

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Imagine this! The number of people alive today who are sixty-five years of age or older has more than tripled since 1963, the year that May was first designated as “Older Americans Month!” In 1963, only 17 million living Americans had reached their 65th birthday, and about a third of them lived in poverty, with few programs to meet their needs. But interest in older Americans was beginning to grow, and a meeting in April of that year between President John F. Kennedy and members of the National Council of Senior Citizens resulted in the designation of May as “Senior Citizens Month,” the prelude to what we know today as “Older Americans Month.”

By 2019 (the most recent year for which data are available), the population sixty-five years of age and older numbered 54.1 million, and in May 2021, President Joseph Biden, in keeping with tradition, proclaimed the month of May as “Older Americans Month.” Most notable, to me, was the fact that in his proclamation, the President stressed that it is our country’s responsibility to ensure that every American has the opportunity to age with dignity.

Fast forward to May 2022 and the fifty-ninth “Older Americans Month,” which has been aptly dubbed, “Age My Way.” According to the Administration for Community Living (ACL), the nation’s observance will focus on “aging in place—how older adults can plan to stay in their homes and live independently in their communities for as long as possible.” If that sounds familiar, perhaps it is because it is so similar to our own Penn’s Village Mission Statement: “Assist older neighbors to live independently in their own homes in central Philadelphia by providing caring services and programs that increase social engagement through a network of volunteers.”

So, I thought I would take a look to see how we stack up in supporting and celebrating this special month; I am happy to say I was not surprised. There are seven interest-piquing programs on our May Calendar on [page 6](#) ranging from listening to stories, to discussing ageism, to watching a one-act play, to getting information about when plan 2 might be the best option for deciding where to live, and more. A look at service requests for the past month told pretty much the same story, and it was gratifying to realize once again how many people stepped up to help Villagers and Neighbors in their effort to live their lives independently and with dignity.

Let’s all support Older Americans Month and use our celebration as an opportunity to help tell the Penn’s Village Story!

Happy spring!

Jane



Save the Date!

*2022 Annual
Penn's Village
Garden Party!*

**Wednesday, June 1
5-7PM**

**AVA Courtyard
1920 Spruce Street
Rain Date June 2**

**Watch your email
for details!**



Follow us on social media:



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INTRODUCING

Maggie Schramm

by Karen Orman



Maggie Schramm recently moved back to Philadelphia, where in the late '60s she earned her MA and PhD, focusing on 19th

and 20th century British literature at the University of Pennsylvania. In the '70s she returned to Oneonta, New York, and Hartwick College, her undergraduate Alma Mater, to pursue her love of teaching and literature. During her forty-year tenure, she won teaching awards and delighted in creating new courses like "Women and Fiction," "Literary Ireland," "Ethnic Literature," and "Literature of War."

In the '80s Maggie taught Hartwick students abroad in London, Ireland, Munich, and Paris. Later, she and her husband, Allan, spent time abroad with their daughter, who was studying in Florence, and their son, who was a student in Theux, Belgium. The couple also enjoyed vacationing in Costa Rica, Nova Scotia, and Newfoundland.

Before moving to Philadelphia, Maggie and Allan lived in Arlington, Massachusetts, where they participated in social justice projects at their local Unitarian Universalist parish. They marched and joined protests

in Boston and New York City during the Trump Era. After retiring from college teaching, Maggie taught English as a Second Language at a nearby YMCA International School and admired the immigrants who attended her night classes after long days at work.

Maggie's other interests include film, reading, and yoga. Each month, she Zooms with a small group of Unitarian Arlington friends, who are currently drafting memoirs, and with another group who formed a diversity book group. Zoom and her phone have enabled her to stay in touch with other dear friends from afar and her eight grandchildren, something very important to her.

Penn's Village came to Maggie's attention after Allan read an article highlighting it in *The Philadelphia Inquirer*. Maggie says that becoming members made the transition to their new city much easier. She is grateful for the friendships, groups, and programs Penn's Village offers, especially the opportunities to learn and grow. She is an enthusiastic participant in the PV Chat Group, and recently she started a short-story discussion group and hosted a TED talk. We welcome Maggie Schramm! I know that you'll look forward to greeting her.

IMPORTANT VOTING DEADLINES

May 2: Voter registration deadline

May 10: Mail-in ballot request deadline

May 12: Last day to get your ballot in the mail

May 17: Mail-in ballot receipt deadline (postmarks don't matter!)

May 17: Election Day

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

May flowers abound, and it's finally dependably warm enough to count on weather in which to enjoy leisure time outdoors. Look forward to fun in the sun and long, pleasant evenings! In addition to the listings below, be sure to check out PV's MAY PROGRAMS on [page 5](#) for a description of the Rail Park Tour on the May 26.



Yoga on the Banks. Bring your own mat or towel to the Schuylkill River Trail at 2500 Locust Street on Saturdays and Sundays at 10:00 am or Tuesdays and Thursdays at 6:00 pm, through October. Pay what you wish. Advanced registration required. See yogaonthebanks.com



BOK Rooftop Bar. Food, drinks, fun summer activities, and skyline views of the city. Wednesday through Sunday through October. 1901 S. 9th Street.



The Spring in LOVE: A Multicultural Marketplace will take place this

spring at LOVE Park. This pop-up marketplace on Saturdays and Sundays features a collection of local Black and Brown vendors and runs through Saturday, May 28. Attendees can purchase items such as apparel, art and pottery from vendors representing different Philadelphia neighborhoods. Love Park is officially known as JFK Plaza. 16th and Arch Streets.



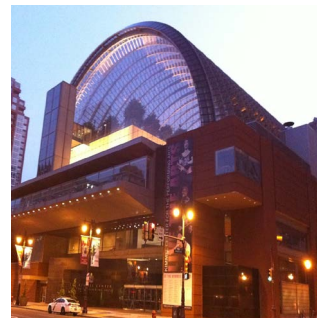
Mural Arts and the Philadelphia Ballet are teaming up this spring for live, in-person performances based on the partnership's latest project. *Behind the Stage Door*, an interactive multimedia performance that explores the "invisible" forces that bring the ballet to life. The shows will be accompanied by set decorations that were created with the help of Mural Arts Philadelphia. For pop-up dates, time, and locations, visit the website "[Behind the Stage Door](#)". Final performance will be May 24 at 6:00 pm at **Dilworth Park**. Free. Tickets not required.



Rittenhouse Row Spring Stroll. Visit shops, restaurants, culture, and enjoy family fun. May 21, 11:00 am-5:00 pm. While you are walking around Rittenhouse Square, take a peek at the Square's new bench design. Each of the one hundred forty five benches will be

replaced with a brand new, upgraded model designed by Philadelphia's own renowned firm, OLIN.

Jive to the rhythm of jazz tunes on Sunday afternoons at **Capriccio Café and Bar at Cret Park!** Local jazz ensembles will perform as you sip your favorite cocktail on the café's shaded outdoor patio. The Parkway at 16th Street, May 8, 15, 22, 29, from 4:00 pm to 6:00 pm. <https://bit.ly/3JnxCl5>.



If you enjoy indoor entertainment venues, consider the **Kimmel Cultural Campus's** variety of

season-ending performances: *Rigoletto*, until May 8; *S'Wonderful! S'Gershwin!*, May 13-15; *Hairspray*, May 16-22; *Yefim Bronfman, piano*, May 10; *Mozart & the Violin*, May 22. <https://bit.ly/3LTXRkX>.

Need a bit of nostalgia? See *Frankie Valli and the Four Seasons* at the **Met Philadelphia**, May 5, 7:00 pm. <https://bit.ly/3xdlK2x>.

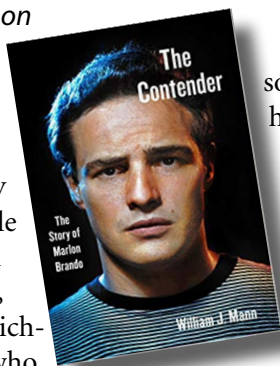


The American Philosophical Society has a new exhibition at the APS Museum, *Becoming Weatherwise*, that explores the history of climate science. View artifacts from James Madison and Benjamin Franklin, along with computer science to model climate change and citizen science projects to track weather data. Free. Timed-reserved tickets required. 104 S. 5th Street. <https://bit.ly/3uYV5Uy>.

BOOK REVIEW

***The Contender*, by William J. Mann**

reviewed by Dick Levinson



Since the dawn of talking pictures, many of our most successful male stars seemed likely to erupt in rage if people pushed them too far. In fact, Humphrey Bogart, Lee J. Cobb, and Jack Nicholson were fine actors who could wield anger like a weapon if the part called for it. They were different from Marlon Brando, Jr., who broke noses and jaws in a hurricane of rage for much of his life.

Film historian William J. Mann has written the definitive Brando biography, and, as he notes, “this son of Nebraska could never have scaled the professional heights that he did, if he had been a mere brute.” A figure of Shakespearian complexity, Bud Brando was unlucky enough to be the son of two alcoholics. Each parent abused him in a different way. His father, Marlon, Sr. was a cold, dominating personality who convinced the boy that he was worthless. His mother, Dodie, seemed to offer affection and support, but drifted away when the boy needed her most.

Generations of talented and sensitive dark-skinned women, including Rita Moreno, would pay for Dodie’s mistakes. At the beginning, Bud seemed eager to accept the warmth and affection that women offered, but all too

soon, he was driven to hurt and humiliate them.

Brando became an actor because it was the only boyhood activity for which he ever drew praise. Throughout his career, Brando was labeled a “Method Actor,” which drove him wild. His acting teacher, the imperious, but devoted Stella Adler, was the daughter of Yiddish-theater lion, Jacob Adler. She was also a disciple of Stanislavski and viewed Method founder Lee Strasberg as a contemptuous huckster.

In 1947, Brando achieved his great breakthrough in the theater production of *Streetcar Named Desire*. In truth, his British co-star, Jessica Tandy, never knew what hit her. Brando would change the blocking and the delivery of his lines at every performance, which he did in an effort to keep the play alive and interesting. As the product of a tradition where key elements of the play were frozen early—and actors depended on specific cues—Tandy was infuriated by Brando’s behavior.

In the years to come, Marlon Brando came to feel that his best films were insignificant compared to the moral struggles for civil rights, Native American rights, and the fight to end capital punishment. This conflict would haunt Brando for the rest of his life.

Penn’s Village Interest-Group Meetings

Chat Group Every Other Thursday 11:00 am – Noon

History Book Group 3rd Wednesdays 1:00 – 2:00 pm

Intergenerational Book Group 3rd Wednesdays 3:00 – 4:00 pm

Men’s Group Mondays 10:30 am – Noon

Spanish Conversation Group Mondays 4:00 – 5:30 pm

Short Story Discussion Group 4th Wednesdays – 2:00 pm

Support Group 1st Mondays 11:00 am – 12:30 pm

Writers’ Group 3rd Wednesdays 11:00 am – 12:30 pm

COMMITTEE CORNER

The Marketing & Communications Committee has been busy recruiting for summer interns from local colleges. Every year, for at least six years, we have had one or two rising juniors or seniors join us for ten weeks to work on social-media development, articles for *The Village View* and blogs, and to assist in ways that would enhance their own interests and skill areas. In fact, our first full-blown newsletter was edited by an Arcadia University writing major!



Pictured here are two members of the committee, Kelly Rostelli and Harriette Mishkin, recruiting at a Career Fair at LaSalle University in April.

If you know of any potential candidates for this internship, please refer them to the committee at Communications@pennsvillage.org.

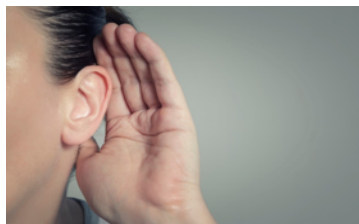
Program Committee Zoom Reminders.

Recorded Zoom Programs will continue to be available to PV members via the website. Registration for live attendance closes one hour before the start of each program; if Tech Hosts cannot match a name with one registered for the program, they will ask for the participant’s full name, either in Chat or verbally. If the Participant does not identify themselves, the Host will have them ‘leave’ the meeting.

MAY PROGRAMS

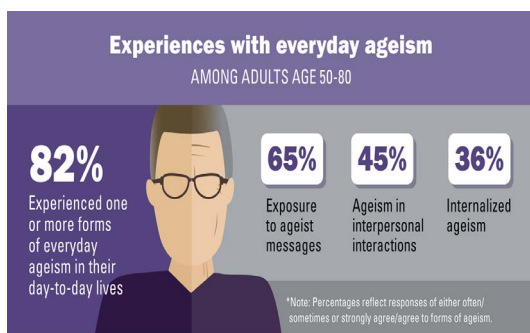
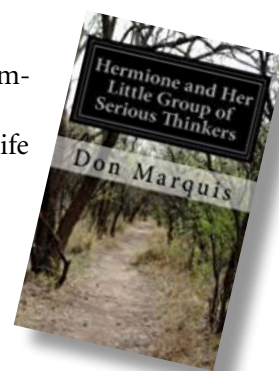
The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for May. Registration is required. You can register on the Penn's Village website or by emailing info@pennsvillage.org or telephoning 215-925-7333. Check the website and your email for updated information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

Tuesday, May 3, 2:00 pm. *When Plan 2 is a Great Option for Aging.* Lorri Bernstein and Mindy Mozenter from Senior Living Specialists help families navigate the maze of finding various kinds of senior living communities. They will discuss the factors that can lead to a change in your plans for living independently and discuss how to design a plan that empowers you to make your choices as opposed to others making decisions for you.



Thursday, May 12, 2:00 pm. *When Hearing Hampers Relationships.* Audiologist Alexandra Costlow, from Thomas Jefferson University at the Navy Yard, will address questions related to hearing loss and what we can do to help ourselves and others to realize and act upon diminished hearing.

Wednesday, May 18, 7:00 pm. *Penn's Village Reads.* Penn's Village member Polly McIntyre will read selections from *Hermione and Her Little Group of Serious Thinkers*, by Don Marquis. Hermione, an affluent young New Yorker, recounts her life as a wannabe Greenwich Bohemian. She and her little group "take up" various interests—feminism and the war and transmigration of the soul—but she generally gets distracted and ends up talking about hates. A hilarious book that deserves to be better known.

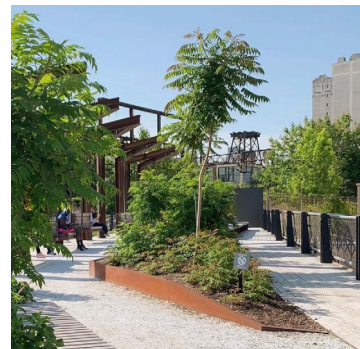


Friday, May 20, 11:00 am. *Let's Talk. TED Talk with Group Discussion.* Harriette Mishkin will host this month's **TED Talk**, beginning with a TED video presentation, followed by a facilitated discussion. In celebration of Older American's Month, the topic is "Let's End Ageism", a talk presented by Ashton Applewhite on August 23, 2017.

Tuesday, May 24, 2:00 pm. *Ending Estrangement: Moving On and Reclaiming Lost Relationships.* Margit Novack, author, speaker, and leader in the senior movement management industry, will explore ways to let go of anger and move on from family estrangement to reclaim some lost relationships by revising our narrative, using the perspective and wisdom we've gained as we've aged.




Wednesday, May 25, 2:00 pm. **Penn's Village Players present** *Trifle*, a one-act play by Susan Glaspell. It was first performed by the Provincetown Players at the Wharf Theatre in Provincetown, Massachusetts, on August 8, 1916. In the original performance, Glaspell played the role of Mrs. Hale. The play is frequently anthologized in American literature textbooks. The Penn's Village Players are PV volunteers.

Thursday, May 26, 9:00 am. (Rain date May 27.) *Philadelphia Rail Park Tour.* A trained docent will provide a lecture and tour of Phase One of the Rail Park that opened in 2018. The three-mile park will be completed over an abandoned railroad viaduct. The walking tour will start at the handicapped accessible entrance on Noble Street just east of Broad Street. The three-mile trail ends at Callowhill Street (which is not accessible—you must return to the Noble Street entrance if you need the accessible exit). Phase One is a combination of chip seal path and wooden plank walkways, with a slight incline. Fee is \$15, payable at the time of program registration.



MAY 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3 2:00 pm Plan "2" Options Zoom	4	5	6	7
8  Mother's Day	9	10	11	12 11:00 am Hearing & Relationships Zoom	13	14
15	16	17	18 7:00 pm PV Reads Zoom	19	20 11:00 am TED Talk Zoom	21 
22	23	24 2:00 pm Ending Estrangement Zoom	25 2:00 pm PV Players Zoom	26 9:00 am Outdoor Tour Rail Park	27	28
29	30 	31				

Lorem ipsum

VOICES FROM THE VILLAGE

Sleeping

by Ellen Schwartz



Tired, sleepy, exhausted, weary, nodding off, can't keep my eyes open—that lovely Ready-to-Sleep feeling! But sometimes we aren't really ready. We may be doing something like a business meeting or a meal that forces us to stay awake, while secretly wishing that we were in bed. We suppress yawns, concentrate on keeping our eyes fully open, and try to appear engaged while working hard to ignore sleep's alluring call. How often have we fought the impulse to nod off during a public performance at the orchestra, theater, or movie, failing over and over to stay awake?

Then, when we finally get home and really can sleep, we must face our Nighttime Routines. In the Bathroom, we deal with the toilet, washing, extra creams and lotions, pills (prescriptions for blood pressure, cholesterol, sleep, pain, heart), hair rituals, teeth rituals. In the Bedroom we adjust the temperature, turn on a/c or heat or humidifier, adjust the lights, shades, curtains, mini blinds, turn on the subtle night light for the inevitable mid-night trip.

What to wear? Women have many

choices: flannel pajamas sporting happy, jumping sheep; silky-sexy nighties with short hems, thin straps and tiny bows; long granny nighties with lace trim around the neckline and a hem brushing against toes; satiny pajamas with a designer logo on the pocket; yoga pants and a well-worn, soft tee-shirt. Men happily dress in an old tee-shirt over some soft, flannel pants or some long cotton pajamas with navy blue piping around the collar and pocket edges right out of an old Cary Grant movie. Sometimes we prefer socks to warm up our toes. Or, we go commando and wear nothing.



We set the alarm, turn on the CPAP machine, put the nightguard in our mouth, strap on an eye mask, put in earplugs, turn on the white-noise machine. Finally, we pull up the covers, fluff up the pillow, smack down the pillow, double up the pillow, find the extra pillow for between our knees or

under our neck (for many of us, the pillow is the most critical part of the bedding). And yet, it still takes some tossing and turning to find that perfect sweet spot of comfort.

Finally, Sleep—peaceful, still, like-a-baby, and lasting blissfully through the night. But there are issues. Snoring. Pain. Noise. Leg cramps. Restless legs. Hunger. Thirst. The urge to urinate. The dreaded Insomnia.

Insomnia is a special challenge. How frustrating to be awake, alert, sharp. The mind is still going, the overtime brain still mentally reviewing the day's accomplishments, successes, regrets, disappointments, chores. Then there are future details to plan, conversations to rehearse, and schedules to review.

Scientists warn us that getting fewer than six-to-eight hours of sleep increases our vulnerability to some diseases and can make us irritable and fuzzy.

Eventually, morning does come—to those who get perfect REM sleep, as well as to the restless sleepers and the insomniacs amongst us.

For ideas about how you might help yourself to a good night's sleep, be sure to check out the June issue of The Village View.

A NOTE FROM THE EDITOR

Over the past year, many readers have generously contributed interesting suggestions, stories, and news alerts to the monthly *Village View* newsletter. The Staff and Editorial Board want you to know how important your interest, opinions, and feedback have been to us and to send you a huge, resounding THANK YOU!

As we head into a new publishing season in September, we hope that we will continue to hear from you!

The best way to reach us is to email info@pennsvillage.org, with “ATT: VV EDITOR” as the subject.

With gratitude,

Marianne Waller
Village View Editor



AGE MY WAY, MAY 2022

As we know, older adults play vital, positive roles in our communities—as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we age and how we choose to do it—and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Health and Human Services Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme, one that is familiar to Penn’s Village members, focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- Planning: Think about what you will

need and want in the future, from

home and community-based services to community activities that interest you.

- Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

Penn’s Village, along with others in the aging community, is proud to recognize OAM. Diverse communities are strong communities. Ensuring that older adults remain involved and included for as long as possible benefits everyone.

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To us, it's personal



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