

Village Voices

Record Help in 2018

89 Volunteers Contributed 5,498 Hours

By John T. Gillespie

Over spring rolls, chicken cashew, crisp orange beef and a tofu dish called Buddha's Delight, some 60 Village volunteers gathered at Chestnut Hill's Cin Cin restaurant in late April to celebrate another year of volunteering and serving the community.

And what a banner year 2018 was. Eighty nine volunteers - 43 percent of membership – gave 5,498 hours. That's the equivalent of three years and three months, according to Anne Hagele, chair of Volunteer Services. Many volunteers serve in several capacities.

They did it by driving members to the doctor, answering phones, hosting events, reading to Mifflin students, arranging and publicizing programs, and helping members with their smart phones and TVs. They made themselves felt throughout the neighborhood and broadened social and cultural perspectives through home-based musicales, neighborhood walks, trips to museums, and monthly luncheons. Nothing speaks so eloquently to the Village mission to "enhance the lives of residents of East Falls" than the volunteers themselves.

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Roger Marsh, Karen Minyard, Pat Adams are volunteer drivers and serve on one or more teams.



Computer Wizard

IF YOU'VE FALLEN AND CAN'T GET UP - USE YOUR CELL PHONE!

A Village member recently fell in his backyard while weed wacking. Fortunately, he had his cell phone with him and was able to call 911. It was not even a smart phone, but his flip phone was charged and in his pocket.

MORAL – Always carry your cell phone with you if you go outside, whether you are driving, walking, or gardening. And even inside, it can help if you fall and can't get to a landline – or you have given up a landline.



AGING EYES AND LOW VISION AIDS

By Mary Flournoy

Did you know that one in three older adults will have a vision-reducing condition by the age of 65? And that by 2030, the rate of severe vision loss in older adults will double? Low vision can have implications on health in general – increased risk of falls and fractures, difficulty identifying medications, social isolation, depression, dependency on others, difficulty with activities of daily living.

Kylie Auman, Low Vision Rehabilitation Resident at the Eye Institute of Salus University, noted these facts in her recent East Falls Village program, which covered the main causes of visual impairment in older adults - glaucoma, macular degeneration, diabetic retinopathy, and cataracts.

Macular degeneration causes blurred vision, blind spots in central vision, and reduced contrast. While exact causes are unknown, genetics, poor nutrition, and smoking can affect the macula. Treatment includes a healthy diet and injections for the "wet" form of macular degeneration.

Diabetic retinopathy, a result of diabetes, causes blurred vision, glare issues, reduced visual field, and fluctuations in vision.

Cataracts are a clouding of the lens; they affect 50% of people between 65-75. They cause glare, general blurring, distorted colors, and loss of contrast. Fortunately, most people can be treated with cataract surgery.

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Welcome New Members!

► Glenna Hazeltine

► Andy Slettebak

For their contact information, log in to eastfallsvillage.org with your user name and password to access the members-only Membership Directory. (They joined after the 2019 Member Handbook & Directory was printed.)

For help in logging in, see page 11 in the 2019 Member Handbook & Directory or email info@eastfallsvillage.org.

MEMBERSHIP IN EAST FALLS VILLAGE

Encourage your friends and neighbors to join, too!

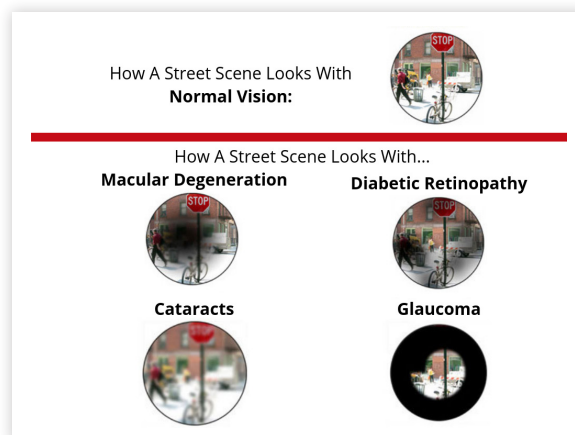
Pick up a membership brochure at the front desk of the Falls Library or print out a membership application from the website – eastfallsvillage.org. Or click on Member Signup to join online and pay with a credit card.

AGING EYES

(continued from page 1)

Glaucoma, due to increased pressure in the eye, causes damage to the optic nerve. There are no early symptoms, but there is difficulty with night vision and defects in peripheral vision. Treatments are eye drops, laser, and eye surgery.

Dr. Auman showed a series of slides depicting how each type of disease affects the vision. Here is one slide that shows the same image, as seen by persons with each type of impairment:



For more information, visit

SALUSUHEALTH.COM
or call **215-276-6000**.

See the complete slide show of Dr. Auman's presentation on the Program Handout section of eastfallsvillage.org.

She also passed around samples of devices that can help persons with low vision – a lighted magnifier, a hand-held electronic magnifier, hand-held telescope, magnifying glasses. She also recommended using apps for magnification or text-to-speech. Other devices include glasses or even plastic sheets in a color to help reduce glare and using “bump dots” to mark most-used buttons on a microwave or even to help differentiate between shampoo and conditioner in the shower. (They are available from Amazon.)

The William Feinbloom Rehabilitation Center at the Eye Institute at Salus University (formerly the College of Optometry) can help persons with all types of low vision use such devices to improve their lives.

Village member Joan McIlhenny did follow up with a two-hour evaluation at the Center and was favorably impressed – and pleased that the staff referred her to the PA Bureau of Blindness & Visual Services.

EFV MEMBERS WIN RECOGNITION

Catherine (Katy) Hinline has won the Wistar-Haines Award for her volunteer service as a board member to the historic Wyck-Haines house in Germantown. The house, now a museum, dates back to colonial times. The annual award recognizes present and past board members for their “exemplary service.”

Kathi Di Menna, co-chair of civic engagement and director of EFV's Read to Me at Mifflin School, has won the Summerfield Award for Excellence in Teaching from the Academy of Natural Sciences for her work with children in the Academy's Science Now program.

Margaret Sadler, president of the Friends of the Falls of Schuylkill Library and former board chair of the Philadelphia Horticultural Society, has been asked to join the board of the Woodmere Art Museum in Chestnut Hill. The Museum promotes Philadelphia art and artists.

GREAT JOB!



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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Volunteers

(continued from page 1)

Here are the highlights:

16

volunteers provided **106 rides**

5

members of the Tech Team provided **82 calls**



22

volunteers hosted **18 get togethers** and special events at their homes

7

telephone answerers were on duty **2,376 hours**

37

volunteers gave **2197 hours** serving on **11 teams**, such as membership, communications, technology, active learning, social-cultural, and volunteer services



35

volunteers read to Mifflin students and/or worked in the school library **731 hours**



Anne Hagele, chair of Volunteer Services, and Henry Donner, chair of the Steering Committee.



Marilynn Shaffer leads the Memoir Group, Joe Terry heads the Telephone Team, and Sue Sauerman is one of the bridge hosts.



Cathy Sharrar, Deena Pollock, and Joan Cotton Logan are volunteers in the Mifflin programs.

Kathi DiMenna, who directs the "Read to Me" program at Mifflin, says proof that the program is helping is in the test scores. Mifflin reported a 5.8 percent increase reading scores last July which placed it first in reading improvement among public schools in northwest Philadelphia.

Patricia Gordon-Mann takes part in the library project at Mifflin. Twice a week she gives two hours of her time and says she gets a sense of fulfillment. She also credits the students. "They have great spirit."

Mark Sciumeca learned about "Read to Me" from friends. He says he's happy to give back. In return, he's received rides to the doctor.

Faith McDowell also reads to Mifflin students. "I do it because I believe all of our children deserve the best education they can get. I want them to know not just the merits of reading but the joy."

Phone answerer Connie Deasy says she fielded 106 phone calls in one month, for rides and to register members for programs. Despite the growth of e-mail and texting, the phone is still a preferred option for some members. Joe Terry, who manages the phone program with six helpers on a rotating monthly basis, says that, occasionally, non-members call. "I try to direct them in a way that is helpful."

Herb and Gayl Henze who have hosted several musical salons, say the Village means "greater community, cohesion and friendship." It gives them great pleasure to open their home on Timber Lane for Village events.

Marilynn Shaffer, who runs the memoir writing group, says her goal is to instill confidence and "self possession" to "write what you want." She urges group members to look at the social and economic aspects of their younger years with a focus on contributions as women. Heather Boyd-Monk, who also answers the phones, says the memoir group gives her an opportunity to "bounce her thoughts off others."

Faye Senneca and Richard Weisenberg take turns hosting the bridge group along with Sue Sauerman, Kathy Donner, Anne Hagele and Ken Kolodziej.

Marie Filippini drives for the Village. "Our goal is to help people live independently. Thank God I'm healthy and can do it," she says. Several years ago she needed a ride herself following a knee operation. "You never know when the tables are going to turn."

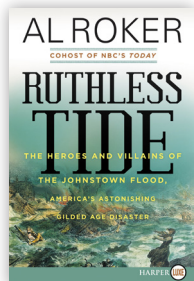
Mary Flournoy, Chair of the Operating Group, paid tribute to Phil Hinline, who recently stepped down as Co-Chair of the Operating Group, and noted that "It really takes a Village."

Good Reads

Ruthless Tide: Heroes and Villains of the Johnstown Flood

By Al Roker

Review by John T. Gillespie



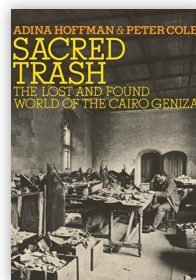
Al Roker, America's favorite weatherman, has applied his reportorial instincts to the retelling of the Johnstown Flood, the "astonishing gilded age disaster" that destroyed a booming western Pennsylvania steel town and claimed 2,209 lives in a matter of hours May 31, 1889. This marks the 130th anniversary of that epic event. While no one was ultimately held responsible under a court-declared "act of God", public outrage demanded a guilty party. Anger

centered on a group of railroad and steel barons -- Andrew Carnegie, Henry Clay Frick, and Andrew Mellon among them -- who owned the exclusive South Fork Fishing and Hunting Club on the shores of the manmade Lake Conemaugh 14 miles upstream from Johnstown. The lake was contained by an earthen and poorly maintained barrier known as the South Fork Dam. Following days of torrential rains, urgent warnings, and a clogged spillway that impeded release of the swollen waters of Lake Conemaugh, the dam breached just before 3 o'clock the afternoon of May 31, pouring 3.8 billion gallons of water -- 20 million tons -- into the valley at the foot of which lay Johnstown. The catastrophe led to adoption of "strict liability" under which a person or entity is legally responsible for the consequences of an activity, even in the absence of fault or criminal intent. It also firmly established the reputation of the Red Cross and its founder, Clara Barton.

Sacred Trash

By Adina Hoffman and Peter Cole

Review by Margaret Sadler



Sacred Trash had been on my book list for some time. The title alone intrigued me. Then I read about the author in the NY Times magazine-not for his book but for his poetry. Then, in a

forgotten pile of books I bought from a Falls Library Book Sale, I found *Sacred Trash*.

Sacred Trash is about the Cairo Geniza, a treasure of forgotten yet preserved words, sacred and common of mostly Jewish letters, sacred texts, poems, prayers, all very, very old. The Cairo Synagogue was the house of prayer and eventually a community center and a drop off place to keep what had been written.

The Geniza, a word with a long history, was discovered in 1896. This book is about those who slowly bring its contents to light as "the greatest find unearthed in modern times."

**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

REG = Registration
Required or
Recommended.

\$ = Fee Required
in Advance

HOW TO REGISTER (AND PAY, IF REQUIRED) FOR EFV EVENTS

Members: Log in to the website (eastfallsvillage.org), then go to the Calendar of Events, and register under the date of the program. If payment is required, you may pay, safely and securely, with a credit card.

You may also call the Village phone at **267-444-4507** and then send a check to **EFCC, PO Box 12672, Philadelphia, PA 19129**. Make the check payable to EFCC- EFV.

Summer Yoga Classes

Church of the Good Shepherd

3820 The Oak Road

\$ REG Required

Tuesdays
10 am - 11 am

July 9 – Sept 24

Thursdays
2pm - 3pm

July 11 – Sept 26

Register and pay for each series separately. Each series of 12 classes is \$84 for EFV members and \$108 for non-Village members. If paying by check, write Tuesday or Thursday Yoga on the subject line.

Wednesday

July 17

10:15 am to carpool



The Print Center

1614 Latimer St.

Carpool from library at 10:15 am.

Private tour at 11 am of The Print Center's permanent collection and its special exhibitions. Learn about print and photography techniques from the Curator. Visit The Gallery Store, the largest selection of contemporary prints and photographs for sale in the area. Members and guests.

REG Required

Saturday

July 25

9:30 am - 12:30 pm

CarFit: Helping Mature Drivers Find Their Safest Fit

Ravenhill Parking lot.

Sign up for a free 20-minute Car Check by an Occupational Therapy student, who will ensure that your car is set up properly to "fit" you best so that you can drive more safely and comfortably. Members only. **REG Required**

**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



The Johnstown Flood

Falls Library, 3501
Midvale Ave.

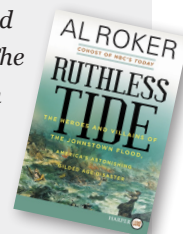
Wednesday

July 31

6:30 pm

Award-winning
documentary on one of
the most devastating
disasters in American
history, the flood of
May 31, 1889 that killed
2,200 people in
Johnstown, PA. Read
John Gillespie's review
of *Ruthless Tide*:

*Heroes and
Villains of The
Johnstown
Flood*, Al
Roker's new
book.



(over for more programs)



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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*



Citizens Bank Park Private Tour

1 Citizens Bank Way,
Philadelphia, PA 19148

Saturday
September 7
11 am

Enjoy a private tour of
Citizens Bank Park,
home to the Phillies!
Members and guests
only.

\$ REG Required

Wednesday
August 14
6:30 pm



Habitat for Humanity Philadelphia

Falls Library, 3501 Midvale Ave.
Learn about the programs and
projects of Habitat for
Humanity in Philadelphia from
CEO Corinne O'Connell, an East
Falls resident.

Wednesday
August 21
10 am

Cuppa Joe

Trolley Car Café, 3269 Ferry Road

Drop in for a coffee and maybe a bite to eat – and some good
conversation!

Sunday
September 22
5 pm - 7 pm

Social at the Canoe Club

On the River at Ridge Ave by the SEPTA bus depot.

Members and guests – join our 4th Annual Social. Please
register – and bring a beverage, snack, or other treat.

REG Required



HAVE AN IDEA FOR A PROGRAM? Email info@eastfallsvillage.org.

**Post on your
refrigerator!**

PLEASE NOTE This is a partial listing of programs. Some details may change. Programs not listed here, such as bridge, memoir-writing, hands-on help with smartphones or tablets, are for members only and are scheduled month-by-month. For more information, check **EastFallsVillage.org** or consult the EFV Weekly Update, emailed to members on Tuesdays.

(over for more programs)