



# THE VILLAGE VIEW

## FROM THE EXECUTIVE DIRECTOR

**Jane Eleey**



Dear Members, Volunteers and Friends:

It may have been the coldest night so far, but that didn't stop intrepid Penn's Village folks who braved the elements to attend the first ever Town Hall meeting. We celebrated in style with a lovely buffet, heard some great presentations about where Penn's Village has been and what we have planned for the future, and even came up with some great new ideas to add to the pot. And, I am happy to report, lots of people visited the raffle table to take advantage of the amazing opportunity to win those two seats to see Hamilton with one \$25 raffle ticket!

Lois Evans' enthusiasm was contagious as she shared Penn's Village Strategic Goals, formulated by the Board of Directors following untold hours of listening to stakeholders and participating in in-depth discussions.

Joining one of the four Committees designed to support these goals may be a great way to help us achieve our goals.

- *Membership & Welcoming Committee* is devoted to Outreach, Connection, and Growth. Plans for 2019 include efforts to strengthen connections with and among Penn's Village members as well as growing Village membership.
- *Fundraising Committee* will brainstorm, identify, and organize innovative and creative ways to support all that Penn's Village does and wants to do.
- *Program Committee* will continue to develop programs that educate and entertain members and volunteers, provide opportunities to grow membership, and develop relationships with affiliated groups.
- *Marketing & Communications Committee* is responsible for both traditional and social media promotion. New projects for 2019 include launching a new logo, reaching out to local groups/organizations via sponsorships, and outreach geared toward the newly retired/soon-to-be retired.

As folks were leaving, I sensed a high level of commitment and enthusiasm. Let's keep it going! If you made sug-

gestions at Town Hall, follow up. Join a committee. Sign up to be a driver. Offer to help in the office. Start a new interest group. Offer to present a program. Remember, it takes a village to support a village!

The possibilities are endless,

*Jane Eleey*



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## FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Three New Exhibitions Open The Institute of Contemporary Art	<b>2</b> Philadelphia Auto Show Begins ~~~ Groundhog Day
<b>3</b> Galleries of Chinese Art Reopens at Art Museum ~~~ Super Bowl LIII	<b>4</b>	<b>5</b> Lunar New Year	<b>6</b>	<b>7</b> 2:00p Tea, Scones, & Phones Society Hill Towers 285 St. James Place	<b>8</b> <i>A Midsummer Night's Dream</i> , Academy of Music Begins	<b>9</b> Jim Gaffigan at The Met Philadelphia
<b>10</b> Philadelphia Auto Show Ends	<b>11</b>	<b>12</b> 4:30-6:30p Pop Up Happy Hour, Gran Caffe L'Aquila 1716 Chestnut Street	<b>13</b> 2:00p Strategies to Improve your Safety at Home 221 S. 21st Street	<b>14</b> Valentine's Day	<b>15</b>	<b>16</b>
<b>17</b> <i>A Midsummer Night's Dream</i> , Academy of Music Ends	<b>18</b> President's Day	<b>19</b> 2:00p Virtual Safari Athenaeum 219 S. 6th Street	<b>20</b>	<b>21</b> A Recital of Ancient Music	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> 12:n--2:00p Lunch & Books Positano Coast 212 Walnut Street	<b>27</b>	<b>28</b>		

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## FROM THE PROGRAM COMMITTEE

The Program Committee has organized a very well-rounded month of events for February. We start on the 7th, with the popular Tea, Scones and Phones, where members learn from experts how to get the most from our phones, and where program committee co-chairs Mario Oropeza and Molly Lenowitz offer the best scones on the east coast. A pop-up happy hour at Gran Caffè Aquila takes place on the 12th. Then on the 13th, we concentrate on home and street safety in the Mac-Coll Room at First Presbyterian Church on 21st and Walnut. It's back to the Athenaeum on Washington Square on the 19th for a virtual trip to Botswana with author John Whitenight. Have you ever wanted to see the big game of Africa without the tremendous expense? Here is your chance!

On Feb 21st, Penn's Village member Marcia Kravis has again generously offered a recital of ancient music at her home. The first 12 to register will be lucky enough to experience this intimate event. And finally, as if you weren't well rounded enough (!), another Lunch and Books at Positano Coast will take place on the 26th. We will discuss "Promised Land" by Martin Fletcher. Lunch at noon, book discussion after. See the details below and join us!

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### Lunch & Books

**Tuesday, February 26, 12:00-2:00 p.m.**

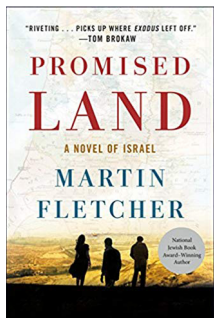
**[Positano Coast Restaurant](#), 212 Walnut Street, 2nd Floor**

#### Handicapped Accessible

A social event is planned for Penn's Village members and their guests to join fellow members for good food, conversation and a discussion about a chosen book.

We will have a casual lunch from 12 noon -1:00 p.m., followed by a book discussion from 1:00-2:00 p.m. If you only want to come for lunch, you are more than welcome, or if you can't join us for lunch, please just come for the book discussion. Individuals will self-pay to the restaurant for lunch.

Please RSVP at [info@pennsvillage.org](mailto:info@pennsvillage.org) or 215-925-7333.



#### The Book

*Promised Land* is the sweeping saga of two brothers and the woman they love, a devastating love triangle set against the tumultuous founding of Israel.

Fourteen-year-old Peter is sent west to America to escape the growing horror of Nazi Germany. His younger brother Arie and their entire family are sent east to the death camps. Only Arie survives.

The brothers reunite in the nascent Jewish state. Arie is a businessman and one of the richest men in Israel; Peter is a top Mossad agent heading some of Israel's most vital espionage operations. One brother builds Israel, the other protects it.

They also fall in love with the same woman, Tamara, a lonely Jewish refugee from Cairo. Over the next two decades, as their new homeland faces extraordinary obstacles that could destroy it, the brothers' intrigues and jealousies threaten to tear their lives apart.

*Promised Land* is the gripping tale of a struggling family and an epic about a struggling nation.

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## ACTIVE AGING

### Getting the Biggest Bang for the Buck from your Healthcare Provider Visits

by Lois Evans, RN, PhD, FAAN



Have you ever returned home from an annual checkup or an urgent care visit with your healthcare provider (HCP) and struggled to recall your blood pressure reading or what recommendations were made? Or realized with regret that you had forgotten to ask about a medication or dietary issue? Even with ‘perfect memory,’ the anxiety most of us experience during a healthcare visit is sufficient to interfere with registration and recall. Thus, it really pays to think about your general health, medications, and any new symptoms before your visit. Bring these written details with you along with 2-4 questions you have and a list of your current medications. Be prepared to make notes during the visit. The following recommendations made recently by the National Institute on Aging are aimed at helping you get the most from your HCP visit. (A worksheet can be found on the NIA link posted at the end of this article. Once you are on the website, locate the worksheet link under “Related Articles” at the bottom of the page.)

Share your symptoms. Details about when symptoms started, time of day they occur, how often and how long they last, change in severity over time and effect on your normal activities will help point your HCP toward specific examinations to make.

Talk about your medications. A complete list includes not only your prescribed medications, but also any over-the-counter drugs (eye drops, analgesics, vitamins, laxatives, anti-

histamines) and herbal remedies. Be prepared to share how often you take each one.

Tell your HCP about your habits. Be honest and open about your mood, your daily routine, activities you enjoy, how well you sleep, your appetite, your sex life, your physical exercise level and whether and how much you smoke or drink--all important to understanding health risks and quality of life.

Voice other concerns. Mention any recent major changes or stresses in your life, such as divorce, a loved one's death or major illness, a recent or pending move, as these may also impact your health.

Information adapted from the National Institute on Aging (NIA) <https://www.nia.nih.gov/health/what-do-i-need-tell-doctor>.

## NEW MEMBER WELCOME

### Lily Yeh

by Karen Orman



Lily Yeh was born in China, grew up in Taiwan and moved to the United States in 1963. She received a Master of Fine Arts from the University of Pennsylvania in 1966. Self-described simply as an “artist,” she paints with acrylics in both abstract and exploratory styles. She taught drawing, painting and art history at the University of the Arts for thirty years.

In 1986, dancer Arthur Hall asked her to create a park in an abandoned lot in North Philadelphia. She was conflicted because it felt so unattainable. But she was interested in the opportunity and a new place to create art, so she decided to give it a try. Lily invited children

and adults in the neighborhood to join her in clearing the lot. Over the course of a few summers, she and the residents together transformed the lot into a park with colorful mosaics and sculpted trees.

Lily discovered that building and creating art with the residents that converted dilapidation to beauty and order was deeply exhilarating and rewarding. She stayed on with the project for a total of 18 years. Under the joint effort of Lily and the residents, the little park-building project evolved into a full-fledged non-profit organization called The Village of Arts and Humanities.

Under Lily's leadership, more than 120 abandoned lots became gardens and parks. In addition, responding to the needs of the community, the Village launched other programs such as renovating abandoned houses, creating educational programs, setting up a community health program, weekly Narcotics Anonymous meetings, a Saturday vegetable market and a youth theater. For the past three decades, the Village has continued to evolve and thrive. Under its current vibrant leadership, the organization is the leader in the national movements of community building, youth education, and creative place-making.

In 2002, Lily established another organization called Barefoot Artists, Inc. with the intention of bringing beauty to broken places in the world. She has carried out projects in multiple countries including Kenya, Ivory Coast, Ghana, Rwanda, China, Taiwan and Palestine. Visit her website [www.barefootartists.org](http://www.barefootartists.org) to learn about Lily's many accomplishments.

Lily is grateful for Penn's Village's sense of community and its mission of providing connectivity in a caring manner.

## FOCUS ON FILM

### **"Roma" | Produced, directed and written by Alfonso Cuarón** **A Spanish language film with English subtitles | Distributed by Netflix**

by Dick Levinson



Mexico is a mystery to most Americans who know almost nothing about the history or culture of our neighbor to the South. Roma is a masterful movie that teaches us about the dignity and decency of the Mexican people, if we are willing to learn.

Set in the Mexico City of 1971, this film follows the challenging life of Cleo (Yalitza Aparicio), an Indigenous Indian woman who serves as both maid and nanny to a comfortable family of middle-class professionals. Beloved by the youngest children in the family, but totally at the mercy of

the erratic family matriarch (Marina de Tavira), Cleo walks a difficult tightrope daily. She is not quite a family member, but so much more than a typical servant. Through her eyes, we experience a vibrant, pulsating caldron of urban life where everyone from a balloon seller to a knife sharpener has his or her place in this continuing pageant. As the film continues, we are reminded that no one, high or low, escapes unhappiness. Cleo must cope with a pregnancy that threatens to destroy the life she has built for herself. The mistress of the family may be a well-educated biochemist, but she is shaken to the core when her physician-husband leaves her for a younger woman and stops providing for his family. Both women will discover that they are tougher than they ever imagined.

As in the U.S., this is a challenging time for Mexican universities as students strike for more control over their lives. As Cleo shops for a baby's crib in a neighborhood near the university, what began as a peaceful demonstration quickly becomes a riot. Cleo is an apolitical innocent who is swept up in a life-changing event.

Director Cuarón has given us a love letter to both his youth and the nation that shaped him. We are the ones who have something to celebrate.

#### **DO YOU PODCAST?**

Podcasts are audio programs available for your smartphone or tablet. They are available in many categories for easy listening: travel, shopping, investing, games, comedy, religion, technology.

Podcasts are booming since premiering in 2003. These free audio programs can be enjoyed while doing something else – and make the time go by quickly. They vary from fewer than 5 minutes to more than 50, with the average being between 20-30 minutes. This is a great way to learn more about an upcoming vacation destination or just relax while being transported to a place you'd like to visit.

You'll find a list of available podcasts to download on both Google Podcasts and Apple Podcasts. Download your preference and enjoy your listening.

#### **Connect with Penn's Village:**

215-925-7333

[info@pennsvillage.org](mailto:info@pennsvillage.org)

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

201 South 21st Street

Philadelphia, PA 19103

#### **Follow us on social media:**



#### **Join Penn's Village:**

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

*To become a volunteer*, visit [www.pennsvillage.org](http://www.pennsvillage.org) and click on "Volunteer." We have a variety of volunteer opportunities to suit different interests, skills, talents and schedules.

*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.*

## NEWS YOU CAN USE

### Real ID

**WHAT IT IS:** REAL ID is a federally required driver's license.

**WHO NEEDS IT?** Pennsylvanians who do not have a valid U.S. Passport, military ID, or other federally approved identification will need REAL ID in order to fly domestically or to visit federal buildings or military bases that require identification for entry. If you are not going to do any of these things, you will not need one.

**WHAT IS THE DEADLINE?** **October 1, 2020.**

As of March 2019, PennDOT will begin issuing REAL ID licenses and photo identification cards. The visible difference will be that the REAL ID will be marked with a gold star.

**HOW DO I GET ONE?** If you received your first Pennsylvania driver's license, learner's permit or photo ID card **BEFORE** September 2003, you must apply in-person and bring the required identification documents for pre-verification at any PennDOT Driver License Center.

You will also need to pay a one-time \$30 fee in addition to the normal driver's license renewal fee.

If you received your first Pennsylvania driver's license, learner's permit or photo ID card **AFTER** September 2003, your REAL ID documentation may be on file with PennDot and you can apply online.

**Go here to check:** [pennDOT.gov/REALID](http://pennDOT.gov/REALID)

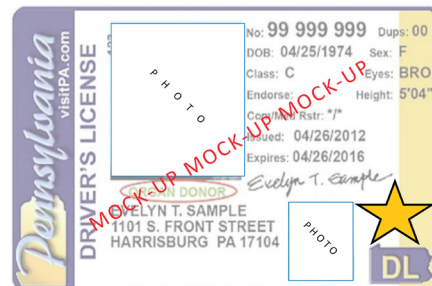
#### WHAT ARE ACCEPTABLE IDENTIFICATION DOCUMENTS?

- U.S. birth certificate with raised seal or
- Valid U.S. Passport or passport card or
- Certificate of naturalization

#### Plus:

- An original Social Security card
- Two proofs of PA residency (unexpired PA driver's license or photo ID; recent utility bill showing name and address; tax records; a lease agreement or mortgage documents)
- Proof of legal name change

For additional information on REAL ID (What's Needed, How to Apply Online and Frequently Asked Questions, etc.),



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**Frisbeetarianism** (n.), The belief that, when you die, your soul flies up on to the roof and gets stuck there.

**Coffee** (n.), the person on whom one coughs.

**With ONE \$25 raffle ticket  
Win TWO seats to see**



**Drawing: August 1, 2019**

**Performance: September 14, 2019**

FOR TICKETS

Make checks payable to Penn's Village and mail to us at 201 S. 21<sup>st</sup> St.  
Philadelphia, PA 19103

Call 215-925-7333 or email [info@pennsvillage.org](mailto:info@pennsvillage.org) with any questions

**\*\*Online sales are coming\*\***