

THE VILLAGE VIEW

FROM THE EXECUTIVE DIRECTOR, JANE ELEEY



Dear Members and Friends,

Penn's Village's sixth annual Town Hall, held in early March, is now a memory. But what a memory! The weather gods could not have been kinder, blessing us with a warm, sunny day that was reflected in the faces of all who showed up. First, business was attended to, the state of the PV union was affirmed to be strong, and the future pronounced promising. Then

on to the fun! Members enjoyed great food and drink, connected with friends and created quite a buzz in the church hall.

Many, many thanks to all the staff and volunteers involved in making this a successful affair! And thanks especially to our new business partner, **A Long Term Companion**, for helping to sponsor the event.

Just as the Town Hall depended on individuals pitching in, so does Penn's Village. There is no better time to acknowledge this than in April, which is National Volunteer Month. I got to thinking about what it means to donate your time and talents when I came across a quote from an unknown author. It says that "*Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.*"

For me, the community that Penn's Village has created through your efforts is one that respects the dignity and value of age. One that prizes kindness and sharing. One that appreciates life-long learning and teaching. One that treasures fun and laughter.

This certainly is the community I want to live in, and I suspect you do as well. Thank you for who you are and what you do. Your work makes a difference!

Jane

CONGRATULATIONS!

Thanks to generous Penn's Village supporters, records were broken, and history made with the best-ever Valentine's Day Winter Fundraiser.

For the first fifteen of you who donated \$250 or more, your box of chocolates is on its way.

Again, thanks so much.



Welcome!

New Penn's Village Members & Volunteers

Susan L. Ross

Nina Rothstein

Juliet Sternberg

Follow us on social media:



IN THIS ISSUE

- 2 Volunteer Appreciation
- 3 Active Aging: Hanging Out is Good for Your Health
- 3 PV Special Interest Groups
- 4 All Around Town
- 5 April Programs
- 6 April Calendar
- 7 Book Review: *Lives of the Wives; Five Literary Marriages*
- 8 PV Pinups
- 9 Community Blog

ACTIVE AGING

Hanging Out is Good for Your Health

by Sandy Rothman

My thoughts lately have been drifting back to being a senior in high school, remembering when a big chunk of my time was spent with friends, just hanging out. It's where I got a sense of belonging and started figuring out who I was and where I was going. It felt good. It seemed important.

Now I'm another kind of senior, living in a culture that often equates hanging out with wasting time. But I see it in a different way. I think that human connection is at the core of what we require to live a satisfying life, and that hanging out is an important wellness practice, much like exercise or meditation.

The laughter and sense of camaraderie that happens when we're with friends releases neurochemicals called endorphins. Suddenly, you feel super happy! You have more bandwidth to learn, grow, and face reality when you get regular hits of these neurochemicals.



For over two years, I've been involved in a community art project at Frieda, 3rd and Walnut Streets, a place that's an interesting kind of social experiment familiar to many Penn's Village members. An informal group of mostly women gathered several times a month to recycle donated plastic bags into large, vibrant pom-poms. We made hundreds and hundreds of fuchsia, pink and purple balls without knowing why. In the process we connected, shared, got to know each other, and formed friendships.

I suggest you visit the café to see the result of our labor, a delightful installation called Pombaa that's guaranteed to make you smile!

Penn's Village understands that the epidemic of loneliness that has seeped into our society is especially prevalent among seniors. Therefore, we offer many opportunities to get together, from special interest groups such as Chat Group to events like Happy Hour and affairs like Town Hall and the Annual Garden Party.

A new group, Weekenders, has been recently launched to specifically hang out on the third Sunday of each month. Contact Bonnie Carpenter at bonniecar33@msn.com for more information.

Given that an occasional "cocktail" of endorphins has been proven to be good for both your physical and psychological health, we hope you find an enjoyable way to hang out soon!

INTEREST GROUPS

Book / Chat / Cooking & Restaurant / History Book Club / Men's / Short Story / Spanish Conversation / Support / Walking / Weekenders / Writers

Interest groups are open to, formed and led by Penn's Village members at the Neighbor and Villager levels. Meetings are scheduled by each interest group, typically one-to-two times a month. Discussions are self-determined, confidential, varied, friendly, and respectful. A description of each group is posted on our website. To explore when each group meets, what group you may wish to join, availability of openings, or to join a waitlist, contact the PV office at info@pennsvillage.org.

Should I Stay or Should I Go?

Penn's Village welcomed three of its business partners for a panel presentation on what decisions to make to either stay in your own home as you age or downsize to a smaller home or community. Topics included home modification needs, home health care costs, how to declutter and get rid of stuff, and the tedious jobs of packing, moving, and rearranging.



(L to R) Bode Hennegan of Life Managers, Mary Ann Kleschick of Arrive Move Managers, and Peggy Wonder of Space For You.

ALL AROUND TOWN

Longer days. Warmer days. Blossoming flowers and trees -- time to celebrate the arts in Philadelphia. Dance and music performances fill our April calendar of events this month with many genres to satisfy all tastes.

DANCE



Friday, April 12 to Sunday, April 14. Philadanco.

Director's Choice Offerings. Take a trip down memory lane with four of the troupe's most

requested ballets: Christopher L. Huggins' *Blue*, Ronald K. Brown's *Gate Keepers*, Talley Beatty's *Pretty Is Skin Deep, Ugly to the Bone*, and Harold Pierson's *Roots & Reflections*. Perelman Theater. 300 S. Broad Street.

Saturday, April 13, 7:30 pm. Chloe Arnold's Syncopated Ladies: LIVE!

An all-female dance company celebrating a sisterhood of talented women dancing to today's music – from pop and hip-hop to salsa and R&B. Miller Theater, 250 S. Broad Street.

For more information about either of these programs, visit: ensembleartsphilly.org.

Friday, April 19 to Saturday April 20. MOMIX. Back to Momix. Excerpts from some of the company's greatest hits. Annenberg Center for the Performing Arts, 3680 Walnut Street. Call 215-898-3900 or visit: [Penn Live Arts: MOMIX](https://pennlivearts.org/MOMIX).

Friday, April 19 to Saturday April 20. Kun-Yang Lin/Dancers. Dealing with grief on a personal and global level, the pieces include: the world premiere of Lin's *Breath Into Air*, excerpted from his 2011 Mandala Project; Evalina Carbonell's *Koyl* from 2016; and

Weiwei Ma's 2023 *Dragon*. FringeArts, 140 N. Christopher Columbus Boulevard. Visit: kyld.org/2024

Thursday, April 25 to Sunday, April 28. Koresh Dance Company. Hollow Apple. The premiere of its latest work, "inspired by the endless desire to be liked and loved by strangers, only to reveal our fears and unworthiness" is set to original music by Sage DeAgro-Ruopp and poetry by Karl Mullen. Suzanne Roberts Theatre, 480 S. Broad Street.

Visit: <https://myptc.philadelphiathetrecompany.org/events/88396>



MUSIC

Thursday, April 4 5:00 pm. Haydn and Mozart Power Hour:

This new tradition is described as a series of classical concerts with a casual vibe. Pre-concert fun begins at 5:00 pm in the Plaza, followed by concert and post-concert conversations in Verizon Hall at the Kimmel Center. Visit: [Orchestra After 5: Haydn and Mozart Power Hour - Ensemble Arts Philly](https://orchestraafter5.org/haydn-and-mozart-power-hour-ensemble-arts-philly)

Sunday, April 7, 4:00 pm. German Society. Claire Huangci, piano. A selection of works by Domenico Scarlatti and Franz Schubert. PV members are offered a 50 percent discount to this chamber music concert series. When purchasing tickets at the door, mention PV membership for a discounted ticket price of \$10 (reduced from \$20). The German Society of Pennsylvania, 611 Spring Green Street. Visit: ["Wister and More!" 2023/24 Ticket Order Form - The German Society of Pennsylvania](https://wisterandmore.org/2023/24-ticket-order-form-the-german-society-of-pennsylvania)



Saturday, April 20, 3:00 pm.

The No Name Pops. Timeless.

A tribute to the remarkable legacy of the late Peter Nero.

This new ensemble is composed of former musicians of the Philly Pops Orchestra, which was led by Nero for nearly 40 years. Kimmel Center, 300 S. Broad Street. Visit: ensembleartsphilly.org

Friday, April 26 to Sunday, May 5. Opera Philadelphia's Madame Butterfly. Madame Butterfly is one of opera's most enduring tales of unrequited love. Puccini's poignant score follows the tragic tale of Cio Cio San, a young Japanese girl who falls in love with American Naval Officer Pinkerton, with devastating consequences. Visit: <https://www.operaphila.org/whats-on/in-theaters-2023-2024/madame-butterfly/>

MISCELLANEOUS/ON-GOING Wednesday, April 17, 11:00 am. Free Library of Philadelphia. Can Robots Care for Grandma?

Dr. Jerry Jacobs, Sociologist at the University of Pennsylvania, has been watching Japan's efforts to produce a generation of robots that can care for fragile adults. Though there are still a number of technological issues, the Japanese have developed mechanical pets that have been embraced with enthusiasm, as though they were living animals. To register for this program, visit: https://freelibrary-org.zoom.us/webinar/register/WN_s5VIR-WPpSUuyKdiS6is_1A

continued on p.9

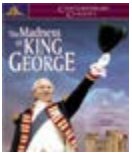
APRIL PROGRAMS

Registration is required for all events unless otherwise noted. Every program in the MacColl room is limited to 40, so register early on the Penn's Village website, at info@pennsvillage.org, or call 215-925-7333. Remember to check the website and your email for updated information and/or newly scheduled programs. A presentation link will be sent to registrants prior to each Zoom event.



Tuesday, April 2, 3:00 pm. *Absinthe: The Story of the Infamous Green Fairy.* A presentation about the rise and fall of the drink that inspired many European artists between 1830 and 1915 and eventually banned with the onset of WWI. A complimentary degustation of French absinthe will follow. Speaker Daniele Thomas Easton is a former docent at the Pennsylvania Academy of Fine Arts. **MacColl Room.**

Wednesday, April 3, 2:00 pm. Stand on Your Own Two Feet-Steady Balance and Movement. With intention and awareness, we can remain upstanding and moving throughout our lifespan. This workshop offers innovative ways to sit, rise, stand, and move, including being out of balance to learn where our center of gravity is. Join Judith Sachs, certified Dance for Parkinson's Disease teacher and martial artist, to find out more. Limited to 20 participants. **MacColl Room.**



Monday, April 15, 2:00 pm. *The Madness of King George.* Penn's Village Goes to the Cinema and the Free Library of Philadelphia present this screening, followed by a group discussion. Philadelphia City Institute Branch of the Free Library, 1905 Locust Street. **No registration required.**

Wednesday, April 17, 2:00 pm. Boosting Your Brain Health-It's Never Too Late to Start. Access the latest tips based on current science to keep your brain as healthy as possible, like how to keep your mind sharp as you age, better understand what normal forgetfulness is, and the issues you should be concerned about. Dr. Monika Downey is the Senior Director of Behavioral Health at Patina Health. **Zoom presentation.**



Thursday, April 18, 2:00 pm. Real History, Real Fast. A lecture and slide presentation by Jim Murphy, a professional tour guide who is passionate about interesting, offbeat Philadelphia history. He is the author of the bestselling *Real Philly History, Real Fast*. **MacColl Room.**

Wednesday, April 24, 10:30 am. Photo Walk. Participants will meet group facilitators at a location within a defined geographic area in Central Philadelphia, accessible by SEPTA, and be given photo guidance by Penn's Village members Brian Wengenroth and Howard Green, both amateur camera buffs. Open to all skill levels. **Stay tuned for location announcement.**



Thursday, April 25, 2:00 pm. Death Positive Series: End of Life Planning for Elder Orphans. Thinking about death can be overwhelming. Like anything in life, having a plan can help us feel grounded and prepared. Led by Sunset Companions Russ Alexander, a chaplain with the Hospital of the University of Pennsylvania, and Annie Wilson, an INELDA-trained death doula, this second in a three series of presentations is for people approaching the end of life without children as the assumed caregivers. Sunset Companions is an organization dedicated to helping the dying and their loved ones through all the aspects of dying. **MacColl Room.**

Monday, April 29, 2:00 pm. *The Last King of Scotland.* Penn's Village Goes to the Cinema and the Free Library of Philadelphia present this screening, followed by a group discussion. Philadelphia City Institute Branch of the Free Library, 1905 Locust Street. **No registration required.**



Tuesday, April 30, 2:00 pm. Hospital Clowns: The Inseparable Interaction Between Humor and Health. Join us for a discussion on how to become a hospital clown. Included, will be research and personal stories demonstrating the impact of humor on health. Presenter Marilyn Deutsch, PhD, has a doctorate in psychology and is a hospital clown trained by The Bumper T Caring Clown Organization. **MacColl Room.**

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  APRIL FOOLS DAY	2 3:00 pm Absinthe MacColl Room	3 2:00 pm Stand on Your Own Two Feet MacColl Room	4	5	6
7	8  Partial Solar Eclipse	9	10	11	12	13
14	15  APRIL TAX DAY 2:00 pm The Madness of King George Phila.City Inst.	16	17 2:00 pm Boosting Your Brain Health Zoom	18 2:00 pm Real History, Real Fast MacColl Room	19	20
21	22  Passover	23	24 10:30 am Photo Walk TBD	25 2:00 pm End of Life Planning for Elder Orphans MacColl Room	26	27
Volunteer Appreciation Week - April 21-27						
28	29 2:00 pm The Last King of Scotland Phila.City Inst	30 2:00 pm Hospital Clowns MacColl Room				

BOOK REVIEW

***Lives of the Wives: Five Literary Marriages* by Carmela Ciuraru**

reviewed by Dick Levinson



There is nothing quite like a confession to spice up a review. So, here goes. I've never been married, but I'm a sucker for books about marriage. I guess I keep hoping that I'll uncover important secrets, without having to actually live them. I'm also guessing that while partners who've been married for decades may know all there is to know about their own union, the marriages of friends and colleagues remain mysterious---a kind of unknown country.

Lives of the Wives triggers, in turn, every emotion that you are capable of feeling. This little survey of the injustices that men inflict on women will, and should, spark outrage. However, five pages later you'll be laughing out loud. Author Carmela Ciuraru has a real gift for capturing stories and moments that are impossible to forget.

We are treated to an inside look at the marriages of Patricia Neal and Roald Dahl; Elizabeth Jane

Howard and Kingsley Amis; Elaine Dundy and Kenneth Tynan; Elsa Morante and Alberto Moravia; and Una Troubridge and Radclyffe Hall.

While every reader will have her or his favorite couple, I urge you not to miss the chapter on Neal and Dahl. The richly talented Patricia Neal endured so much heartache and pain, almost as though she lived a Greek tragedy. Husband Dahl was the kind of boor and brute that most people seek to avoid. Later in life, Dahl was thrown out of more than one restaurant for complaining that there were just too many Jews in the establishment. Life is full of ironies, however. After Pat Neal had her devastating stroke, her husband responded like a military drill sergeant, putting her through endless drills and activities that alarmed those who loved her. However, in this critical instance, the husband did know best. It is because of Roald Dahl that Pat Neal made a complete recovery.

Without doubt, the most entertaining chapter in this book explores the marriage of Kenneth Tynan and Elaine Dundy. The French have a term, "sacred monster," that

describes Tynan perfectly. One of the greatest writers and critics ever to express himself in the language of Shakespeare and Joyce, Tynan never outgrew his little boy habit of demanding attention all the time. It strikes this reviewer as sad, that of all the gifts that women have to offer as lovers, companions, friends, and teachers, it was female buttocks that really engaged Tynan's attention. He was a compulsive spanker and, too bad for him, relatively few intelligent women would tolerate it. Tynan was the creative mind behind the Broadway and West End review *Oh! Calcutta!* If this doesn't seem to compute, you can Google it.

Elaine Dundy had enjoyed a remarkably diverse and interesting career in New York, Paris, and London before falling into the trap of caring for the boy who would not grow up. Her experience demonstrates why women have said for generations (if not centuries), "What every woman needs is a wife!"

I can't think of another book that will entertain you, or make you think to the degree that this one will. Don't let it escape you!

All Around Town -continued from p.4

The Little Free(dom) Library Project, launched in February 2024, is part of Visit Philadelphia's *In Pursuit of A More Perfect Union* series showcasing Philadelphia as the nation's premier welcoming and inclusive destination. To learn more, visit: <https://www.visitphilly.com/articles/philadelphia/little-freedom-library/>

*"Volunteering is the very core of
being a human.
No one has made it through life without
someone else's help."*

Heather French Henry

PV Pin-ups

Photos from the March Town Hall



Raffle winner Jane Lowe with prizes



L to R: Richard Salkowitz, Sue Salkowitz with Marty Kilstein, Michelle Kilstein and Brett Ringold of A Long Term Companion



L to R: Carol Singer and Patricia Callahan



Raffle winner and newly minted PV member Susan Ross with prizes



L to R: Sheryl Potashnik, Kristin Davidson, Lois Evans, Marjorie Muecke



L to R: Harriette Mishkin and Molly Clifford



Jo-Ann Cooper, Food Table Guide

Community Blog Sneak Peek

Every April organizations honor the work of their volunteers and the many contributions made toward accomplishing their mission and goals. What is also significant are the personal benefits gained by volunteers. As Clare Novak says in her blog: "As a senior, I love having conversations about living and learning rather than doctor visits and the weather." Volunteering also provides an easy way to meet new people, which can be difficult as one ages. Read about Clare's multiple volunteer gigs, all very different, yet all very personally satisfying. Visit: <https://bit.ly/3qEl0zP>.

*"You make a living by what you get.
You make a life by what you give."*

~Winston Churchill

❧ IN MEMORIAM ❧

Steven Douglas

Rita Manzoni

May Their Memories Be a Blessing



A Kitchen Secrets Tour of DiBruno's Program



L to R Tommy Amorim, cheese monger and member of the DiBruno family, describing the various cheeses available, and talking about the history of the DiBruno Bros. family through the generations at the Penn's Village DiBruno's Kitchen Secrets Tour on March 7.

THANK YOU TO OUR BUSINESS PARTNERS

For more partner information, double-click on the logo.

