



# THE VILLAGE VIEW

## FROM THE EXECUTIVE DIRECTOR

**Jane Eleey**



### ***Loneliness-the sad reality of modern life***

British Prime Minister Theresa May lamented in an early 2018 press release that, “for far too many people, loneliness is the sad reality of modern life.” May appointed Tracey Crouch as “Minister of Loneliness” to tackle the social and health issues caused by social isolation in England.

In the meantime, Cigna, a global health service company, in partnership with the market research company Ipsos, conducted a national online survey of 20,000 U.S. adults to explore the impact of loneliness in this country. In the 2018 Cigna U.S. Loneliness Index Survey, Cigna’s Chief Medical Officer, Dr. Douglas Nemecek, noted that “loneliness has the same impact on mortality as smoking 15 cigarettes a day, making it even more dangerous than obesity.”

The Cigna survey revealed that most Americans are considered lonely, as

measured by a score of 43 or higher on the UCLA Loneliness Scale. Nearly half reported sometimes or always feeling alone (46%) or left out (47 %). At least two in five sometimes or always feel as though they lack companionship (43%), that their relationships are not meaningful (43%), that they are isolated from others (43%), and/or that they are no longer close to anyone (39%). Philadelphians, specifically, who reported not having enough people whom they feel comfortable asking for help at any given time have an average loneliness score that is 14.8 points higher than those who do have enough people to ask for help (54.8 vs. 40).

These issues are especially important to us for two reasons: first, isolation can be a special problem for seniors living at home—exactly where most of us insist we want to remain—and second, loneliness can be closely linked to disease and even death. At Penn’s Village, avoiding loneliness and isolation is a two-way street. One way is asking for help when we need it; the other way is stepping up to opportunities to invest time and energy in helping others. Both can be great antidotes to feelings of loneliness and social isolation and often result in an enhanced sense of gratitude, happiness, and fulfillment. Or, as we say at Penn’s Village, we are neighbors together—*connecting, engaging, thriving!*

Best regards,

*Jane Eleey*

### **Penn’s Village Celebrates YOU - Our Volunteers**

National Volunteer Week is celebrated this year from April 7-13. Established in 1974, organizations around the country shine the light on the people who serve others and their causes. We thank you for lending your time, talent and voice to make a meaningful difference in our community. To our drivers, companions, committee members, board of directors, office assistants, interns, program facilitators and speakers, know that your impact is huge: the financial value of volunteer time is calculated at \$24.69/hr. In 2018, we estimated that the total value of Penn’s Village volunteer hours was \$223,840, a 22% increase over 2017. The number of volunteer hours contributed by all of our members has increased by 19%, to 9,066 hours. The value of your passion and personal commitment to Penn’s Village - priceless!



*Celebrating our volunteers at the 2018 Garden Party*

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## APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GREEN</b> = Penn's Village Event  <b>BLACK</b> = Non-PV Event  <b>BLUE</b> = Co-hosted Event	1  April Fool's Day ~~~ Philly Wine Week April 1-7	2	3	4	5  7:30 PM Philadelphia Chamber Music Society - Denes Varjon  Kimmel Center Perelman Theater	6  11:00 AM - 1:00 PM AARP Family Caregiving Conversation Maggiano's Little Italy 1201 Filbert St
7  World Health Day	8  2:00 PM All About DNA Testing The MacColl Room	9  National Library Workers' Day	10	11  11:00 AM "An Introduction to the Roman World" Parkway Central Library Rooms 406/407	12	13  3:00 PM DeClutter 2 DeLight: Mindful & Green Clutter Control PCI Library 1905 Locust St
14	15  4:30 PM Pop Up Happy Hour at P.J. Clarke's in The Curtis Center	16	17	18  Holy Thursday	19  Good Friday	20  Passover
21  <b>Easter</b>	22  Earth Day  ~~~ 7:30 PM Chopin in Paris Kimmel Center Perelman Theater	23  10:00 AM A Talk and Tour at The Mutter Museum	24  2:00 PM Welcome to Riyadh, Saudi Arabia The MacColl Room	25  11:00 AM "The Daily Lives of Ordinary Romans" Parkway Central Library Montgomery Auditorium	26  3:00 PM "Painting Publics" Philadelphia City Institute Branch of the Free Library of Philadelphia 1905 Locust St	27
28	29	30  6:00 PM Dinner at La Fontana Della Citta 8:00 PM "The God Project" Plays & Players Theatre				

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## FROM THE PROGRAM COMMITTEE

Co-Chairs Molly Lenowitz and Mario Oropeza announce this month's many fine choices:

**April 8**, a presentation at 2:00pm by OLLI (Temple University) instructor Mary Lee Keene will address the findings of DNA testing: Why might there be discrepancies in the reports? How can we use the results to get medical information? Program location: The MacColl Room at The First Presbyterian Church (201 S 21st Street).

**April 15**, members meet at 4:30pm for our increasingly popular Happy Hour at P.J. Clarke's in the Curtis Center, 601 Walnut Street.

**April 23**, Thanks to the suggestion of a Penn's Village member, we will enjoy a Mutter Museum Talk and Tour. The topic is **What Can Happen to the Brain?** More information can be found below.

**April 24**, Meet Frederic Murphy, a Penn's Village member and professor emeritus at the Fox School of Business, Temple University. Fred works mainly in the area of energy-market forecasting and energy policy analysis. Fred has been traveling to Riyadh 4-5 times per year, one month each time, for the past six years, where he visits the King Abdullah Petroleum Studies and Research Center. This center is the think tank on energy policy for the kingdom. While there, he traveled in Riyadh, its environs and visited Jeddah. The talk will be similar to those he offers at Temple University which address multicultural/international communications.

**April 30** is a fine night for dinner and the theater. Penn's Village member Betta Kolansky has arranged for members to see **The God Project**, a production of the 1812 Production Theater at 8pm at the Plays and Players Theater. "In an overstuffed Swedish furniture store (no, not that one!), two co-workers and their omnipresent manager unpack the cosmic mystery behind 'Some Assembly Required'—with only their Sunday School memories and a totem Allen wrench to guide them!" Reserve by April 16 and see program details on our website for details on registering and paying (\$28 for tickets). Join fellow PV members before the show at 6:30 pm at Fontana Della Citta, for a fixed price 3-course meal for \$37.06.

### WHAT CAN GO WRONG WITH THE BRAIN? Find Out at The Mutter Museum

**19 South 22nd Street, Philadelphia 19103 | Tuesday, April 23, 2019 | 10:00 am - 12:00 pm**

Have you ever gone past the Mutter Museum and wondered what is inside? Or felt too ill-at-ease to go see for yourself? This is your chance to find out in the good company of fellow Villagers and with guidance from the Museum's education staff.

We will have a guided tour of the Museum and a special class focused on **The Brain: More Than Just Gray Matter!** In the class we'll learn what different parts of the brain do, talk about various injuries and diseases of the brain, and in a tour, we will see some specimens of those brain anomalies. We'll learn the history of the anatomy of the human brain through specimens and models, and the medicine that's been used to heal it. Please note:

- > No backpack or purse that can be worn on your back allowed
- > Food and drink are not allowed in the Museum
- > There are no storage facilities for your personal items at the Museum
- > Cost is \$21/per person

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#### 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.*

## ACTIVE AGING

### Take Good Care of Yourself: Tips for Caregivers *by Avalie Saperstein, MSW*

Providing care for an older impaired person has become a normative life experience, especially for women. With caregiving comes caregiver burdens and stress. Yet, many caregivers describe caregiving as not always being an unmitigated burden. In fact, many find immense satisfaction in providing care and being there for someone they love. Although each situation is unique, research and experience document a handful of ways to improve caregiver satisfaction.

**Become an expert.** Learn about disease symptoms, prognosis, functional limitations, as well as medications and their side effects. Be able to identify normal and abnormal symptoms/behaviors. Learn relationship techniques for dealing with dementia and/or how to safely assist a physically impaired person. Caregiver mastery of knowledge and techniques improves caregiver competency and satisfaction.

**Get help.** Friends, neighbors and families want to help, but require matching appropriate tasks. For friends: shopping and errands. For family: personal care tasks, finances and respite care. Older persons with difficult or physically challenging behaviors often require formal paid assistance. Penn's Village maintains a vendor list that can help you find the right help.

**Stay Connected.** Maintaining relationships and activities provide validation for you as a person and emotional support for you as a caregiver. You may need to be well-organized in order to engage with others (such as arranging respite care), but emotional support is key for your well-being. Penn's Village hosts a monthly support group that meets on the first Monday of the month at the office where participants share resources and make connections with others in similar circumstances. Led by two professional social workers, Eileen Glass and

Elizabeth Doolan, this group has been serving Penn's Village members for five years.

**Seek professional counseling.** If you find yourself overwhelmed and with minimal joy in your life, seek counseling. It can be a life-saver.

For more information on the Caregivers Support Group, call the Penn's Village office.



**AARP is hosting a facilitated conversation on family caregiving on Saturday, April 6, from 11am-1pm, at Maggiano's Little Italy, 1201 Filbert Street (across from the PA Convention Center). Call 1-800-278-1045 to register.**

## MEET OUR VOLUNTEERS

### Karen Stevens Preserving History *by Sherrill Cresdee*



Karen Stevens' book-lined living room announces her [retired] career clearly: Archivist.

Born in western Pennsylvania, Karen's family followed her Pastor father to ministry postings around the U.S., "arriving in North Dakota in the late 40s when there was one paved road in the entire state." Graduating from Wooster College [OH], B.A. in Early American History

and Simmons College [MA], M.S. in Library Sciences, Karen's professional career began as a branch librarian with the Free Library of Philadelphia. On her way to retiring as Archivist and Manager of the Library for the Independence National Historic Park Library in 2011, Karen held positions at the Academy of Natural Sciences, University of Pennsylvania, the Morris Arboretum, and the Lutheran Theological Seminary.

Volunteering as a companion in 2017, Karen was paired with a wife/mother/sister who was experiencing cognitive decline. She was finally diagnosed with Alzheimer's, which is unfortunately playing itself out. With a working husband, full-time caregiver, sister and daughter all doing what they can, Karen has become a welcome once-a-week member of the family. As she says, "...timing is everything and serendipitous that she and I had many shared commonalities: graduate work in Boston, living in Philadelphia and vacationing in Vermont with our respective families." Importantly, Karen feels her "...weekly relationship of museum visits, movies, chats and park walks wouldn't work nearly as well without the shared strong family support my companion gets."

Before Penn's Village, Karen read a New York Times article about the Beacon Hill [MA] Village and discussed it with her neighbors. She and the same neighbors later became involved with collecting an oral history of Society Hill. (Once an archivist, always an archivist!) This collection has grown like a vine, piquing interest and involvement by the University of Pennsylvania. [For more about "Preserving Society Hill" efforts, go to: <https://penntoday.upenn.edu/news/preserving-philadelphias-society-hill>.]

With her continuing historical involvement and two children living nearby, Karen also enjoys "...travelling – though it's harder to do and often uncomfortable; walking – especially, at our fourth generation Farmhouse in the 'Northeast Kingdom' of Vermont - and copious amounts of good coffee."

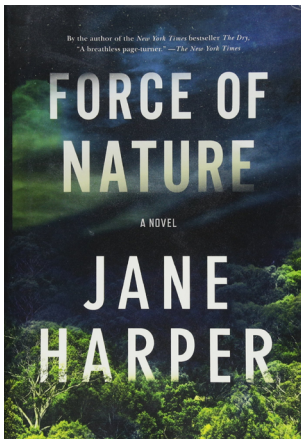


## BOOK REVIEW

### Force of Nature | By Jane Harper

Published By Flatiron Books, 2017 | Paperback \$16.99

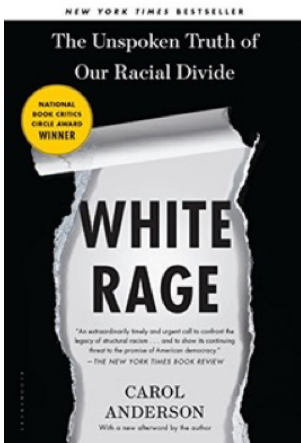
Review by Dick Levinson



Here is a secret that everyone knows: few of us want to read great literature all the time. However, sometimes, we crave a solid detective yarn, with the kind of compelling characters that suggest people we actually know - or have known. The next time such a mood strikes you, Jane Harper, a British woman who has become a proud Australian, is here to help. Imagine this promising scenario: five women who work for a small family-run company must attend a trust-building retreat in a gorgeous, but forbidding portion of the Australian Outback. Think mountain cabins and lush green forests with unfriendly animal life. Suddenly, the comforts of one's own bed or couch have never seemed quite so wonderful. As you might have guessed, only four of the women in this smart, competitive cohort actually return to civilization. This creates multiple headaches for Aaron Falk, a detective with the Australian federal police and his partner, Carmen. The two police officers have been conducting an investigation of the company in question. It just so happens that the missing woman, Alice Russell, was a critical inside source for the detectives, passing them the kind of sensitive and damaging information needed to fuel their inquiry. If many women have a gift for making friends and building alliances, Alice's gift was for making enemies. As we soon discover, each of the four other women had reason to distrust and dislike the blonde and combative Alice. Aaron, a shy but reflective man, will struggle with his conscience, the unforgiving terrain and the complex nature of female friendships to bring this case to a definitive conclusion.

## Lunch and Books

The next Lunch and Books program will take place on **Wednesday, May 1, from noon - 2 at Positano Coast**, at [212 Walnut Street](#), 2nd Floor. This Penn's Village social event is for members and their guests to join together for good food, conversation and a discussion about a chosen book. 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.



The selection is a New Time Times bestseller and the National Book Critics Circle Award Winner **White Rage: The Unspoken Truth of Our Racial Divide**, by Carol Anderson, PhD.

From the Civil War to our combustible present, acclaimed historian Carol Anderson reframes our continuing conversation about race, chronicling the powerful forces opposed to black progress in America.

Check your email for the recent program announcement with registration details.



Do you remember when you created elaborate April Fools' Day hoaxes and jokes to fool your unsuspecting friends and family? The tradition of reporting or doing outrageous fictional claims goes back several centuries and was celebrated by different cultures, first in Europe (France, Britain, Scotland, and ancient Rome) before modern-day America joined the fun to scare or fool, using a variety of different techniques. Newspapers, radio and TV stations, and now websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences. Even two restaurant chains – Taco Bell and Burger King – have joined in on the fun. So have fun yourself, or be careful – the joke may be on you!

## Daylight Savings Time: A Brief History



Nearly three weeks ago on March 10, Americans moved their clocks an hour ahead for daylight-saving time. While "springing forward" means losing an hour of sleep, the sun will be out for longer in the day.

Today, most of the US, with the exception of Hawaii, Arizona, and many US territories, recognizes daylight-saving time. While many northern states appreciate the extra hour of sun, some states that experience unbearable heat in the summer prefer an hour of night instead.

The common wisdom about daylight-saving time is that it's about farming, but it's not. The history of daylight-saving time goes back to more than 100 years, when the US and several European countries enacted daylight-saving time during World War I and World War II as an energy-conservation measure and kept it during peacetime.

## Hold the Date:

**Penn's Village Joins Society Hill Towers and Society Hill Civic Association in Second Red Cross Blood Drive**  
**Thursday, May 9, 2019**



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**Hipatitus** (n.), Terminal coolness.

**Inoculate** (v.), To take coffee intravenously when you are running late.



*All 300 Hamilton raffle tickets have been SOLD!*  
*Stay tuned for an updated drawing date before August 1.*

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