

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Over the past few weeks, the news about the COVID-19 pandemic has ranged from hopeful, with the announcement of high vaccine efficacy rates in Phase III trials, to sobering as rates of infection climb. Public health officials continue to plead with people to stay home during the holiday season. And it is still as important as ever to remember that wearing a mask and social distancing can help reduce your chance of being exposed to the virus or spreading it to others.

During the early phases of vaccine distribution, when supplies may be limited, the CDC will be making recommendations on priority populations for vaccination, with a commitment to protect populations most vulnerable to COVID-19 and frontline healthcare workers. The combination of getting vaccinated and following CDC's recommendations will offer the best protection from COVID-19.

Celebrating the holiday season: The upcoming holidays offer an important opportunity to connect with family and friends. Unfortunately, as the COVID-19 pandemic gets worse, in-person gatherings have the potential to contribute to the spread of COVID-19. As cases continue to increase rapidly in many areas across the United States, the safest way to celebrate is to celebrate at home with the people you live with. Gatherings with family and friends who do not live with you can increase the chances of getting or spreading COVID-19 or the flu. There are steps you can take to reduce the spread of the virus and to keep your friends, families, and communities healthy and safe. Take a look at the CDC updated guidance and tips on small gatherings and safely celebrating the holidays. (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>). To find out how one Penn's Village member's virtual Thanksgiving dinner turned into a real holiday celebration, [see page 8](#).

Reducing risk when traveling: The holidays are also traditionally a time when many Americans travel. During the pandemic, staying home is the best way to reduce the spread of COVID-19 and to keep loved ones healthy and safe.

Wearing your mask the right way: The CDC continues to recommend wearing a mask in public settings and when around people who don't live in your household, especially when it is difficult to maintain physical distance with others. See page 7 for helpful reminders on avoiding the wrong way to wear a mask

Wishing you a safe and happy holiday season and a hopeful new year,




Please join us in celebrating the season at the Penn's Village Holiday Party on Wednesday, December 16, from 5:00 pm to 6:00 pm. Brought to you via Zoom, the festivities will include a private *Groupmuse* concert performed by two classical musicians; Chanukkah, Christmas, and Kwanza readings; and sharing stories about your own special holiday traditions. Check the Penn's Village website for further details and registration information.

Penn's Village/Japan-America Society New Collaboration

We are pleased to announce a new partnership with the Japan America Society of Greater Philadelphia that was initiated by the Penn's Village Inclusiveness and Diversity Committee. We have recently arranged reciprocal discounts and are currently planning a jointly sponsored workshop.

[See All Around Town on page 5.](#)

IN THIS ISSUE

- 2 Active Aging: The Eyes Have It
- 3 Introducing: Marion Lake
- 3 Book Review: *Sapiens – A Graphic History*, by Yuval Noah Harari
- 5 All Around Town
- 6 December Calendar of Events
- 7 December Programs
- 8 A Virtual Thanksgiving

ACTIVE AGING

The Eyes Have It

by Bob Uris



Cataract surgery has been done for thousands of years, beginning with the ancient Greeks. For most of its history, the procedure has been risky, involving a long hospital stay and the wearing of special cataract glasses that were very thick and produced distortion in the size of objects. Now, the procedure is done on an outpatient basis and is very safe for most of the three million people who have it each year. Here is some background on how it all changed.

The word “cataract” itself refers to a waterfall. Why? The reason is that the cataract in an eye is shaped like a drop of water. In fact, it is an accumulation

of a protein that develops gradually on the lens of the eye as we age, causing an increasing amount of cloudiness in the vision. Since 1978, the cataract has been removed using a procedure called phacoemulsification, an impressively long word for a technique that was inspired by the ultrasound devices used in dental offices to clean teeth. The inventor was a New York City ophthalmologist named Charles Kelman who completed his residency training at Wills Eye Hospital here in Philadelphia. Dr. Kelman thought there had to be a better way for removing cataracts than the method that had been in use for many years. His “aha” moment occurred to him in a dentist’s chair when an ultrasound was used to shatter the tartar that had accumulated on his teeth.

It took Dr. Kelman years to perfect phaco and eleven years to convince the skeptics among his fellow ophthalmologists that the technique could be done safely and effectively. In addition, the permanent implantation of intra-ocular lenses eliminated the need for the thick eyeglasses. For his invention, Dr. Kelman was eventually awarded the Lasker Prize, considered by many to be the American equivalent of the Nobel Prize in medicine; he also won the Creativity Award, the highest honor of the American Academy of Ophthalmology.

So—those of us who have had cataract surgery can thank Dr. Kelman, an ophthalmologist trained here in Philly, for his amazing foresight.

COMMITTEE CORNER

A new feature of The Village View, the Committee Corner is the place to learn what is happening in our various Penn’s Village standing committees: Finance, Fundraising, Inclusiveness and Diversity, Marketing and Communications, Membership and Welcoming, Program, and Services.

Marketing and Communications

Much of our 2020 focus has been centered on building our social media visibility through short stories and ads that promote Penn’s Village on our Facebook, Instagram, Twitter, and LinkedIn pages.

With the assistance of our summer/fall intern, Emily Stephens, we created a theme for our campaign—**Volunteer, Join, Donate**. We have worked on mastering the most effective way to use graphics from Canva, Pinterest, Shutterstock, and Adobe Stock.

Please support our efforts by visiting our social media pages to view and comment on current posts and check for new ones. If you would like to learn more about

our projects or might like to join this vibrant and energetic committee, please email us at Communications@pennsvillage.org.

Inclusiveness and Diversity

Diversity is a reality, inclusion is a choice. — Stephen Frost, 2014

The Penn’s Village commitment to champion change in regard to inclusiveness and diversity began with its appointment of a task force and then a standing committee, adopting a policy, and embracing a series of activities over the course of the past several months—all related to this goal. In November, Penn’s Village leadership and staff completed a series of

workshops on mitigating bias. Twenty-two attendees joined in dialogue to process and personally adopt the “Six Steps to Mitigate Bias” proposed by diversity expert Howard Ross in his book, *Everyday Bias* (2020): recognize and accept that you have bias; develop the capacity to shine a flashlight on yourself; practice constructive uncertainty; explore awkwardness and discomfort; engage with those you consider ‘other;’ and seek and use feedback and data.

The Committee is now considering how best to make important components of these learning experiences available to the broader Penn’s Village family.

INTRODUCING

Marion Lake

by Karen Orman



My hope is that as many of you as possible will have a chance to meet Marion Lake. When you do, you will discover a charming, cultured, multi-talented, well-traveled, and warm person.

Marion's background in international finance is only the tip of the iceberg. Originally from northern New Jersey, she has lived and worked for many companies such as American Can and International Paper in U.S. cities and in places further afield, such as Hong Kong and Bad Homburg. In fact, eighty percent of her work time has involved travel. During each stay, she enjoyed meeting new people, having

novel experiences, and learning about her new surroundings.

Even this much business travel has not dampened Marion's continued enjoyment of personal travel. She was particularly enamored with a trip to the Czech Republic, where Prague displayed its artistic and musical worlds to her.

Marion's other favorite cities include Paris, Berlin, and Vienna. These choices comport with her ability to speak fluent German and some French. Her father, who was born in Germany, met her mother, who hails from Darien, Connecticut when he came to the States for college. From an early age, Marion participated in family dinner political discussions and was encouraged to form independent opinions.

It is mind-boggling how many interests Marion actively pursues. She is passionate about history, especially European history and how both world wars changed the world. This is in keeping with her reading preference for foreign affairs and historical fiction. She is an art aficionado especially fond of the late Impressionists, although she certainly admires her husband's modern art as well as his commercial architecture career accomplishments. Of the many classical composers, she favors Dvorak, Hayden, and Mozart. With respect to opera, she adores Verdi's Nabucco.

Marion is a gourmet cook who makes everything from scratch for her dinner parties and is especially fond of making various desserts with a European

[Continued on page 8.](#)

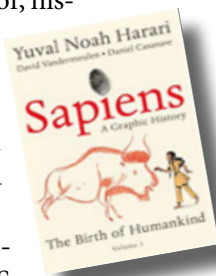
BOOK REVIEW

***Sapiens – A Graphic History*, by Yuval Noah Harari**

reviewed by Steve Wenick

Had I not read professor, historian, philosopher Yuval Noah Harari's previous books, which sold over twenty-seven million copies, I would have thought his latest work (released in October) a stunt – *SAPIENS: A GRAPHIC HISTORY*.

But as I discovered, this book validated the adage, "a picture is worth a thousand words." Harari, in collaboration with co-writer David Vandermeulen and illustrator Daniel Casanave, has produced a unique and highly effective pictorial rendering of the story of mankind. They accomplished it by employing clever, colorful, and lucid illustrations, complemented by easily understood explanations encased in dialogue balloons. On the opening



pages of this fascinating history, we are spirited back to a time when our ancestors mutated from monkeys and apes to become a unique species.

In this fascinating work, we learn many interesting things about how we, relatively weak creatures, managed to survive in a hostile world. How did our forebearer, Homo Sapiens, become the sole survivor of the six human species (Neanderthals, Denisovans, Homo Erectus, Dwarves, and Homo Luzonensis)? And how did taming fire help shape our bodies and brains, which ultimately resulted in giving us an advantage over our fellow Hominids?

Harari delves into a discussion of the question whether we are the product of design or simply the sole 'human' survivors of an endless series of mutations, adaptations, and accidents. He explains why our ability

to cooperate in large numbers, coupled with a not-so-silent partner named Myth, was critical to our success and dominance.

According to Harari, the myths we create are the glue that binds large numbers of us together. They enable us to work together in exceptionally large numbers, a critical component empowering us to quickly change the behaviors of large populations, as opposed to having to wait thousands of years for slow genetic mutations.

After a careful reading of this absorbing account of the birth of mankind and its impact on our planet, it is abundantly clear that we truly are the beneficiaries of the genes and dreams of our ancient ancestors, and where we carry their legacy has limitless possibilities.

(This review was originally published in The Times of Israel. Used with permission.)

Village View Editorial Board

Editor:

Marianne Waller

Design and Layout:

Linda Karp

Contributors:

Patricia Callahan
Molly Clifford
Lois Evans
Harriette Mishkin
Karen Orman
Bob Uris
Marianne Waller
Steve Wenick

Newsletter Editorial Board:

Sherrill Cresdee
Kristin Davidson
Linda Karp
Dick Levinson
Harriette Mishkin
Marianne Waller

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

215-925-7333

info@pennsvillage.org

www.pennsvillage.org

201 South 21st Street
Philadelphia, PA 19103

Follow us on social media:



A Piece of American History NOT in Philadelphia

by Molly Clifford

This past August marked the 100th anniversary of the 19th Amendment, a milestone that was officially celebrated during the summer hiatus of The Village View. We thank Molly Clifford, who joined the Penn's Village staff as our Administrative Coordinator last March, for sharing insights about Susan B. Anthony, with whom she shares a hometown.

One of the reasons I moved to Philadelphia from Rochester, New York is because of its history. My mother taught high school American History and shared her deep love of it with me. I have consequently passed that love onto my two daughters, who are really the #1 reason I made the move here earlier this year.

Rochester, however, does have its share of history, and in honor of the one-hundredth anniversary of the 19th Amendment, I wanted to highlight one of the city's most famous residents—Susan B. Anthony. Susan spent much of her adult life living with her sister, Mary, on Madison Street in what is now the Susan B. Anthony Neighborhood in downtown Rochester. It was in Rochester where Susan voted in 1872 and was promptly arrested for doing so. Susan was an anti-slavery activist, and became great friends with another famous Rochester resident, Frederick Douglass.



One of my favorite sculptures, a rendition of one of their afternoon teas, sits in the middle of the square down the street from the Susan B. Anthony Museum and House.

With the recent election of the first female Vice President, I am reminded of Election Day 2016. Rochester made national news with long lines of (mostly) women visiting Susan B.'s grave in historic Mt. Hope cemetery and leaving their "I Voted Today" stickers in anticipation of the first female president who wasn't.



Susan B. Anthony gravestone on Election Day 2016.

Unfortunately, that effect could not be replicated this year—instead, temporary plastic sleeves were placed over the stone so the stickers could be affixed without issue!

Now that I am surrounded by more history in one square mile than in all of Rochester, I enjoy exploring my Queen Village neighborhood and Center City on foot and by bike. During the pandemic, I am keeping busy with my Penn's Village responsibilities, watching Philadelphia sports, and when I can, sampling many amazing local restaurants!

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

Penn's Village welcomes and actively encourages an inclusive and diverse community of members, staff, Board of Directors and volunteers. Inclusiveness and diversity means welcoming all and excluding no one because of age, race, ethnicity, gender, sexual orientation, social-economic 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.

ALL AROUND TOWN

As we approach our holiday season, we are acutely aware that restrictions and safety concerns continue to be part of our everyday lives. Theaters remain closed, and outdoor activities and virtual cultural events dot our central Philadelphia landscape. Here is our recommended list of events for December.

Outdoor Activities

Winter traditions continue at Dilworth Park with new health and safety protocols. **The Wintergarden on the Greenfield Lawn** has whimsical topiaries, seasonal plantings, and an open-air layout. **The Rothman Orthopaedics Ice Rink and open-air Cabin** has limited ticket purchases and timed skating. **Made in Philadelphia Holiday Market** has unique gifts from local vendors.



Virtual Events

On December 15, from 5:00 to 6:00 pm, Rob Buscher, exhibit curator of *The Third Space*, will discuss the history of Japanese-American resettlement in the greater Philadelphia region during and after WWII. Topics will include Quaker allyship, Nisei organizing, Japanese-American artists, and War Relocation Authority propaganda (<https://japanphilly.org/?event=rob-buscher-the-third-space&event-date=2020-12-15>). For \$5.00 discount, enter code **PennsVillage5**.

Shofuso Japanese Cultural Center will offer an online tour from 6:00 to 7:00 pm on December 16 (<https://51111.blackbaudhosting.com/51111/Shofuso-Virtual-Tours-16Dec2020>). For a free tour, enter code **PennsVillage5**.

African American Museum in Philadelphia. *Rendering Justice*—a virtual exhibit that showcases an expansive examination of mass incarceration and an unflinching depiction of contemporary America. The artworks are part of Mural Arts Philadelphia's Reimagining Reentry program, which supports formerly incarcerated artists in the creation of public art projects.

Annenberg Center's online film event, *Two Beats One Soul*. December 4, 7:00 pm. Husband-and-wife music team producers Ray Chew and Vivian Scott Chew embark on an ambitious, two-week journey to Havana, Cuba, to create a collaboration of Afro-Caribbean-rooted sounds that have evolved into what we now consider modern-day Salsa music.

1812 Productions. *This Is the Week That Is*. For the last fifteen years, this comedy company has offered sharp satire and much needed laughter—this year more than ever.

Travel vicariously to the Eastern Shore of Maryland with our newest community blog by Jeanne Sigler.

The production will stream live on 1812productions.org. December 3 through January 3.

Lantern Theater Company. *Charles Dickens' A Christmas Carol*. From their archives, streaming to you at home from December 4 through December 27.




Girl Travel. This international touring company was originally designed for the Girl Scouts (thus the name). It is run by women, but anyone can attend. The top half of their web page shows future tours to Vienna, Canadian Rockies, Berlin; the bottom half shows videos of past tours to Russia, Amalfi Coast, and New Zealand. Each tour consists of photos with a live tour guide from that country (<https://www.girltraveltours.com/virtual-tours>).

In-Person Event



Longwood Gardens. *A Longwood Christmas*. outdoor gardens adorned for the season. Named winner last year as the Best Botanical Garden Holiday Lights. Advance reservations and timed tickets. Through January 10. (<https://longwoodgardens.org/blog/2020-11-25/longwood-christmas-cheer-here>).

DECEMBER 2020 - Happy Holidays!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 2:00 pm Tackling Family History Projects Zoom	2	3	4	5
6	7	8	9 2:00 pm Controlling Age-Related Disease Zoom	10	11 Chanukkah Begins 	12
13	14	15	16 2:00 pm Overview of the Battle against Aging Zoom 5:00 pm Holiday Party Zoom	17	18	19
20	21	22	23 2:00 pm Sleep and Memory Zoom	24	25 Christmas 	26 Kwanzaa
27	28	29 12:00 pm Lunch and Books Zoom	30 2:00 pm Exercise and Successful Aging Zoom	31 New Year's Eve 		

DECEMBER PROGRAMS

The Program Committee, under the leadership of Mario Oropeza, announces the schedule of programs for December. Self-registration is now available on the Penn's Village website! Please review the Self-Registration Instructions on the website. You can also register by emailing info@pennsvillage.org or calling 215-925-7333.

All programs are offered as ZOOM Teleconferences; members who register will be sent login information a day or so before the event. Check the website for any up-dated information or more detailed descriptions, as well as for additional programs scheduled for December.

Tuesday, December 1, 2:00 pm. Tackling Family History Projects. Clemence Scouten, founder of Memoirs & More, will lead this interactive workshop and help you learn how to tackle family history projects. From archiving to genealogy to storytelling, Clémence will walk through different kinds of family history projects and show you how to tackle each one head on.

Tuesday, December 29, 12:00 pm. Lunch and Books. *On Tyranny: Twenty Lessons from the 20th Century*, by Timothy Snyder. *On Tyranny* is a call to arms and a guide to resistance, with invaluable ideas for how we can preserve our freedoms in the uncertain years to come.

Aging as a Treatable Disease — A Special 4-Part Series with Dr. Jay Pomerantz

Wednesday, December 9, 2:00 pm. 1. Controlling Age-Related Disease—Increasing Healthspan

Wednesday, December 16, 2:00 pm. 2. Overview of the Battle Against Aging

Wednesday, December 23, 2:00 pm. 3. Sleep and Memory

Wednesday, December 30, 2:00 pm. 4. Exercise and Successful Aging

You are welcome to attend all four presentations, or pick the ones that interest you the most.

See the November 18 Penn's Village email or check the website for more information regarding individual sessions.

How NOT to wear a mask



www.cdc.gov/coronavirus

CS 11/20/20 04/20/21

From a Virtual Thanksgiving to a Real Holiday Celebration

by Marianne Waller

There is no denying that the trip to Grandmother's house for Thanksgiving has become a bit more complicated for many of us than it was back in the day of "over the river and through the wood to grandmother's house we'll go." If time and distance hadn't already complicated the trip, the recent COVID-19 warnings about non-household gatherings threatened to cancel many plans.

I am happy to report that on Thanksgiving Day my family successfully circumvented daunting distances and COVID-19 to travel thousands of miles for a sumptuous feast in Sale, England; Vienna, Austria; and Philadelphia, USA. Granted, we weren't bundled into a sleigh as our data raced along the internet, but almost instantly we were all together.

We gathered midway through food preparations, as turkeys roasted, side dishes simmered, and tables were set. There were some dishes being prepared from Grandma Waller's and Aunt Gayle's recipes, talk about the often not-so-savory origins of this beloved American holiday, and advice on how to save the disaster that was my pecan pie, which was a last-minute substitution

for the pumpkin pie that had somehow disappeared a few days before due to complications beyond my control.

We had agreed to eat at 11:30 am in Philadelphia (4:30 pm in Sale and 5:30 pm in Vienna). Turkeys, however, still have a way of being done when they are done, so in actuality, some of us were still cooking while others began eating. Soon enough though, all of us were happily feasting away.

The best part of the day for me was our Show-and-Tell time after dessert. Just as in the school days of yore, we each had a special possession with our story. We heard tales about Morris's old 35-mm film camera, an afghan hand-knit by Jeff's beloved Grandma Birdie, Julia's snoopy dog with Aunt Gayle memories, Melissa's broken old red umbrella that had belonged to Grandma Becker, Iain's new Five Guys uniform for his gap-year first job, Jessica's hand-painted Lightning water bowl, Jennifer's crazy-eyed doll from childhood, and my Lightning dog memorial.

We spent three plus wonderful hours together; as I was cleaning up after everyone went home, I felt that warm sense

of contentment that sometimes follows a holiday well lived. The next time you feel a need to connect with your loved ones on a special day, try the internet! We think it is a great way to travel.

Marion Lake *continued from page 3*

accent such as fresh fruit tortes with marzipan. She has participated in many sports from fencing to

basketball; played the flute; and was a member of a European dance group in Los Angeles, where she went to college. She keeps fit by swimming, running, and doing pilates.

Currently a part-time consultant for SCORE, Marion counsels and runs seminars for aspiring start-up entrepreneurs. An article in *The Philadelphia Inquirer* about Penn's Village caught her eye and led to her becoming a member. She has participated in several programs and finds the people sophisticated and interesting.

I'm sure you will discover for yourself that she complements our diverse and talented membership.

THANK YOU TO OUR BUSINESS SPONSORS

Please support all our business members. See www.pennsvillage.org for a complete list.



SILVER LININGSTM
Home Healthcare Inc.



Penn Medicine

Center City
Home Care



ADVANTAGE
real estate, real advice.



JeffersonTM

THE ATHENÆUM
OF PHILADELPHIA

M.C.T.
MY COMPUTER TECHIE
You Got A Techie "By Your Side"

BERKSHIRE
HATHAWAY
HomeServices

Fox & Roach,
REALTORS[®]

cecil baker + partners
ARCHITECTS

AVA
ACADEMY OF
VOCAL ARTS

Home
Instead
SENIOR CARE[®]
to us, it's personal.

excel
physical therapy

The Clay Studio

FIRST PRESBYTERIAN CHURCH IN PHILADELPHIA

