

## FROM THE EXECUTIVE DIRECTOR

Jane Eleey



## A Garden of Gratitude on a Sunny Day in May

Early last evening, I found myself pausing to reflect on what a lovely time of year this is—the nurturing warmth of spring sunshine, the gorgeous profusion of flowering trees and shrubs giving way to the fresh green of new leaves, and the delightful surprise of little pop-up gardens in borders and containers all around the city. My thoughts turned to our annual Garden Party, scheduled for May 29th to celebrate and honor our members, volunteers, and sponsors and to express our deep gratitude for all that they do for Penn's Village.

Actually, it occurs to me that gratitude seems to be somewhat of a hot topic lately. Just a few weeks ago, the “Upside” section of the Sunday Philadelphia Inquirer featured staff-writer Grace Dickinson’s article about Elena Anquita, a woman who has written nearly 2,000 thank-you notes in the past few years. According to Ms. Anquita, her gratitude practice has

transformed her life; she is “more at peace, less stressed, healthier, and just happier every single day.”

Scientific research seems to support Anquita’s observations. According to “The Science of Gratitude,” a May 2018 white paper published by the Greater Good Science Center at the University of California Berkeley ([read the paper here](#)), scientists have made great strides toward understanding the biological roots of gratitude, the various benefits that accompany gratitude, and the ways that people can cultivate feelings of gratitude in their day-to-day lives.

According to Dr. Christina Karns, research assistant professor at the Center on Brain Injury Research and Training at the University of Oregon (*Washington Post*, December 23, 2018), researchers recognize that gratitude not only goes along with more optimism, less anxiety and depression and greater goal attainment, but is also associated with fewer symptoms of illness and other physical benefits. I thought it was interesting to read that recent MRI studies have also uncovered connections between gratitude and altruism. A region deep in the frontal lobe of the brain called the ventromedial prefrontal cortex, is key to supporting both!

I hope you can join us on the evening of the 29th in Penn’s Village garden of gratitude and generosity. I don’t think we will need MRIs to tell us how good it feels to say thank you! We will be gathering for our Garden Party at Jefferson Alumni Hall at

5:00 PM for refreshments, raffles and the drawing of Hamilton tickets. We hope to see you there!

Sincerely,



## Penn’s Village Has a New Look!

After eleven years, and much introspection, we are thrilled to introduce our brand image to the public. Our new logo and the masthead for this newsletter better reflect who we are, what we do and how we do it!

## Why the Change?

The new logo is more member inclusive, with three interconnected circles symbolizing our continuous movement and interdependence. Each segment of our membership is now exemplified in its own vibrant color:

- **Villagers** (Deep Navy)
- **Neighbors** (Bright Blue)
- **Volunteers** (Energetic Green)

The new slogan “Neighbors Together - Connecting, Engaging, Thriving” is an insightful interpretation of our shared passion, supportive services and commitment to enjoying life in the city together, neighbor to neighbor.

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## MAY 2019 ~ OLDER AMERICANS MONTH

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  <b>PURPLE</b> = PV Member Only Event			<b>1</b>  12:00-2:00 PM Lunch & Books: <i>White Rage</i> Positano Coast Restaurant 212 Walnut St 2nd Floor ~ Philadelphia Chinese Lantern Festival Begins Franklin Square	<b>2</b>  7:30 PM The Curtis Institute of Music: <i>Empty</i> <i>the House</i> Perelman Theater 300 S Broad St	<b>3</b>  2:00 PM The Philadelphia Orchestra: <i>Tchaikovsky &amp;</i> <i>Elgar</i> Verizon Hall 300 S Broad St	<b>4</b>  11:00 AM - 8:00 PM South Street Spring Festival South St & 7th St
<b>5</b>  Cinco de Mayo	<b>6</b>  7:30 PM Philadelphia Chamber Music Society: <i>Quatuor</i> <i>Ebene</i> Perelman Theater 300 S Broad St ~ 2:30-4:00 PM - Le Cercle Francophone d'Histoire (The French History Circle) The Athenaeum	<b>7</b>  7:30 PM Author Night: Lorene Cary - <i>Ladysitting: My</i> <i>Year with Nana</i> <i>at the End of Her</i> <i>Century</i> Parkway Central Library 1901 Vine St	<b>8</b>  2:00 PM Medical Marijuana - Is It Right For You? The MacColl Room ~ 11:00 AM Ancient Wisdom and Modern Heartbreak Parkway Central Library 1901 Vine St	<b>9</b>  9:00 AM - 7:00 PM Blood Drive Society Hill Towers 285 St James	<b>10</b>  7:30 PM Pennsylvania Ballet: <i>DGV World</i> <i>Premiere Glass</i> <i>Pieces</i> Academy of Music 240 S Broad St	<b>11</b>
<b>12</b>  Mother's Day	<b>13</b>  2:30-4:00 PM Le Cercle Francophone d'Histoire (The French History Circle) The Athenaeum	<b>14</b>	<b>15</b>  2:00 PM The Influences of Latin Music The MacColl Room	<b>16</b>	<b>17</b>	<b>18</b>  12:00-5:00 PM Rittenhouse Row Spring Festival South 18th St & Walnut St
<b>19</b>  11:00 AM - 6:00 PM South 9th St Italian Market Festival 9th St & Washington Ave	<b>20</b>  National Mental Health Awareness Day ~ 2:00 PM - Older Americans Celebration National Museum of American Jewish History 5th & Market St ~ 2:30-4:00 PM - Le Cercle Francophone d'Histoire (The French History Circle) The Athenaeum	<b>21</b>	<b>22</b>  2:00 PM ISIS: The Islamic State The MacColl Room	<b>23</b>  11:00 AM Ancient Wisdom and Modern Heartbreak Parkway Central Library 1901 Vine St	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>  Memorial Day	<b>28</b>  7:30 PM Broadway Philadelphia: <i>The</i> <i>Book of Mormon</i> Academy of Music	<b>29</b>  5:30 PM Garden Party Jefferson Alumni Hall 1020 Locust St	<b>30</b>  Philadelphia Latino Film Festival	<b>31</b>  Philadelphia Beer Week Begins	

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## FROM THE PROGRAM COMMITTEE

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

**May 1st:** At 12:00 PM, we will have another in our popular series - Lunch and Books - to be held at the Positano Coast Mediterranean restaurant. The book chosen for this meeting is "White Rage" - a novel by Carol Anderson, PhD. This non-fiction book focuses on the racial divide in America by looking into how whiteness functions in American life and how the legacy of structural racism has brought about white anger and resentment.

**May 8th:** At 2:00 PM, come join us for a primer on medical marijuana presented by knowledgeable staff from a local marijuana medicine dispensary. By now you have likely heard on the national news, social media, and through advertising about the perceived health benefits of marijuana derivatives and have wondered if any of this is true. The presentation will discuss what medical marijuana is and what it can and cannot do for you to alleviate medical conditions. The process to secure state and doctor approvals and prescription options will also be discussed.

**May 15th:** At 2:00 PM, there will be a lovely, lighter program on Classical Latin Music presented by Dr. Peter J. Schoenbach, a local music expert. Dr. Schoenbach will discuss the influences of Latin America on the United States and the impacts our country has had on the music of our southern neighbors. Samples of both genres of music will be presented as well.

**May 22nd:** At 2:00 PM, we will have a topical lecture on ISIS - The Islamic State, given by Dr. Roger Allen, Professor Emeritus of Social Thought and Comparative Ethics, School of Arts & Sciences, University of Pennsylvania. He will delve into the origins of ISIS and the historical background to the current situations in West Asia, Africa, and elsewhere.

### MARK YOUR CALENDARS -- SAVE THE DATE -- MONDAY, MAY 20 at 2:00pm



Celebrate Older Americans Month with Penn's Village, Northwest Village Network, East Falls Village, and Friends in the City (FitC). View the documentary film **"LIVES WELL LIVED: The Secrets, Wit and Wisdom of Age,"** celebrating how to live a meaningful life. It was produced and directed by award-winning photographer and filmmaker (and former Philadelphian) Sky Bergman. Screening will take place in the Dell Auditorium of the National Museum of American Jewish History, 5th and Market Streets ([www.nmajh.org](http://www.nmajh.org)). Thanks to our generous sponsors, the program is FREE.

As an added bonus, attendees are invited to visit the Museum's special exhibit **Sara Berman's Closet** from 2:00-2:45 PM, for a self-guided tour. We will gather in the auditorium at 2:45 PM for the screening, followed by a short presentation by author Laurada Byers. Refer the program flyer for more details. Register at [info@pennsvillage.org](mailto:info@pennsvillage.org).

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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.

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

*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

### Heart Health:

### Loving Oneself EVERY Day!

by Lois Evans, PhD, RN, FAAN



While Valentine's Day has passed, it is still timely to take stock of your heart health! As one of the most vital muscles in the body, a functioning heart is essential to life and well-being. Like most organs in the body, however, the heart muscle changes with advancing age, making it function less effectively over time even without overt disease. Early changes may not produce symptoms right away. Hypertension, coronary artery disease, heart failure and heart attack are heart-related diseases that occur more frequently in adults age 65 and over. Heart disease in women may not be recognized immediately. The symptoms may differ from those in men.

Fortunately, there is much we can do, even in later life, to protect the heart, prevent heart-related illnesses and promote overall health. These tips from the National Institute on Aging are well worth incorporating into each day. (<https://www.nia.nih.gov/health/heart-health-and-aging>).

- **Be more physically active.** For 10+ minutes every day, do things you enjoy--brisk walking, bowling, biking, gardening, dancing
- **If you smoke, quit.** Stopping smoking at any age lowers risk of heart disease, stroke and cancer
- **Follow a heart-healthy diet.** Include foods with high fiber,

low saturated fats, salt and added sugar, and include plenty of vegetables, fruits and whole grains

- **Keep a healthy weight.** Limit portion size; try eating on smaller plates! Be physically active
- **Keep your diabetes, high blood pressure, and/or high cholesterol under control.** Work with your health provider to manage; take medications as directed
- **Don't drink a lot of alcohol.** Men should not exceed two and women one drink(s) daily
- **Manage stress.** Consider a stress management program like meditation, mindfulness or physical activity and talking things out with friends or family; volunteer or join in Penn's Village activities

**Above all, Love your heart,  
Love yourself...All Year Long!**

### INTRODUCING Neville Strumpf: Saluting One of Our Own by Kristin Davidson



Neville, a longtime advocate of Penn's Village and member of the Penn's Village Advisory Council, is an emeritus professor of nursing at the University of Pennsylvania School of Nursing. UPenn is recognizing her achievements with an honorary degree at its May 20th Commencement. UPenn rarely honors one of its own faculty members in this way. However, the university has selected Neville because her leadership in gerontological nursing has permanently influenced the

field nationally and internationally.

Over her distinguished career as a researcher and educational leader, she has improved the way health care is provided to older adults. Neville collaborated with Penn's Village Board member Dr. Lois Evans to demonstrate that routine use of physical restraints was dangerous for older adults, changing standards of care in nursing homes and hospitals in the United States and the world. In commenting on their collaboration, Lois says "With results from a series of funded research studies, we exploded the long held myth that restraints were essential for the safe care of frail older people – and this has been one of our most cherished professional achievements."

Retired but busy, Neville remains dedicated to the well-being of older adults. She chairs the board of the Ralston Center whose mission is the independence and wellbeing of those aging in place. She is working with the Penn Association of Senior and Emeritus Faculty to develop a retirement community close to the UPenn campus and coordinates a program to mentor junior nursing faculty at UPenn. She serves on the board of The Woodlands, an historic cemetery and horticultural treasure in West Philadelphia that includes an 18th century mansion.

We are so fortunate that Neville is a member of the Penn's Village family.

#### Pennsylvania State Symbols

**Game Bird:** Ruffed grouse (since 1931)

**Tree:** Hemlock (since 1931)

**Flower:** Mountain laurel (since 1933)

**Animal:** White-tailed deer (since 1959)

**Dog:** Great Dane (since 1965)

**Fish:** Brook Trout (since 1970)

**Insect:** Firefly (since 1974)



## All AROUND TOWN

### Selected Local Events and Activities for May 2019

**The Kimmel Center Cultural Campus** (includes the Kimmel Center for the Performing Arts, The Academy of Music, and The Merriam Theater) offers many events this month: Event details, times and tickets at [www.kimmelcenter.org](http://www.kimmelcenter.org). Highlights for the month include: The Philadelphia Orchestra (**Tchaikovsky and Elgar**) - May 2-4; Curtis Opera Theatre (**Riders to the Sea & Empty the House**) - May 2-5; Philly Pops (**American Bandstand: A Philadelphia Story**) - May 3-5; **Fred J. Cooper Memorial Organ Demonstration** (FREE) - May 4; Chamber Orchestra of Philadelphia (**Mozart, Saint-Saens, and The Middle East**) - May 19-20.



Broadway Philadelphia at the  
Academy of Music. *The Book of  
Mormon* - May 28-June 9.

#### **"Ancient Wisdom & Modern Heartbreak: How Rome Helped to Shape the U.S."**

This free, morning lecture series is sponsored by the Parkway Central Library (1901 Vine St). Explore the Roman world with distinguished professors from Princeton University and the University of Pennsylvania. Here is the May schedule for this series: **Roman Traditions Concerning Dishonor and Disgrace** -Wednesday, May 8 at 11 AM; **Roman Consolations for Calamitous Times** -Thursday, May 23 at 11 AM. **Questions?** [levinsonr@freelibrary.org](mailto:levinsonr@freelibrary.org).

**Ancient Egypt: From Discovery to Display.** Ancient artifacts on display representing thousands of years of Egyptian history at the **Egyptian Galleries at Penn Museum**, 3260 South Street, Philadelphia. 215-898-4000. More than 200 fascinating objects, many of which have never been on view before, are included throughout the three-part, 6,000-square-foot exhibition.

**11th Hour Theater Company. Something Like A War** - May 17-19. Louis Bluver Theatre at the Drake. Coming in June: **City of Angels** - June 7-9. Suzanne Roberts Theatre. 267-987-9865.

**The Lantern Festival**, sponsored by **Historical Philadelphia, Inc.**, returns to Franklin Square, 6th and Race Streets, May 1 - June 30 with 29 new lantern displays, cultural performances, and more. Take a spin on the Parx Liberty Carousel, play Philly Mini Golf, see the dancing waters at the new fountain show. Great for adults and kids alike. Learn more at [historicphiladelphia.org](http://historicphiladelphia.org).

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**Caterpallor** (n.), The color you turn after finding half a grub in the fruit you're eating.

**Giraffiti** (n.), Vandalism spray-painted very, very high.



**Penn's Village Joins Society Hill Towers in 2nd Red Cross Blood Drive**  
**Thursday, May 9**  
**9 AM - 7 PM**

Society Hill Towers will host their 2nd Red Cross Blood Drive in collaboration with Penn's Village and Society Hill Civic Association. All are welcome – either as blood donors or as volunteer greeters! Location is the Society Hill Towers Community Room (behind Zahav) at 285 St. James Place.

Blood donors may register at the Red Cross website: <https://www.redcrossblood.org>. Click on “Donate Blood.” Enter zip code “19106” or SOCIETY HILL TOWERS to select your appointment time. You will get a reminder email on May 9. You can also call 1-800-Red Cross.

Volunteers are needed for a one/two-hour block of time to welcome donors, check them in, verify their appointment time, and provide ‘Thank You’ stickers. Please contact drive organizer Mary O’Neill at [mcneill210@gmail.com](mailto:mcneill210@gmail.com) to register for your preferred volunteer time.

**What to expect:**

- Bring photo ID or your Red Cross donor card – use RapidPass\* (described below) – sent to you on May 9 in your email appointment reminder
- Before the blood drive – drink an extra 16 oz. of water or other non-alcoholic fluids
- Be sure to have a healthy meal that day; get a good night’s sleep
- Red Cross staff will also check your blood pressure, pulse and iron on site before donating
- Take time to enjoy a snack and a drink in the refreshment area after donating

**\*What is RapidPass?**

RapidPass offers you a way to complete pre-reading and donation questions online from home or office, reducing your time on site (about one hour). You will be sent RapidPass in your reminder email the day of your appointment – just read the information and answer the questions. Use a laptop or desktop computer. Print the pass or email the PDF to yourself – bring the paper pass or the email on your phone. RapidPass cannot be completed on a smartphone or tablet at present and it can only be completed the day of, not before.



*Drawing to take place at the Garden Party on May 29.*

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