

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends:

Six months? Twenty-six weeks? One-hundred eighty-four days? No matter how you look at it, we seem to have been coping with the novel corona virus for a long, long time. September 10th will mark six months since the first COVID-19 case was announced in Philadelphia.

Our coping skills evolved as we gained more information and adapted public-health pandemic measures. And we at Penn's Village have even discovered a few silver linings as we all worked together to meet these unprecedented challenges.

Back on March 10th, the situation looked challenging. Our first response was to postpone all programs, workshops, and social events, and begin holding all meetings via conference calls. All office activities would have to be handled remotely, and we suspended our volunteer in-person services.

It turned out that some of the ominous pandemic clouds had silver linings. Volunteers continued to be in touch via phone with Villagers who had signed up for regular services and to respond to calls about how to get help from alternative sources; companionship services continued via phone calls, FaceTime, and Skype, and occasionally in the park at a distance. Technology presented our Program Committee with an effective way to connect the membership virtually through Zoom, and our energetic, innovative, and popular Zoom programs are as well, if not better, attended than were our pre-pandemic programs! Our organization has been able to remain vibrant and healthy with new-member enrollment and the stunning success of our July 4 Donation Campaign.

We are now considering the first steps toward safely offering controlled in-person services when Philadelphia is fully in the Green Phase. And look at p. 7 to read about a face-to face, but appropriately socially-distanced outdoor Happy Hour.

If reopenings continue, our ability to cope with COVID-19 will continue to evolve as we grapple with assessing and determining what level of risk we are willing to assume. For help, see the *COVID-19 Risk Index* beginning on p. 10. Of course, the precautions we now know so well will not change any time soon: stay home if you feel sick, wear your mask, wash your hands, don't touch your face, and practice social distancing.

Take good care, be safe, and keep looking for those silver linings!



Janet Burnham Honored

by Kristin Davidson



This spring, the Penn's Village Board of Directors voted unanimously to honor Janet Burnham with the title of Board Member Emerita.

As Board Chair, I want to recognize and express the appreciation of the entire Board to Janet for her many years of commitment and valuable contributions to Penn's Village.

Upon learning about Boston's Beacon Hill Village in the early 2000s, Janet, along with a group of colleagues, had the foresight and imagination to envision, and the persistence to actualize, the village concept in Philadelphia. In 2008, she became a founding member of Penn's Village, the first organization in the City based on the village concept of neighbors helping

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ACTIVE AGING

My Life in Quarantine

by Bob Uris

Perhaps the main words I wish I never heard are, “sheltering in place.” That’s what my wife Annie and I, along with most everyone else in the world, have been doing for the last six months. Here’s one person’s account of how it’s been going.

Annie and I live in Society Hill Towers and have run a monthly group where we all would watch a movie, then sit in a circle and discuss it. While talking we would munch on popcorn and granola bars. Of course, we can’t do that now, so we had our meeting with the benefit of another bad word: Zoom.

The Ritz theaters, where we normally picked our movies for discussion, are closed so we selected a particularly appropriate film that was easy to find streaming. The film was *Groundhog Day*, which, you’ll remember, is about a Pittsburgh TV weatherman named Phil who is assigned to go to Punxsatawny with his crew and cover the annual emergence of a groundhog as a sign of how long winter will last. Phil is a narcissist who has contempt for his assignment and for all the people he meets in the quaint little village. This is a cult movie, and its fans have calculated how many times he is forced to

repeat the same day before becoming a loving and decent man, beloved by all of Punxsatawny. It certainly took Phil several years. Who knows how long this sheltering will take us and what, if anything, we might learn from it.

Annie and I have been reliving the same day for months, reading books, watching too much TV, taking long naps, having the same conversation, doing occasional Zoom meetings with friends and family, and going out masked for daily walks. Most recently, Society Hill Towers opened its pool and adjacent grilling area, with strict rules about keeping in roped lanes while swimming and grilling with only two people eating at a table. As a proud former member of my high school swimming team, I do ninety-six lengths of the pool every day, carefully counting my laps and thinking of nothing as I proceed. With the strange effect of sheltering on my mind, I find that I keep losing count. Has it been thirty-two lengths or forty-two—and, frankly, who cares?

After reading an article about creating a “bubble” in which friends research each other closely to be sure everyone within the bubble is being scrupulous

about social distancing, we concluded that it would be safe to socialize with another couple. After one dinner together, the other couple discovered that we had spent masked time with our daughter and grandchildren. And so, our bubble burst.

Annie is a foodie who loves to cook. My jobs include slicing, emptying the dishwasher, and putting away the dishes. I recently pitted two pounds of cherries so Annie could make *clafouti*, the French version of cherry pie. For this and for other Annie specialties there are no guests other than me to rave about the cuisine, but I do my best.

So that’s one person’s life in confinement. A favorite subject for conversation now is how long this will continue until we are freed from the luxury jail in which we live. Will it be a few months or a couple of years before there is “herd immunity” (a wonderful phrase that equates us with a bunch of cows) and we can all go back to living normal lives. And will the restaurants, the theaters, and the friends we love still be there when the world resumes? Meanwhile, as TV pundits intone at the end of each broadcast, all we can say is, “Stay safe.”

Janet Burnham Honored

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neighbors. Through the years she has spent countless hours guiding the organization, strategizing with board members and the three Executive Directors in Penn’s Village’s history, supporting volunteers, and helping members as they navigate growing older in their own Center City homes.

Thank you, Janet, from all of us at Penn’s Village. We are so pleased that you continue to be committed and involved.

Reruns of Penn’s Village Programs Available

Did you miss a Penn’s Village Program? Not to worry—we have recordings of most Zoom-offered programs on our website (www.pennsvillage.org), and they are available for screening. Simply click on the EVENTS tab at the top right of the Welcome page and scroll down to PAST EVENTS. You can click on the program you want to see—either again or for the first time.

**Get ready to
vote NOW**

See p. 4 for the latest.

INTRODUCING

Rochelle Owens, Avant Gardist

by Sherrill Cresdee



Native New Yorker and celebrated avant-garde poet, playwright, author, and translator, Rochelle Owens, and her late husband, George Economou (professor emeritus, American

poet, writer, critic), arrived in Philadelphia nineteen years ago by way of Norman, Oklahoma. Once here, and wanting to be a part of a like-minded community, they joined Penn's Village upon the recommendation of a friend. As a Villager, Rochelle has done poetry readings, availed herself of volunteer services, and is, in these days of pandemic, glad to be able to communicate with others, however physically distant.

Rochelle's first-published poem and first play, *Futz*, both debuted in 1961,

and in the years since, more than thirty-five additional books of poetry and plays have been written and published singly and in anthologies. Along the way, *Futz* has become a classic of the American avant-garde theater and was made into a film in 1969, reaching cult status. (To learn more about Rochelle's work, go to rochelleowens.org.)

So, why avant-garde and not mainstream? Rochelle started writing in her early teens and was "drawn to the concept of poetry as a dynamic process of discovery and innovation." As a child given a blackboard, she wanted to make figurative shapes in a certain way; she "wanted to create shapes and forms devoid of their definition, as an arrangement of diverse patterns."

While attending The New School in New York City after high school in Manhattan,

Rochelle simultaneously began working at the Poetry Society of America. While she was there, the person she worked for realized her potential and helped shape her interests, including "the Futurists, Ezra Pound, Dadaism, Emily Dickinson, and Walt Whitman." With a "fundamental comfort, taste, and disposition for experimentation and the impulse of the young," Rochelle Owens, Avant Gardist, arrived.

Today, at eighty-four, Rochelle will again have a new collection of poems published, *The Aardvark Venus*, which includes the poem, "Beloved the Aardvark," that can be read on her website. In addition to writing, Rochelle (as do many of us) "attends online Zoom classes (Alliance Française), does poetry readings, and tries to be realistic and get a good night's sleep—aging is not for sissies."

BOOK REVIEW

The Fabulous Bouvier Sisters: The Tragic and Glamorous Lives of Jackie and Lee by Sam Kashner and Nancy Schoenberger

reviewed by Dick Levinson

Could a book really be as delicious as a box of Godiva chocolates? Happily, in this case, the answer is an emphatic yes. The young women who grew up to be Jackie Kennedy and Princess Lee Radziwill spring vibrantly to life in a book that is perfect for this most dangerous period of our lives. In addition to the two stars, we meet such compelling supporting players as Black Jack Bouvier, the enchanting, but distant father who haunted Jackie and Lee their entire lives. Next to him, stepfather Hugh D. (known as "Hudie") Auchincloss was a boring stuffed shirt.

The two sisters had distinctively different personalities. Jackie was the quiet, bookish one who was happiest observing others from a distance. Lee yearned for the limelight and was fond of dramatic gestures. She was the

first sister to marry and succeeded in escaping her mother and stepfather by moving to London. Ultimately though, it seemed as if fate had played a cruel trick on both sisters.

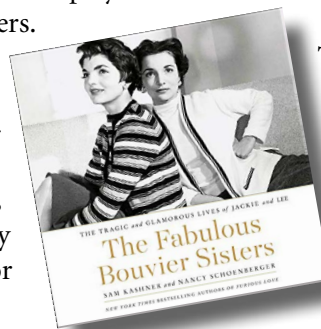
Jackie, who treasured her privacy and loved having the freedom to read for hours, became First Lady and the co-creator of the Camelot myth. Lee, who burned with ambition and hungered for attention, found it impossible to compete with a sister who became one of the world's most admired women.

To add insult to injury, Lee was the one who often explored new people, places, and hobbies first. When Jackie became

interested, sometimes years later, in these matters, they became key features of her public persona. Aristotle Onassis enjoyed toying with Lee, but married Jackie.

This book is full of the kind of juicy insider tidbits that will keep readers engaged into the small hours of the morning. For instance, who knew that Jackie Kennedy and Pat Nixon had known each other for years before their husbands faced each other in the 1960

presidential contest? Or that Jackie had interviewed Pat when she was a young journalist working for the Washington Herald? Or that Jackie had a thorough understanding of her son's strengths and weaknesses and did not want him piloting planes, which he had promised to quit? It's easy to surrender to this great read!



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Join Penn's Village

To become a member, visit www.pennsvillage.org and click on "Join." There you will find our membership information.

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.

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

Connect with Penn's Village

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Follow us on social media:



Get Ready to Vote NOW!

In the coming November 3rd election, we have the choice to vote either by mail or in person. Be sure you're ready by getting up-to-date, accurate voting information now and taking action well before important deadlines.

Be sure you are registered

If you have recently moved, make sure that you are registered to vote at your new address [here](#).

If you decide to vote by mail

If you voted by mail in the June primary election and you checked a box near the end of your application form saying you want to be permanently on the mail-in ballot list, a ballot application will automatically be mailed to you. If you are unsure whether or not you checked this box, you can look up your status [here](#) or call the Philadelphia County Board of Elections at 215-686-3460 and give them your full legal name and your date of birth. If your record can't be found or you didn't vote in June, you will need to apply for a mail-in ballot, which you can do online [here](#). *Your completed mail-in ballot application must be received by the County Board of Elections office by October 27th. but you are encouraged to act immediately to avoid any delays.*

Important Mail-In Voting Deadlines

Your completed ballot application MUST be received by the County Board of Elections office by 5:00 pm on 10/27/2020.

The deadline to return your voted absentee or mail-in ballot is 8:00 pm on 11/03/2020.

To make sure your vote is counted, return your completed ballot immediately after you receive it in late September or early October. Signing the outer envelope with a signature that matches your voter registration is critical, as your signature will be matched to the voter registration list.

If you decide to vote in person

Identify the location of your polling place well ahead of time and be prepared to stand in line to vote.

If you need help completing your mail-in ballot, call either:

Linda Katz, Democratic Committeeperson, 8th Ward - 215-732-7661

or

Lindsay Doering IV, Republican Ward Leader, 8th Ward - 215-840-1364

Note: We may again see drop-off boxes at City Hall and around the city for voters to directly deliver their mail-in ballots without having to risk any U.S. Mail delays.

Don't forget to read our blog on our website.

Penn's Village supports and actively encourages a diverse and inclusive community of members, staff, Board of Directors, and volunteers. Diversity and inclusiveness means excluding no one because of age, race, ethnicity, gender, sexual orientation, socioeconomic 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.

SEPTEMBER 2020 - Celebrating the Year of the Nurse and the Midwife

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
6	7	8	9	10 2:00 pm <i>Father Divine</i> Zoom	11 3:30 pm <i>PV Reads</i> Zoom	12
13	14	15 2:00 pm <i>Story of Spring Mill Café</i> Zoom	16 2:00 pm <i>What is Race?</i> Zoom	17	18	19
20	21	22 5:00 pm <i>Happy Hour Malbec</i>	23 2:00 pm <i>Poison Control Center</i> Zoom	24	25 3:30 pm <i>PV Reads</i> Zoom	26
27	28	29 2:00 pm <i>Climate Change</i> Zoom	30	31		

All AROUND TOWN

A Welcome Mix of Virtual and In-Person Opportunities

Arts and cultural sites are slowly opening around town, albeit with restrictions in place for safety (face masks and social distancing, advanced registration and payment, timed tickets, and shortened hours). Check each organization's website for detailed information.

Here is a list of open sites:

Academy of Natural Sciences

American Swedish Museum (Special exhibit—Miniatures from the Collections)



Barnes Foundation

Laurel Hill and West Laurel Hill cemeteries (download the mobile app "Laurel Hill Cemetery" for audio guided tours)

Mural Arts Philadelphia Walking Tour

(Mural Mile Center City)



Museum of the American Revolution Mutter Museum

National Constitution Center (New exhibit on the 19th Amendment, which gave women the right to vote. Free until September 5).

Pennsylvania Academy of Fine Arts (reopens September 12)—The Collection of Dr. Constance E. Clayton)

Philadelphia Magic Gardens (Special exhibit—Warren Muller: On and Off the Wall)

Philadelphia Museum of Art (reopens September 6)

Philadelphia Zoo



Restaurant Week (September 13-25) with multi-course prix fixe menus for \$20 lunches and \$35 dinners. Take-home or outdoor restaurant dining. Menus and reservations at ccdrestraurantweek.com.

Rodin Museum (reopens September 6)

The Franklin Institute (Special exhibit—The Presidents by Madame Tussauds)

University of Pennsylvania Museum

At the time of this writing, the **African American Museum** has not yet reopened.

The **Kimmel Center** has delayed their opening until 2021, but they have a virtual tour on their website of a special exhibit —A Seat at the Table—that celebrates the 100th anniversary of the 19th Amendment.

You may be familiar with or have attended live programs sponsored by **One-Day University**. Their programs are now online for \$7.95/month or a special discounted annual rate, or the option of one month free. Visit www.onedayu.com to check out the offer.



Welcoming New Members!

We are happy to extend a warm welcome to all who joined Penn's Village during the first six months of 2020. We hope you are getting to know your way around the Village and discovering the many programs and ways of support that are a part who we are.

January

Sam Garst
Beverly Leonard
Dan Louis
Susanna Mayer

February

Jonathan Fox and Marion Lake
Karen Koziara
Virginia Powell
Harry and Hiroko Sakamaki
Hugh Taft-Morales
Pamela Thaxter
Marsha Yankelev

March

Barbara and Robert Clark

April

Bob and Annie Uris

May

Gail and James Trimble

June

William Carr
Carol and Ramon Cook
Farida and Jay Pomerantz

FROM THE PROGRAM COMMITTEE

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for September. Please register at 215-923-7333 or at info@pennsvillage.org. Members are encouraged to self-register by logging into their Penn's Village account from the website and selecting the program they want to attend from the Upcoming Events List on the Welcome page. Most of our programs will be offered as Zoom Teleconferences. Members who register will be sent login information a day or so before the event.

Check our website and watch for emails for up-to-date information, a more complete description of each program, and additional programs scheduled during the month of September.

Thursday, September 10, 2:00 pm. Discussion of the movie, *Father's Kingdom*. Father Divine was a phenomenon who believed in racial harmony. He had millions of followers and once held a substantial amount of real estate in Philadelphia. Dr. Victoria Kirkham, Professor Emerita of Romance Languages at the University of Pennsylvania, will lead a discussion about his history. She will offer points to consider when you watch the movie on a date of your own choosing. You can view *Father's Kingdom*, a documentary about Father Divine, on Kanopy, a free movie service for anyone with a Philadelphia library card. Create an account at <https://freelibrary.kanopy.com/>.

Friday, September 11, 3:30 pm. Penn's Village Reads: A Selection from *To Kill A Mockingbird* by Harper Lee. Marion Hoover will read from this gripping, heart-wrenching, and wholly remarkable tale of coming-of-age in a South poisoned by virulent prejudice, which views a world of great beauty and savage inequities through the eyes of a young girl, as her father—a crusading local lawyer—risks everything to defend a black man unjustly accused of a terrible crime.

Tuesday, September 15, 2:00 pm. The Story of the Spring Mill Café. Our speaker, Michele Haines, will treat us to an informative and humorous presentation about the process of rehabbing an historic building into a successful French restaurant and cultural center in the “middle of nowhere, PA.” The Spring Mill Café has been serving French country fare since 1978 in Conshohocken. The historic property features the original Spring Mill general store and the picturesque converted farmhouse. Michele is a teacher, photographer, and founder of the café.

Wednesday, September 16, 2:00 pm. What is Race? The idea of race originated about two-hundred years before the founding of our nation. The concept was developed by the British to refer to the Irish. In an illustrated talk that spans the globe, you will see what people look like and how they do and do not vary across continents. Our speaker, Dr. Mark Curchack, holds a PhD in social-cultural anthropology, the area in which he taught at Arcadia University. His background includes looking at cultural practices among those who refer to race.

Wednesday, September 23, 2:00 pm. Development of the Poison Control Center. Join us for a presentation on the founding and history of Philadelphia's Poison Control Center that will provide information seniors can use to prevent problems with medications. Our speaker, Dr. Fred Henretig, is a retired Emergency Department physician at CHOP and founder of their Poison Control Center.

Friday, September 25, 3:30 pm. Penn's Village Reads: From *Laughter to Tears: A Potpourri of Stage Readings*, featuring a group of students from Temple University's Osher Lifelong Learning Institute.

Tuesday, September 29, 2:00 pm. Climate Change. Margherita Abe, a Penn's Village volunteer and recent graduate of a Climate Reality training program, will discuss aspects of climate change, its causes, current effects, and current methods of mitigation. Climate change affects all our current reality, including disastrous weather events, sea level rise, and the existence of COVID, as well as the potential for future viruses to spread from wild-animal reservoirs. Climate Reality Project is a global organization that was started by former Vice President Al Gore.

Finally, are you going stir crazy and want to get out? On September 22, at 5:00 pm, join us for an in-person Happy Hour at Malbec at 2nd and Pine Streets. All current Coronavirus protocols will be followed. As the date approaches, you will receive an email with further details.



2020 INTERNATIONAL YEAR OF THE NURSE AND THE MIDWIFE

For the past eighteen years, Americans have consistently ranked the honesty and ethics of nurses as the highest among a list of professions assessed annually by Gallup in the United States. When the World Health Organization (WHO) designated 2020 as The Year of the Nurse and the Midwife, marking the 200th anniversary of Florence Nightingale's birth, The Village View Editorial Board unanimously agreed that we wanted to pay tribute to our members and volunteers in that esteemed profession. Five Penn's Village-affiliated nurses stepped up to help by telling us their stories.

The irony is inescapable. During the Year of the Nurse, today's nurses are on the frontline in the fight against the 2020 COVID-19 pandemic. Florence Nightingale, famous for her nursing work during the Crimean War from 1854 to 1856, is credited with advancing the important role of nurses in transforming healthcare around the world.

All of our storytellers saw promising career opportunities in nursing (and, yes, Cherry Ames and Judy Bolton were mentioned at least once). Three recounted that they had decided to become nurses at a time when the most common careers for women were teaching, nursing, and social work. Baccalaureate nursing programs were becoming an alternative to traditional hospital diplomas, and dramatic societal changes were leading to a growing number

by Sherrill Cresdee and Marianne Waller

of new opportunities in the field. One nurse, whose parents were both nurses in World War II, always wanted to be a nurse—except for a short time when she was five and wanted to be a cowgirl. For the others, nursing wasn't necessarily a calling; sometimes it wasn't even a first choice. One went on to degree in literature before realizing that people, not words, were of the highest interest and that healthcare would keep life interesting. Two of our then-future nurses tell of having dreams of becoming classical musicians; for one, that idea just seemed a bit too far-fetched in terms of earning a living, and the other reached the same conclusion when she discovered that the First Violin was departing the Philadelphia Orchestra to go to nursing school. The driving force for yet another storyteller was a dream to bicycle across the country; becoming a nurse, specifically a nurse on wheels, could fulfill that dream!

It soon became clear that a nurse is not just a nurse. As one said, "I never considered changing careers or fields because there is SOOO MUCH one can do in nursing itself." The breadth of the collective experience is impressive—public-health, direct patient care, geriatric, visiting nurse, medical-sur-

gery, rehabilitation, critical-care, sociocultural anthropology, nurse anesthetist, academia, educator, researcher, scholar, clinician, and administrator.

"Nursing is a doorway to many different experiences," said one, and none of our Penn's Village nurses regretted their career choice. In fact, they sum it up with words like, "I have been able to do so MANY things in nursing that my professional life has been richly rewarding and never boring!" "I don't know of any other career that I believe I would have loved as much." "The impact I have been able to have via my students, patients, and families, my teaching and leadership and my own research has been further-reaching than I could have imagined when I began." "Nursing fulfilled my dreams."

We at Penn's Village salute the compassion, knowledge, and skills of every nurse. As one said, "It's an amazing time spent in the intimacies of people's lives and something you remember for the rest of yours."

Sherrill and Marianne thank our team of Penn's Village-affiliated members and affiliates for generously taking the time to share their nursing stories: Tim Carey, Lois Evans, Marjorie Muecke, Madeline O'Callaghan, and Neville Stumpf. And thanks to Margherita Abe for her help in interviewing.

You Speak, We Listen

by Karen Orman, for the Membership Committee



We value your feedback. As members, you are in a position to evaluate and communicate to us your comments, suggestions, and criticisms. Our services, programs, and activities are for you, and we welcome your input so that we can continually improve. We would greatly appreciate hearing your thoughts and ideas. Please write us at communications@pennsvillage.org. Be the first to reply and win a stylish Penn's Village baseball cap (pictured).

See Penn's Village on TV

Penn's Village was showcased on television recently on *Seeking Solutions with Suzanne*. Watch interviews featuring Jane Eleey, Executive Director, and Kristin Davidson, Board Chair, at <http://suzanne.tv/show.aspx?sid=1167>.

LIGHTS! CAMERA! ACTION!

Announcing the Penn's Village Players

Penn's Village Players is a virtual theater troupe. Participants are Penn's Village members and volunteers who would like to join us to create a virtual production of a two- or three-act play, one act per week. Members of the Penn's Village Players troupe can be actors, directors, and/or stage managers.

The actors will perform from their homes via Zoom, and the audience will join us via a Zoom meeting.

This virtual-theater troupe is not a play-reading group or live theater. Our objective is to create a program that is more than a passive activity, but rather a place for members to participate interactively to engage and contribute together and to just have some fun.

Rehearsals start in mid-September, with opening night sometime in October.

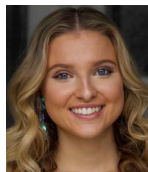
Interested actors, directors, and stage managers should contact Mark Raymond at mwraymond@comcast.net.



Help Us Tell the Penn's Village Story

by Emily Stephens

In order to extend the reach and visibility of Penn's Village to as many people as possible in Central Philadelphia, I am inviting those of you on Facebook to visit our Facebook Page (@PennsVillage) and "like" and share our posts with your friends and family. We also have an Instagram account (@penns_village) on which you can follow our ongoing activities. Help us get the word out about



Penn's Village and all the wonderful things we do.

Emily Stephens is our most recent Penn's Village summer intern. She works with the Marketing & Communications Committee, writing the weekly posts for our social media accounts—primarily Facebook and Instagram. A junior at the

University of Pittsburgh, Emily is majoring in Communications, with a minor in Economics and a certificate in Sustainability. One of the silver linings of the Coronavirus pandemic for us is that Emily is continuing to help Penn's Village as she takes classes online during the fall semester. Her family lives in Pennsport, but as amazing as it may seem, Emily has yet to try a South Philadelphia cheesesteak!

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:



Enclosed space



Crowds

Density of people + challenges for social distancing



Duration of interaction



Forceful exhalation

Sneezing, yelling, singing, and coughing



COVID-19 RECoVERY CONSULTING

Staying at home



Alone or with members of your household

Walking outdoors



With or without pets



Outdoor picnic or porch dining

With non-household people and physical distancing

Risks: Potential crowding and activity



Running or biking

Alone or with another person

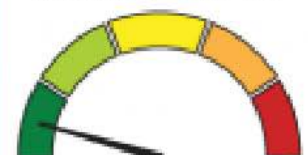
Risks: Close contact or potential clustering of people



Picking up takeout food, coffee, or groceries from stores

Risks: Potential crowding

Risk Level



Low



COVID-19 RECoVERY CONSULTING

(more)

Playing "distanced" sports outside



Ex. Tennis or golf

Grocery shopping

Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



Retail shopping

Risks: Indoor, close contact, potential clustering of people



 COVID-19 RECoVERY CONSULTING

Visiting hospital emergency department

Risks: Indoor, potential clustering of people



Medical office visit

Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



Dentist appointment

Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask



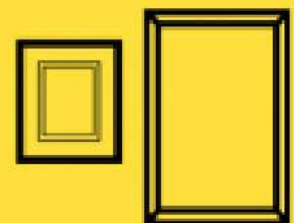
Outdoor restaurant dining

Risks: Close contact, potential clustering of people, challenge to wear a mask during eating

Taking a taxi or a ride-sharing service



Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers



Museum

Risks: Indoor, close contact/potential clustering of people



 COVID-19 RECoVERY CONSULTING

(more)

Exercising at a gym



Risks: Indoor, close contact/potential clustering of people, high-touch surfaces, difficult to wear a mask, high respiratory rate

Hair/nail salon and barbershops



Risks: Prolonged close contact, difficult to wear a mask

Indoor restaurant or coffee shop



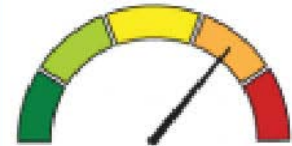
Risks: Indoor, prolonged close contact/potential clustering of people, difficult to wear mask while eating and drinking



Working in an office

Risks: Indoor, high-touch surfaces, prolonged close contact/potential clustering of people

Risk Level



Medium/High



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Indoor party

Risks: Indoor, prolonged close contact/potential clustering of people
Additional risks: alcohol (loss of inhibition), shared joint/pipe (coughing)



Bars and nightclubs

Risks: Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projection of voice



Public transportation

Subway or bus
Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



Concert

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice



Movie theater or live theater

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces



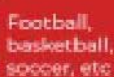
Religious services

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, singing/projection of voice



Playing contact sports

Risks: Prolonged close contact/potential clustering of people, high respiratory rate, unable to wear a mask



Football, basketball, soccer, etc



Air travel

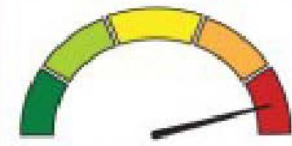
Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



Watching sports

Risks: Prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice, enclosed space (if indoor)

Risk Level



High



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