Hill community in Boston. They developed an innovative community-based approach, giving adults at all stages a "voice and a choice about how best to live a fulfilling life." A self-governing, 501 (c) (3) non-profit organization, Beacon Hill Village enrolled its first members in 2002. A few years later, a similar group of friends and neighbors began meeting in Philadelphia with the same intent. The result is today's Penn's Village—a member, along with Beacon Hill Village, of the Village-to-Village Network of more than 350 Villages worldwide.

On February 23, the Penn's Village Board of Directors and Staff will virtually convene our 4th Annual Penn's Village Town Hall. We hope that you will join us to hear how we have met the challenges and leveraged the opportunities of our second year of dealing with Covid-19, find out what's in the works for the coming year, and share your opinions and suggestions. Looking back, I am grateful for the interest in membership and volunteerism our Village continues to generate in spite of the Covid-19 challenge. And, as much as we appreciate Zoom for making our programs, services, and meetings possible, we all are looking forward to again meeting in person.

Meanwhile, let's join the Philadelphia City Council in celebrating Penn's Village for its work caring for Philadelphia's aging population and recognizing the 20th anniversary of the national Village Movement.



Philadelphia City Council Honors Penn's Village

On January 27, The Philadelphia City Council passed a Resolution honoring Penn's Village and recognizing the twentieth anniversary of the national Village Movement. The Resolution was introduced by Councilmember Kenyatta Johnson, who represents the 2nd District of Philadelphia.

Resolved by the Council Of The City Of Philadelphia

That it honors Penn's Village for its work caring for Philadelphia's aging population, and recognizing the 20th anniversary of the national Village Movement.

Congratulations, Lori Dumas!



The Honorable Lori A. Dumas, Penn's Village Board of Directors member, will be installed as a Judge of the Commonwealth Court of Pennsylvania on Wednesday, February 2.

Follow us on social media:



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Join Penn's Village

To become a member or to volunteer, visit www.pennsvillage.org

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

Connect with Penn's Village

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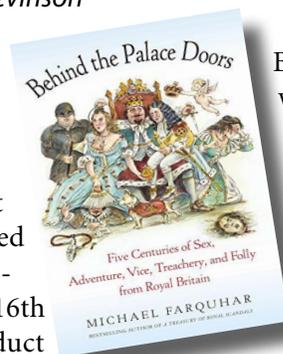
BOOK REVIEW

***Behind Palace Doors: Five Centuries of Sex, Adventure, Vice, Treachery and Folly from Royal Britain*, by Michael Farquhar**

reviewed by Dick Levinson

Readers of this remarkable book may be shocked to discover that the worst king that Britain ever endured was not some ignorant oaf from the 16th century, but a product of the jazz age, King Edward VIII, who did the nation a great favor by abdicating to marry the woman he loved in 1936. It's fortunate that Edward, soon to be known as the Duke of Windsor, looked great in any kind of uniform because he was the ultimate empty suit.

When he learned that the long-dreaded World War II had finally become a reality, he paused just long enough to opine that world Communism would benefit, before diving into a pool in the South of France. When the British government finally found a safe assignment for this dangerous unguided missile, the Duke was reluctant to serve as Governor of the Bahamas. Many of the Duke's former servants had already enlisted in the war against Hitler. From the Duke's perspective, expecting him to take up the governorship without an experienced valet was simply too great a sacrifice to ask. Oh to have been a fly on the wall when Prime Minister Winston Churchill was informed of this latest crisis. At a time when many



British people were enduring terrible winters with little or no heat, the Duke had yet another complaint; life in the Bahamas was just too damn hot in August. His first official act as Governor was to apply for a leave of absence so that he and Wallis could return to cooler temperatures.

Author Farquhar is a fine writer, who has created a gallery of unforgettable royal portraits; foremost among them is America's great enemy, George III. Far from being the heartless tyrant depicted in the Constitution, George was a thoughtful and sensitive man who had to confront the terrifying idea that he was losing his mind. During periods when he was frothing at the mouth and talking non-stop around the clock, the King was still pursuing strategies to regain control of himself.

What are we to make of Charles I, an arrogant, unbending figure, too blind to understand that in Britain, the era of the absolute monarch was gone for good? Once his tone-deaf behavior guaranteed that a speedy death was to follow, he became a new man—wise, magnanimous, and kind.

Michael Farquhar knows how to blend entertainment, education, and insight in a way that ensures that readers will follow him faithfully to the very end.

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

While many are still cautious about indoor attendance in arts and cultural venues, safety protocols have recently been added at most area museums – proof of vaccination and photo ID's are now required for general entry, not just in their restaurants. Live theater has been doing this since the fall when venues reopened.



Philadelphia is hosting *Harriet Tubman—The Journey to Freedom* by Wofford Sculpture Studio through March 31 and will be home to the sculpture for Black History Month (February), Women's History Month (March), and Harriet Tubman's 200th birthday (March). The traveling monument is located on the north side of City Hall and represents Harriet Tubman's travels to free hundreds of enslaved people. [Celebration of Harriet Tubman - The Philadelphia Office of Arts, Culture and the Creative Economy \(creativephl.org\)](#).



Penn Live Arts. Regina Carter Quartet. Feb 11, 8:00 pm. Maceo Parker has cancelled his February performance and in place of his show, the Regina

Carter Quartet will perform for that date and time at the Annenberg Center. Carter is jazz's leading violinist known for seamlessly traversing jazz, R&B, Latin, classical, blues and everything in between. Penn Live Arts also requires a "green pass" that can be found online once you purchase your tickets. [Penn Live Arts: Regina Carter Quartet.](#)

The Tri-State Jazz Society, formed in 1988, is dedicated to the preservation and live performance of early jazz, including traditional New Orleans, Dixieland, swing, ragtime, stride piano and boogie-woogie. On February 14, Al Harrison's Dixieland Band will perform both in person and live stream at 2:00 pm, at the Haddonfield United Methodist Church. Tri-State Jazz Society (tristatejazz.org)



Speaking of jazz, a recent article in *The Philadelphia Inquirer* listed a dozen places to see jazz performances, from museums like **The Barnes Foundation** and **Woodmere Art Museum** to **Philadelphia Clef Club of Jazz and Performing Arts**, from the **Kimmel Cultural Campus** to cafes and restaurants like **Chris' Jazz Café** and **South Jazz Kitchen** and more. www.inquirer.com/philly-tips/live-jazz-philadelphia-20211102.html. The Tony award-winning musical of

2019, **HADESTOWN**, opens at the **Kimmel Cultural Campus Academy of Music** February 9th and runs through the 20th. **Beautiful: The Carole King Musical** runs from February 22nd through the 27th. **Verizon Hall** hosts **The Philly Pops** and **The Music Of Motown: Dancing In The Streets** from February 18th through the 20th. **The Philadelphia Chamber Music Society** offers four classical concerts in the **Perelman Theater** on various February dates. [Events and Tickets | Kimmel Cultural Campus | Philadelphia.](#)



Further south on Broad Street, at the **Suzanne Roberts Theatre**, the **Philadelphia Theatre Company's Choir Boy**, nominated for four Tony Awards in 2019, plays February 18th through March 13. [Home Page - Philadelphia Theatre Company.](#)



INTRODUCING

Kristin Davidson

by Sandra Sokol



Often, who a person becomes and how their life journey progresses is greatly influenced by their childhood experiences. For Kristin Davidson, growing up in post-war London instilled in her a love of adventure and a can-do attitude that helped to shape her life. While a child, she roller skated around the city, finding adventure in the bombed out wreckage of the war that provided a strange and surreal playground. The independence and freedom of her childhood emboldened her to strike out as a young adult and to begin an adventure that brought her to Philadelphia. She came here to work for one year with an advertising company that soon took on two local and state political campaigns. As the year ended and the campaign was still mid-cycle, Kristin met her husband, Bob, through a shared love of skiing, so she decided to stay longer. That began her Philadelphia story, which has lasted fifty plus years.

The journey of Kristin's life encompasses many things, including working full-time and studying part-time at the University of Pennsylvania. As she earned her bachelor's and master's degrees, her career also progressed, including a period as Assistant Dean for Administration in the School of Nursing and Director of Administrative Affairs in the College of Arts and Sciences.

Eventually, it came time to retire from the university, which allowed Kristin to pursue a new mission—working in a volunteer capacity. So, she reinvented herself and became involved in many local organizations. Among others, some of the places that Kristin volunteered were the Center for Literacy (now known as Beyond Literacy), the Academy of Vocal Arts, and the Freire Charter Schools.

From her very early days in Philadelphia, Kristin maintained a keen interest in election matters and community wellbeing, including a term as president of the Center City Residents Association. One particular group in

which she was involved learned about Beacon Hill Village in Boston (the first group of the Village Network). The concept piqued the group's interest, and they formulated an idea to create a village in their Center City West neighborhood. They soon discovered that a village had just been established by residents in Society Hill and Queen Village—the fledgling Penn's Village. The group founders were open to expansion and Kristin joined the efforts to extend the Village concept to serve the larger community east and west of Broad Street.

From there forward and through the ensuing years, Kristin has continuously and relentlessly contributed to the development of this wonderful resource. Now, as Chair of the Board of the vibrant Penn's Village and part of the leadership team, Kristin is involved in the work of cultivating the Village to ensure much future growth and success. How lucky we are that Kristin was there in the early days to take on this challenge!

**PENN'S
VILLAGE
VIRTUAL
TOWN
HALL
MEETING**

Wednesday,
February 23
4:00 -5:30 pm
on Zoom

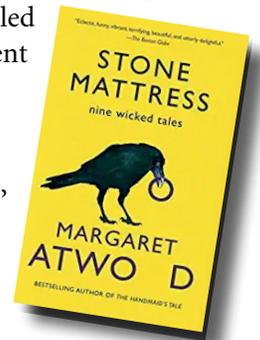
Please join us to hear about
our 2021 accomplishments
and offer your thoughts for
the programs and services
you'd like to see in 2022.

**MEMBERS & NON-MEMBERS
WELCOME!**

FEBRUARY PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for February. Registration is required, and you can register on the Penn's Village website or by emailing info@pennsvillage.org or telephoning 215-925-7333. Check the PV website and your email for updated information and/or newly scheduled program additions. All programs are offered as Zoom Teleconferences; members who register will be sent Zoom login information a day or so before the event.

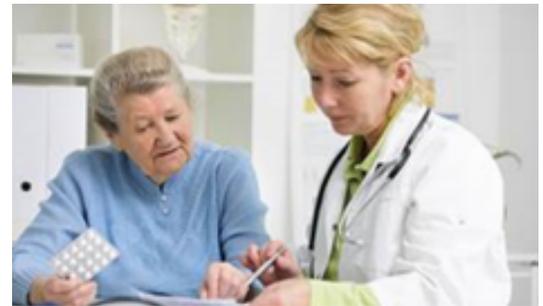
Thursday, February 17, 7:00 pm. Penn's Village Reads. Penn's Village member, Polly McIntyre, will read an excerpt from the book, *Stone Mattress*, by Margaret Atwood. In this extraordinary collection, Atwood gives us nine unforgettable tales that reveal the grotesque, delightfully wicked facets of humanity.



Friday, February 18, 11:00 am. TED

Talk. Come join us for a video of a *TED Talk* on *What Makes a Good Life*, presented by Robert Waldinger and followed by a general discussion led by Mark Raymond. What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life. TED Talks are influential videos from expert speakers on education, business, science, technology, and creativity.

Thursday, February 24, 2:00 pm. 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? Order chicken soup? Join speakers, Dr. Mary Ann Forcica and Certified Nurse Practitioner, William Edwards, in this discussion. **NOTE:** This program was rescheduled from its original date last October.



COVID-19 At-Home Tests News from Medicare.gov

Good news! Each household in the U.S. can now have four free COVID-19 at-home tests shipped directly to their home at no cost! All you need to do is visit COVIDtests.gov, enter your contact information and mailing address with apartment number on the same line.

The tests are rapid-antigen, “at-home” or “self” tests — not PCR tests, which

require a lab drop-off. The “at-home” or “self” tests can be taken anywhere and give results within thirty minutes.

Guard against scammers trying to steal your personal information. When ordering tests, use the official, secure government website: <https://COVIDtests.gov>. Watch out for phone scammers, too. If you get a phone call requesting information so that free at-home tests can be

mailed to you, hang up — it's a scam! **Remember:** Medicare pays for COVID-19 tests **performed by a lab**, such as PCR or antigen/rapid tests, at no cost to you **when the test is ordered by an authorized health care professional**. Those in a Medicare Advantage Plan should check with their plan to see if their plan offers coverage and payment for at-home tests.

FEBRUARY 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2  Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14  Valentines Day	15  National Village Day	16	17 7:00 pm Penn's Village Reads Zoom	18 11:00 am TED Talk Zoom	19
20	21  PRESIDENTS DAY	22	23 4:00 pm Penn's Village Town Hall Zoom	24 2:00 pm Medical Symptoms Zoom	25	26
27	28					

VOICES FROM THE VILLAGE

Prescription Drug Costs and Medicare Part D

by Daniel Z. Louis

As a Penn's Village member and a certified PA MEDI Medicare counselor, I wanted to follow up on the article in *The Village View* (January 2022): *Prescription Drug Savings May Reduce Medication Costs*, by Dick Levinson. Mr. Levinson appropriately points out the potential benefit of shopping at GoodRx for drugs that are not covered by your insurance plan. Using GoodRx, or simply paying out-of-pocket at your pharmacy, may also save you money even for prescriptions that are covered by your insurance plan. For years, there were agreements between insurance companies, pharmacy-benefit managers, and pharmacies that prohibited pharmacists from telling you if you were unnecessarily paying too much for your medicine. As of January 2020, these so called "gag rules" were no longer legal; the law now prohibits a prescription drug plan under Medicare or Medicare Advantage from restricting a pharmacy from informing an enrollee of any difference between the price, copayment, or coinsurance of a

drug under the plan and a lower price of the drug without health-insurance coverage.

The catch is that while your pharmacist can now tell you if it is less expensive to pay out of pocket than the co-payment using your insurance, they are not required to tell you. My advice is to always ask when filling every prescription. I filled three prescriptions for myself earlier today; for two of them I paid using my Part D insurance plan, but for the third it was less expensive to pay out of pocket. It was a relatively small savings, but I would rather keep the money than give it to the insurance company.

Most importantly, please, please, please always use the October 15 to December 7 Medicare Annual Open Enrollment Period to check if you would be better off switching to a different Medicare Part D Plan. According to a study published by the Kaiser Family Foundation, seven in ten Medicare Beneficiaries did not compare plans for past

open enrollment periods. And, you can be sure, the insurers know this. Even if your medications and your pharmacy did not change, you might be better off switching plans. I have switched every year since I joined Medicare five years ago. And some of my clients have saved over \$1,000 by switching plans. If you need help doing a plan comparison, you can get free, unbiased advice from PA MEDI counselors. (Call 215-545-5728 for PA MEDI at CARIE: the Center for Advocacy for the Rights and Interests of the Elderly.)

Penn's Village member, Dan Louis, is a volunteer APPRISE counselor at CARIE (The Center for Advocacy for the Rights and Interests of the Elderly). APPRISE, Pennsylvania's State Health Insurance Assistance Program, provides free, unbiased counseling on Medicare. Previously, he was Research Associate Professor of Family and Community Medicine, and Managing Director of the Center for Research in Medical Education and Health Care, at Thomas Jefferson University, where he taught medical students about health care organization and financing including the Medicare program.

National Village Day Marks the 20th Anniversary of the Village Movement

To celebrate the twenty-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15 will be recognized as National Village Day. From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002 to a thriving network today of more than three-hundred nonprofit, community-based Villages across the country, the Village model is now established



as a cost-effective, sustainable solution for healthy, vibrant aging—a milestone worthy of celebration!

After learning about Beacon Hill Village, Janet Burnham, now Penn's Village Board Member Emerita, along with a group of colleagues that included Carter and Joanne Buller, had the foresight, imagination, and persistence to actualize the Village concept in Philadelphia. Following many months of planning, Penn's Village was incorporated in 2008, the first organization in the city based on the Village concept of neighbors help-

ing neighbors. Soon after, Kristin Davidson and Pat Harner, among others, were instrumental in helping merge an informal west-of-Broad neighborhood group with Penn's Village, and today our Village is 350 members strong! Two other local Villages are also currently active in Philadelphia—East Falls Village and Northwest Village Network.

A February 15th National Village Day Zoom Webinar, presented in partnership with the Village-to-Village Network and Beacon Hill Village will share the story of how it all began in the neighborhood of Beacon Hill in Boston, Massachusetts, trace key

[continued on p 8](#)

National Village Day

continued from p 7

developments in the Village Movement, highlight stories from several villages representing different models, and celebrate the role of villages in communities across the country and internationally. Watch your email for viewing information.

The celebration also will reach the halls of the U.S. Congress with a proclamation in the House of Representatives designating February 15 as National Village Day, sponsored by

Congressman Stephen Lynch (Massachusetts), and recognizing Beacon Hill Village and the Village Movement.

“Village to Village Network is delighted to celebrate this twentieth anniversary of Beacon Hill Village and the Village Movement,” said Kim Grier, president of Village to Village Network, the national association that champions Villages and serves as a Village commons with resources and guidance. “Villages are a cost-effec-

tive care model for our rapidly aging society that increasingly recognizes the benefits of home and community-based care for older adults. We celebrate the positive impact Villages are having on the lives of an estimated 40,000 older adults today, even as we work toward a bright future in which Village membership is an option for every older American, regardless of where they live or who they may be.”

A Penn's Village Community Blog Preview

Vacation or Staycation? A hard decision to make these days, especially when the Omicron variant is so prevalent. Discover what one local couple chose to do in the spring of 2021:

“Late last winter, after a year of sedentary pandemic isolation, the prospect of emerging to a ‘new normal’ seemed both appealing [and] a little alarming: views from somewhere other than our high-rise condo would be very welcome, but the prospect of getting on a plane, renting a car, and actually interacting with strangers a thousand or more miles from home seemed daunting...”

Want to read more of Jeanne Sigler's February Community Blog post? It's easy! [Click here](#) to go to the Penn's Village website, then select Community from the Blog menu on the Welcome page.

~ IN MEMORIAM ~

January 2022

Erik Murer

Madeline O'Callaghan

May Thoughts of Them Bring Comfort



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excel
> physical therapy

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