



THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR

Jane Eleey



How to Stay Engaged and Connected in Penn's Village

Dear Villagers, Neighbors, and Volunteers,

On our website, we describe Penn's Village as "a community-based non-profit organization, operated by and for neighborhood residents, that exists to support residents of central Philadelphia as they age in place." Whether you are a member, a volunteer, or support the village in other ways, I hope that you have come to value the myriad of opportunities for connecting, engaging, and thriving that make Penn's Village so special.

One of the reasons members wish to "age in place" is that they want to stay involved and connected in their community. Over time, the dual importance of volunteerism to that mission has become strikingly obvious to me; not only do we depend on many volunteers to provide services to help

our members as they meet the challenges of aging, but the opportunity for members themselves to get involved itself is a huge benefit of membership! One of the most rewarding ways you can stay actively engaged and get to know other Penn's Village members and volunteers is to become active in a Committee.

Penn's Village programs and social events come loaded with opportunities for members to help decide upon, develop, arrange, and publicize such events as well as to participate in them.

Program Committee is looking for: Volunteers with commitment to enriching lives as well as an interest in community affairs, the arts, history, technology, health, and meeting new people.

Marketing and Communications Committee is looking for: Volunteers with experience in marketing, journalism, graphic design, writing, or social media.

The following two committees provide more opportunities for our members to participate so that we may continue to foster a warm and welcoming atmosphere and also ensure the sustainability of Penn's Village:

Membership/Welcoming Committee is looking for: Volunteers who are innovative, creative, friendly, warm and welcoming and believe in Penn's Village membership and mission (*see more on page 5*).

Fundraising Committee is looking for: Volunteers with fundraising experience, creative "out-of-the-box" thinking, connections to the business/corporate/grant funder community, communication skills (e.g. fundraising letter writing). Come with enthusiasm and genuine belief in the mission and value of Penn's Village.

At Penn's Village, it's easy to connect and engage! Just email me at info@pennsvillage.org, call 215-925-7333, or visit our website at pennsvillage.org for a volunteer application.

Warm regards,

IN THIS ISSUE

- 2 March Calendar of Events
- 3 From the Program Committee
- 4 Active Aging; Meet Our Volunteers
- 5 Membership and Welcome
- 6 All Around Town
- 7 Hamilton Raffle Tickets

MARCH 2019 - WOMEN'S HISTORY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GREEN = Penn's Village Event BLACK = Non-PV Event BLUE = Co-hosted Event					1 Franklin Square Opening ~~~ 7:30 pm American Dance Theater at the Academy of Music	2 2 pm Shen Yun at the Merriam Theater
3 Philadelphia Flower Show Opens ~~~ The Philly Pops at the Kimmel Center	4	5 <i>Rent</i> Performances at the Merriam Theater Begin	6 Ash Wednesday ~~~ Lent Begins	7 Pennsylvania Ballet's <i>Giselle</i> Performances Begin at the Academy of Music	8	9
10 St. Patrick's Day Parade ~~~ Philadelphia Flower Show Ends	11	12	13	14 2 pm New Trends in Medications MacColl Room	15	16 Israeli Film Festival Begins International House & Ritz East
17 St. Patrick's Day	18	19 <i>Miss Saigon</i> Performances Begin at the Academy of Music	20 7:30 pm Philadelphia Chamber of Music Society: Musicians of Marlboro II at the Kimmel Center	21	22	23 : 10 am Rx for Happy Feet Excel Physical Therapy S. 4th Street
24	25	26	27 3 pm Desserts and Conversation MacColl Room	28 7:30 pm Philadelphia Orchestra Hannibal Healing Tones	29 7:30 pm Chamber Music Society: Hagan Quartet at the Kimmel Center	30 8:00 pm Noura Mint Seymali World Music at the Kimmel Center
31						

FROM THE PROGRAM COMMITTEE

Program chairs Molly Lenowitz and Mario Oropeza announce two programs for March that are directed at improving your health.

March 14, a discussion about new trends in medication. Topics to be covered by geriatrician Dr. Forcica, Penn Medicine's Department of Medicine, include:

What are new trends in prescribing for older patients?

- How long can I keep medications?
- How do I get rid of unused medications?
- Should I stop medications on my own?

Participants will leave the program better prepared to discuss any potential changes in medications that they may wish to bring up at their next doctor's visit. *Program location: The MacColl Room at The First Presbyterian Church (201 South 21st Street).*

March 23, Rx for Happy Feet, will focus on the importance of the right shoes, balance-related issues, and using a support implement, like a cane, if necessary – something which is especially important on the streets of Center City. The speaker, Dr. Marija Ugrinich, is a podiatrist with Ankle and Foot Medical Centers of Philadelphia. This program will be held at the Excel Physical Therapy office in Queen Village (517 S. 4th Street). Excel physical therapists will provide additional information and consultation.

March 27, to celebrate the arrival of spring, come join fellow Penn's Village members and volunteers for a post-holiday sharing of desserts and conversation. Participants are asked to bring their favorite dessert for sharing. Coffee and tea will be provided. Please bring a hard copy of your recipe for PV to copy and distribute to attendees. *Program location: The MacColl Room at The First Presbyterian Church (201 South 21st Street).*

Coming soon - date to be announced, music fans can enjoy a program titled "Cross Border Music: The Influences of Latin America on The United States and Vice Versa." A lecture will be given by Dr. Peter J. Schoenbach, an expert in Latin music. He will discuss the impact we have had on the music of our southern Latin neighbors, and their impact on our music. Samples of the music will be provided. *Program location: The MacColl Room at The First Presbyterian Church (201 South 21st Street).*

HOLD THE DATE: Lunch & Books, Wednesday, **May 1**, 12 - 2 PM

Book: *White Rage: The Unspoken Truth of Our Racial Divide* by Carol Anderson PhD

Free Neighborhood Concert at the NovaCare Complex

Saturday, March 23, 3 PM

The Philadelphia Orchestra invites you to a Free Neighborhood Concert. This sensory-friendly concert at the Philadelphia Eagles' NovaCare Complex in South Philadelphia will feature the full orchestra and will be welcoming, inclusive, and comfortable for children and families with sensory sensitivities and cognitive and learning differences, as well as anyone who would benefit from a more relaxed environment. RSVP by calling 215-875-7695 or online [here](#).

THANK YOU TO OUR BUSINESS SPONSORS



ACTIVE AGING

Health Pals Support Villagers as They Navigate the Healthcare System

by Marianne Waller



Penn's Village member Elaine Nettis and volunteer Health Pal Marianne Waller discuss follow-up with Dr. Steven Breker.

No matter how active your lifestyle, advancing age may be accompanied by changes that challenge how effectively you navigate the healthcare system. Medical explanations may be difficult to understand, stress may reduce the ability to retain new information, and the need for additional specialists, more frequent appointments, and complicated medication regimens can become overwhelming.

Five years ago, Penn's Village Volunteer Patricia Harner developed Health Pals, a program involving fellow volunteers in helping to improve access to quality healthcare. A trained Health Pal volunteer would accompany a Villager to healthcare appointments to help support them in becoming more proactive and confident, thus encouraging them to become their own advocates.

Health Pal Training

Volunteers were recruited and a comprehensive training course was developed that covered procedures, role playing, boundaries, and confidentiality rules. It was also important to become familiar with what the Health Pal volunteer does NOT do, including not suggesting or advising direction regarding any medical decisions, not handling medications, and not providing hands-on care.

Six volunteers from that first training class in 2014 were matched with those Villagers who were interested in trying the service.

How the Program Works

Above all, the Health Pal volunteer provides emotional support and assistance; the patient is always in charge. Prior to each doctor's appointment, volunteer and patient meet to discuss the appointment (including whether the volunteer should be present for any physical exam), formulate questions/observations the patient wants to address during the visit, and review the medication list. During the appointment, the Health Pal volunteer serves as a "second set of ears," taking notes, encouraging the patient to address any needs/concerns they may have forgotten, and making sure that communications are clearly understood.

After the appointment, the Health Pal volunteer and patient compare notes and the volunteer sends the patient a written summary. Between visits, Health Pal volunteers often chat with the Villager to provide additional emotional support and track any additional appointments.

If you would like more information about becoming either a Health Pal volunteer or patient, contact Jane Eeley at 215-925-7333 or info@pennsvillage.org.

MEET OUR VOLUNTEERS

Beth Harless

by Sherrill Cresdee



After ten minutes with Beth Harless you know you're in a sprint. She bicycles from her Philadelphia home to everywhere in Center City [daily] to Atlantic City [Irish Pub Tour de Shore charity ride, yearly]. She volunteers as a soccer goalkeeper coach and also plays soccer. She helps friends fundraise, as well (\$61,000 in ten weeks with no corporate sponsorship!). Augmenting her visiting companion role at Penn's Village, she also answers service requests...building Ikea furniture, fixing printers, recovering passwords, etc.. And all of this activity is managed in addition to 40+ hours a week of employment.

Beth is an energetic, direct, efficient woman and works —like many under 40— in the digital world. She is a Partner and Vice President of Sales and Marketing at DMi Partners. Working with an, "...awesome group of people who care about each other..." Beth develops strategic plans, establishes sales goals and, with her team, she has grown sales and new clients each of her nine DMi years.

As a soccer goalkeeper in high school [Columbus, Ohio] and college [University of Central Florida - Orlando] where she met, "...25 of the greatest, to this day, friends I've got." Beth set

records, participated in the Olympic Development Program, played season-high games and was named to the Atlantic Sun All-Academic Team.

Joining the NBA's Orlando Magic sales team after graduating UCF, Beth eventually returned to soccer and arrived in Philadelphia with the Women's Professional Soccer League. At WPSL, in addition to learning the 'business of sports', she was charged with selling sponsorships and directing all ticket sales. Not surprisingly, Beth was the number one person in sales/sponsorship and most tickets sold in the League, repeatedly.

DMi Partners, in addition to its 'professional' work, has a very strong corporate culture of volunteering and Beth exemplifies that, from The Attic to Bringing Hope Home to...Penn's Village which she discovered while looking for new volunteer opportunities with either LGBTQ youth or seniors "...either under seven to over seventy, a 'bookended spectrum'" since, "...delivering meals isn't very interactive." We're glad she did!

FROM THE MEMBERSHIP AND WELCOMING COMMITTEE

One of the most significant outcomes of the 2018 Strategic Plan was the creation of the Membership and Welcome Committee. According to board member and committee convener Mindy Mozenter, this new standing committee was created to develop and implement strategies for personal outreach for recruiting new members while engaging new and more long-term members in the Penn's Village community.

Some of their newest initiatives include highlighting new members in the PV newsletter, identifying new members with special name tags and introducing and welcoming them at all monthly programs, and pairing them with an "ambassador" from the committee.

Penn Previews, a small event hosted by a committee member, will continue its initiative to invite potential interested persons to learn more about membership in Penn's Village. Neighboring communities of Point Breeze/Hawthorne and Graduate Hospital area will soon be part of this open house concept.

Talks are underway with planners of the Pop-Up Happy Hour to combine a new membership event with this very successful early evening "happening." If you are interested in being part of this exciting new committee, call the Penn's Village office and volunteer to join in the fun and planning.

DID YOU KNOW WE HAVE A BLOG THAT FEATURES INTERESTING STORIES BY LOCAL WRITERS?

The Penn's Village blog can be found [here](#) on our website. Read the latest by Jo Holz on TV's The Lone Ranger and his interesting back story with his sidekick Tonto. Later in the month, read how one Cherry Hill visitor to Israel, Steve Wenick, quite unexpectedly celebrated St. Patrick's Day at a local pub.

If you have a story to share, please contact the Penn's Village Office: info@pennsvillage.org.

Connect with Penn's Village:

215-925-7333

info@pennsvillage.org

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 and click on "Join." There you will find our membership levels and application.

To become a volunteer, visit 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.

All AROUND TOWN

Selected Local Events and Activities for March 2019



When the **Philadelphia Flower Show** arrives, we know that spring is around the corner.

Running from March 2-10 at the Pennsylvania Convention Center, this year's theme is "**Flower Power**" and features a floral design contest with 23 countries participating in the Interflora World Cup. The Flower Show is produced by the Pennsylvania Horticultural Society. For PHS membership, lectures, trips, tours and PHS McLean Library offerings, visit www.PHSONline.org.

For show information, visit www.theflowershow.com.

On view atop the Rocky steps of the **Philadelphia Museum of Art** are 10 cast-iron sculptures, each 10 feet high, by artist Antony Gormley. They will be on view through June 16. Wednesday nights at the museum are "Pay What You Wish" and Friday nights offer free musical performances after paid admission. Visit <http://www.philamuseum.org> and click on the calendar tab for details on current and future exhibitions.

The **Kimmel Center Cultural Campus** (which includes the Kimmel Center for the Performing Arts, The Academy of Music, and The Merriam Theater) offers many events this month: Alvin Ailey and the American Dance Theater (March 1-2); The Philly Pops plays Uptown Nights (March 1-3); The Philadelphia Orchestra plays Mendelssohn and Shubert (March 7, 9-10); Pennsylvania Ballet presents Giselle (March 7-17); Curtis Opera Theatre presents Mozart's Don Giovanni (March 7-10); Broadway Philadelphia presents Miss Saigon (March 19-31); and many more. Event details, times and tickets at www.kimmelcenter.org.

LOOKING AHEAD: "Ancient Wisdom, Modern Heartache: How Rome Helped to Shape the U.S." This **FREE** 4-session series is offered on April 11th and 25th and May 8th and 23rd by **Central Senior Services at the Parkway Central Library**. For specific topics, times, and room location, contact **Dick Levinson**: levinsonr@freelibrary.org. Advanced registration is not required.

Also opening in April at the **National Museum of American Jewish History** is **Sara Berman's Closet**, an outdoor installation on the Kimmel Plaza across from Independence Mall and in the 5th floor Exhibit Gallery. www.nmajh.org.

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Abdicate (v.), To give up all hope of ever having a flat stomach.

Gargoyle (n.), Olive flavored mouthwash.

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



Performance: September 14, 2019

Limited number of tickets remaining
FOR TICKETS

Purchase online: www.pennsvillage.org