

Village Voices



Village Water Enthusiasts Left to right: Geoff Brock, Sue Erickson, Margaret Sadler, Kumar Kishinchand

Local Water “Brigade” Protects Vital Resource

By John T. Gillespie

The city spent some 20 years and \$900 million the 1980s and 1990s upgrading its waste water treatment plants, then the largest capital project in the city’s history. The man largely responsible for bringing this massive project to fruition was Village

member Kumar Kishinchand, the city’s Water Commissioner from 1992 to 2004.

Kishinchand is part of an unusual brigade of Village members who, by profession or choice, manage or advocate for water. His colleague, Geoffrey Brock, who oversaw drinking water quality for the Water Department for most of 38 years, lives a block away. He says the “whole country is looking at what Philly is doing with water” and blithely asserts that sanitary engineers, not doctors, have the “greatest impact on life.”

Brock comes from a generation of engineers and scientists who joined the water department following passage of the Clean Water Act of 1972. Their achievements have prompted increased public awareness of the importance of water in sustaining life and the environment.

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Bill Sharrar with young patient.

Too Old To Practice Medicine? “I Love What I Do.”

By John T. Gillespie

Tell Bill Sharrar he’s too old to practice medicine, and he’ll tell you he loves what he does.

The retired chairman of pediatrics at Cooper University Health Care-Camden, who was featured recently in *The Wall Street Journal*, has been treating children since he graduated and took his residency at Penn Medicine

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Computer Wizard

By Sue Burnett



What To Do If Your Smart Phone Gets Wet

When a water bottle leaked on my iPhone in my gym bag, I quickly researched this topic and decided that I would share the procedure.

1. Wipe the phone dry and gently shake it to clear the ports of water. Do not use a hair dryer.
2. If the phone is turned on, turn it off so that it doesn’t short circuit.
3. Remove the SIM card (with a paper clip) and dry the tray.
4. Place phone in an airtight container of rice or silica packets for 48 hours.
5. Try turning on the phone again and quickly backing up all your data to iCloud or another backup service.
6. To trade in the phone and get a new one, Verizon requires you to disconnect “Find my iPhone”, delete your data, and remove the SIM card.



I was lucky that my phone turned on after 48 hours in the rice, and I was able to do a backup. However, my phone was running low on power and I could not recharge it. Apparently, the water had caused the phone to bulge and the charging cable would no longer fit securely in the phone. I didn’t want to pay for a repair because I had recently outgrown the memory available for photos on my iPhone 6. I got a new iPhone7 and downloaded all my data and photos from iCloud very easily.

Welcome New Members!

► Barbara Burg

► Gerald & Karen Kreider

For their contact information, log in to eastfallsvillage.org with your user name and password to access the members-only Membership Directory.

For help on logging in, see page 10 in the 2017 Member Handbook & Directory or email info@eastfallsvillage.org.

JOINING EAST FALLS VILLAGE

Pick up a membership brochure at the front desk of the Falls Library or print out a membership application from the website, eastfallsvillage.org. Or click on Member Signup to join online and pay with a credit card.

Village Voices is a publication of East Falls Village (EFV), a program of East Falls Community Council. No portion of this newsletter may be copied or reprinted without the permission of East Falls Village. All East Falls Village programs and activities, including Village Voices, are created, developed and executed by Village Member Volunteers.

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www.mountainpaper.com

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EFV JOINS NW COALITION FOR HEALTHY AGING

East Falls Village has joined with Northwest Village Network, Mt. Airy USA, Ralston My Way, and Weavers Way to form the Northwest Coalition for Healthy Aging. The umbrella organization was inspired by Dr. Atul Gawande, the surgeon and public health advocate, who writes of end-of-life choices in his book, *Being Mortal*. The issues were dramatized locally in the case of a Philadelphia nurse, Barbara Mancini, who was charged by the Commonwealth with helping her father commit suicide. The charges were later thrown out. Barbara will share her compelling story with East Falls Village on January 28.

On February 7, the Coalition will sponsor a Death Café – an informal discussion of matters pertaining to death. Ron Palacio and his wife Donna, both EFV members, participate in a Death Café in Center City. He says they break into small groups and despite the topic, “there is a lot of humor from the many different stories and cultures” represented.

For more information on these two programs, see the program insert and the Calendar of Events on eastfallsvillage.org.

Water

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Margaret Sadler, board president of the Pennsylvania Horticultural Society, says that “As a society, we’ve become much more conscious of the need to protect and preserve water.” As a master gardener, she notes more prosaically “You need water to grow plants.” “Wonders of Water” is the theme of the 2018 Flower Show, sponsored by PHS. Sadler has arranged for EFV members to take part in an early morning tour of the Flower Show. (See the list of Upcoming Programs.)

Sue Erickson grew interested in water after she bought a home on West Queen Lane by the reservoir. As a new member of the Active Learning Team, she has arranged for two water-related programs for the Village - a tour of the Wastewater Treatment Plant and a walking tour of the Wissahickon Watershed. She is investigating tours of other water-related sites. “As a citizen, I’m more mindful of how we treat this vital resource, and of what we throw away, such as grease and oil.”

The Clean Water Act imposed stiff restrictions on the discharge of pollutants into American rivers, streams, and lakes. A series of enforcement actions and federal consent decrees forced the city to act. Three water treatment plants – in Northeast, Southeast and Southwest Philadelphia – were upgraded from primary to secondary treatment facilities, a process that removed all solid waste with its demand for oxygen.

The Kishinchand team was also responsible for the citywide installation of automated water meters and restoration of the Fairmount Water Works, which EFV members toured in 2016.

Since the Kishinchand years, Philadelphia has developed the Green City, Clean Water plan to reduce sewer overflow by capturing storm water and using it to irrigate rain gardens, swales, and tree trenches, thus mitigating floods and erosion in Philadelphia’s river and streams.

Green City, Clean Water received an excellence award from the American Planning Association.



EFV group on the Walking Tour of the Wissahickon Watershed

Sharrar

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in 1970. Following a stint in the Peace Corps, he joined Philadelphia's Childrens Hospital, and later Cooper.

After 47 years in practice, he still sees patients five days a week and has no plans to quit.

"I'm 76 years old, so I could retire, but I don't want to because I really love what I do." He calls pediatrics "fun-filled" and every child a "joy."

Doctors may be a breed apart in the depth of attachment to their calling, and pediatricians especially so. Medicine, after all, is a vocation, akin to the priesthood in Roman Catholic lore. And Bill grew up Catholic, one of nine, in Altoona, PA. A twin brother, Robert, followed the call and practices internal medicine.

Now, like jilted lovers, older doctors – those in their seventies – are being asked to justify their continued practice and relevance with tests to assess their physical and mental skills. Failure means loss of privileges.

According to the American Medical Association, nearly a fourth of physicians in America are 65 or older, and 40 percent are actively engaged in patient care. The AMA has suggested they be screened for signs of dementia and cognitive decline.

It should be no surprise that not all are happy with the new protocols, finding them demeaning and discriminatory. "Who are they to tell me I can't practice medicine," asked Cooper pediatrician Robert Brown, 72, in a recent interview with the Wall Street Journal. Dr. Brown eventually resigned rather than take the three-hour test.

Bill took the test in June and passed. "I wasn't afraid," said this fan of cryptographic crosswords. But he wonders about the relevance: "Not a single question dealt with medical knowledge or skills. Tell me how that correlates with what we do." A sample question: How are a hand and flag alike? Answer: They both wave.

Proponents of the tests like Dr. Ann Weinacker, 66, former chief of staff of Stanford Hospital in Palo Alto, told the Wall Street Journal that the new policies are "not for the faint of heart..."

"None of us is immune to the effects of aging, and, as we age, lots of us function less well, including in some of us the ability to think critically and solve complex problems."

Like many doctors, Bill must recertify his skills and knowledge with tests every seven years. For many, that is adequate guarantee of continued competency. For others, it ignores the signs of aging that peer reviews and cognitive tests can reveal.

Bill and Cathy Sharrar are members of the Village.



Village members Joanne Timmins, Kathy Woods, Peggy Sgarra, and Evelyn Chrol with Jefferson graphic design student Katie Witmer. They helped the students develop drug packaging that would be easier for seniors to read and open. Evelyn Chrol was impressed with the changes the students made " They're more compact and easier to read."



15TH ANNIVERSARY OF THE VILLAGE MOVEMENT

On September 25, East Falls Village participated in a national celebration of the 15th Anniversary of Beacon Hill Village in Boston (and the Village Movement) by hosting a live broadcast of Dr. Atul Gawande being interviewed by Robin Young, the host of *Here & Now* on NPR.

Nearly 200 villages participated in the event, with approximately 7,000 worldwide viewing the telecast. There were three showings in Philadelphia. Northwest Village Network members joined EFV members at the Falls Library. Penn's Village members gathered in Center City at Jefferson. Mary Flournoy and Phil Hinline hosted a showing at the Parkway Central Library for people who may be interested in starting their own village or represented a senior service agency. A short slide show about the 3 Philadelphia villages was shown at each site, and Phil also provided information on the Village Movement to the group at the Central Library.

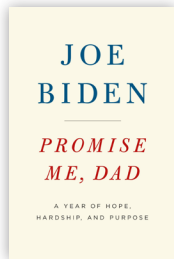
Dr. Gawande underscored the value of villages in helping people to live in their own homes and to live fuller lives as a result. In *Being Mortal*, he wrote about Beacon Hill Village and other villages as the value of community and choice as we grow older.

Good Reads

Promise Me, Dad: A Year of Hope, Hardship, and Purpose

By Joe Biden

Review by Louanne A. Stratton



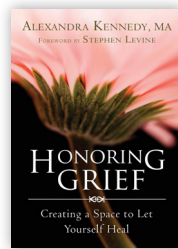
While this is not a long book (260 pages), it is emotionally impactful when you least expect it. Joe Biden is known for being a plain spoken man and he writes with poignancy and immediacy. His description of the Biden family interactions and Joe's own journey between when his son Beau was diagnosed with brain cancer and

Beau's death is intimate and heartfelt. The Biden Family is no stranger to tragedy as Joe's first wife and their baby daughter were killed in a car accident and their two sons (Beau and Hunter) were injured and hospitalized. Joe's plan for himself during these fifteen months was to continue to carry out his responsibilities as Vice President, while always being present and available for his family – clearly no easy task. One of the unexpected features of the book is an intimate look at President Obama and Joe Biden's working relationship. For me laughter, tears, empathy, admiration, joy and wonder were all healthy for my soul.

Honoring Grief

By Alexandra Kennedy, MA

Review by Reynaldo ("Ron") T. Palacio LCSW



Grief touches each of us at some point during our lives. Usually, we are unprepared for the loss of family members, a family pet, loss of a job, serious illness, sudden relocation, and many other things. Grief is part of our lives, and this book demonstrates in a gentle and soft manner

how best to deal with this feeling.

Honoring Grief is simply and clearly written. Its chapters are mostly written in small paragraphs. Some chapters are written in very bold and powerful statements. The author teaches us, with examples and models, how to trust ourselves as our grief unfolds. She reminds us that this is always an act of love. In the transition we must always be able to nurture ourselves.

Reading this book is helpful in integrating loss with family and friends as our relationships begin to change. The loss makes room for something new as we begin to heal. I would recommend this book to anyone who has experienced any grief in their lives.

**Village Voices
Welcomes
Book
Reviews!**

**WE WANT TO
KNOW WHAT
YOU'VE BEEN
READING!**

- ✓ No more than 150 words
- ✓ Include: brief synopsis, reviewer's opinion, title and author
- ✓ Submit to john.gillespie1@verizon.net

PUBLICATION DEADLINES

**September 1
December 1
March 1
June 1**



East Falls Village

P.O. Box 12672
Philadelphia, PA 19129

Deliver to:



EFV Events

KEY

REG = Registration
Required or Recommended

\$ = Fee Required
in Advance

EastFallsVillage.org
Click on Calendar of Events ☎ 267-444-4507

TO
REGISTER

Post on your refrigerator! PLEASE NOTE This is a partial listing. Details may change. For more information, check EastFallsVillage.org or consult the EFV Weekly Update, emailed to members on Tuesdays.

Help Mifflin Students with Reading!

Volunteer for Read to Me! and/or the School Library Project. Clearances are required.

READ TO ME Wednesdays 10 am - noon



SCHOOL LIBRARY PROJECT Mondays & Fridays 9 am - 11 am

For information, contact Kathi DiMenna: kadmmenna@aol.com or 215-848-6735.

Tuesdays

January 9 - March 27
10 am - 11 am

Stretch & Tone with a Yoga Twist

East Falls Presbyterian Church, 3800 Vaux St.

Gentle yoga. Members \$70; non-Village members \$80. Sign up and pay online on the January 9 listing on the Calendar of Events or send a check to EFCC, PO Box 12672, Phila. PA 19129 **\$ REG Required**

Thursday

January 11
11:30 am

Lunch of the Month: Yiro Yiro

6024 Ridge Ave.

Meet at 11:30 at Falls Library to carpool or 11:45 at the restaurant. Enjoy this new Roxborough eatery, with authentic Greek food.

REG Recommended

Wednesday

January 17
2 pm

Buying and Selling on eBay

Falls Library, 3501 Midvale Ave.

Barbara Mintz gives useful tips on buying safely and getting the most profits when selling on eBay.

Friday

January 18
10:30 am - 12:15 pm

Morning at the Movies: "My Architect"

Falls Library, 3501 Midvale Ave.

Noted Philadelphia architect Louis Kahn is the subject of this film, made by his illegitimate son.

Sunday

January 21
3 pm - 5 pm



Winter Membership Gathering

Tuttleman Center, Jefferson University

With special guest, Chancellor Stephen Spinelli on the merger of Philadelphia University with Jefferson, followed by a wine and cheese social hour. Guests welcome; call to register. **REG Required**

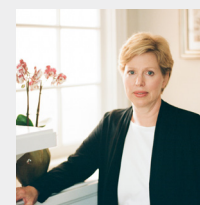
Saturday

January 27
9 am - 11 am

Beginner Bird Walk in East Falls

Meet at the War Memorial in McMichael Park

Local birdwatcher Navin Sasikumar will lead a walk around the neighborhood, followed by coffee at Vault + Vine. BYOB (Bring Your Own Binoculars) if you have some! Snow date is Feb 3. **REG Required**



Sunday

January 28
2 pm

Who Decides How You Will Die? Lessons from Barbara Mancini's Personal Story

East Falls Presbyterian
Church, 3800 Vaux St.

Barbara Mancini was prosecuted for aiding the attempted suicide of her father, who was in hospice. The police and hospice workers ignored his advance directive. She will talk about her case, which garnered national attention (60 Minutes and NPR) and how to protect yourself and your loved ones at the end of life.

(over for more programs)



EFV Events

KEY

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in Advance

EastFallsVillage.org
Click on Calendar of Events

267-444-4507

TO
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Thursday Morning Walks & Stop at a Local Café

All are welcome to join us for some exercise, good company, and a snack. For same-day information, call 215-817-9430.

**Every Thursday
9:30 am**

Meet at the Falls
Library Garden

Wednesday

**January 31
9:30 am – 1 pm**

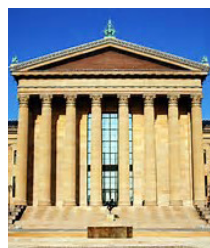
Saturday

**February 3
10 am – 11 am**

U.S. Mint

5th & Arch Sts

Carpool from the Library to the tour of the “largest coin factory” in the world, followed by an optional lunch. Photo ID required. **REG Required**



Old Masters Now: Celebrating the Johnson Collection

Philadelphia Museum of Art

Carpool from the Library at 9:30 am.

Be part of a special tour led by Village member and PMA docent Sue Sauerman. Payment of \$26 due by January 26. **\$ REG Required**

Wednesday

**February 7
6:45 pm**

Death Café

Lovett Memorial Library, 6945 Germantown Ave.

Explore thoughts on life and death over coffee and cake in small group discussions. This is not a grief support or counseling session. Presented by the NW Coalition for Healthy Aging (of which EFV is a member organization). **REG Required to barbaralynn427@gmail.com**

Monday

**February 12
11 am**

Lunch in the Hood: Urban Outfitters Cafeteria, Navy Yard

Carpool from the Library at 11 am

The Navy Yard houses over 11,000 employees in a mix of historic and new buildings. The Urban Outfitters cafeteria has an amazing array of food choices and is next to the JFK aircraft carrier. Afterward, we'll drive around to see the rest of the waterfront complex. **REG Recommended**

Thursday

**February 15
1 pm - 2:30 pm**

Checks and Balances – Avoid Falls!

Falls Library, 3501 Midvale Ave.

Drop in for a FREE screening by Occupational Therapy students from Jefferson University to find your risk of falling and ways to prevent falls.

Tuesday

**February 20
1 pm**

Improve Your Balance with Easy Exercises

McKenzie Sports Physical Therapy, 3425 Conrad St.

With physical therapist Chris McKenzie. **REG Required**

Wednesday

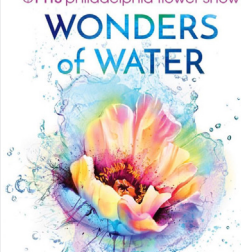
**March 21
11:30 am**

Lunch in the Hood: Ekta Indian Cuisine

250 E. Girard Ave.

Carpool from the library at 11:30; 12 noon at the restaurant. After a lunch of Indian food, Fred Vincent will lead an optional short walking tour of Fishtown.

©PHS philadelphia flower show



Wednesday

**March 7
8 am - 10 am**

Early Morning Tour of the Flower Show

PA Convention Center,
12th & Arch Sts.

Beat the crowds, get a behind-the-scenes tour of “Wonders of Water,” and then stay as long as you like. \$100 payment due by Feb. 22.

\$ REG Required

(over for more programs)