

Village Voices

How old is old? It depends whom you ask

By John T. Gillespie

Gayl and Herb Henze are licensed flyers. So is Hank Harrison. Tony DiStefano rides a vintage Harley Davidson. Caroline Davidson teaches piano. A dozen or so Village members take yoga classes. Eagles sportscaster Ray Didinger has written a play.

And so it goes. People approach age in different ways, some defying convention by flying planes and riding motorcycles in retirement. As to the question, when is old really “old?” a study by New Jersey-based Parker Health Group, Inc., reveals widely differing opinions.

The differences cross genders and age groups. Men are 13% more likely to consider someone “old” compared to women. Similarly, Millennials and Generation Xers are far more likely to think of a person as “old” by the time they hit their 70s than members of the Baby Boomer and Silent generations.

The survey, Aging in America, was conducted from randomly selected phone numbers. The combined sample consisted of 1,006 adults, 18 years and older, living in the continental United States

The survey reveals that the number one fear people face in the aging process is issues with physical health. Sixty-six percent of those polled have this fear while 59% fear a decline in their mental health. The third top fear is running out of money. Other fears include loneliness, boredom, and a less-than-expected lifestyle. Just 13% of those polled ranked loss of physical attractiveness as a major concern. Men are significantly more inclined than women to cite boredom and the younger generations are nearly twice as likely to worry about losing their physical attractiveness.

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Age is just a state of mind for Tony DiStefano and his Harley Davidson



LORENE CARY, NOTED AUTHOR, RETURNS TO EAST FALLS

By Mary Flournoy



Lorene Cary

Lorene Cary will talk about her new book, *Ladysitting: My Year with Nana at the End of Her Century* on November 3. From 2005 to 2012, her husband, the Rev. Robert Smith, was the rector of the Church.

This free program is presented by East Falls Village and the Church. Her talk will be held in the church sanctuary, followed by a book signing. Books will be available for sale and the proceeds will benefit the church.

Ladysitting is the account of how Lorene and her family took her 100-year-old Nana “into the rectory” in the spring of 2007.

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Lorene Cary discusses
Ladysitting:
SUNDAY
NOVEMBER 3
2 PM
at
**Memorial Church of
the Good Shepherd**
3820 The Oak Road

Welcome New Members!

► **Barbara & Mike O'Brien**

► **Ted & Patty Cheek**

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

For help in logging in, see page 11 in the 2019 Member Handbook & Directory.

JOIN EAST FALLS VILLAGE!

To become a member, visit eastfallsvillage.org and click on "How to Join." There you will find our membership information. To join online, click on Online Application and pay by credit card. Or scroll to the end of the home page for a printable Membership Application. Or pick up our membership brochure at the front desk of the Falls Library.

Did you know that talking about East Falls Village to family, friends, and neighbors is the best way to grow East Falls Village?

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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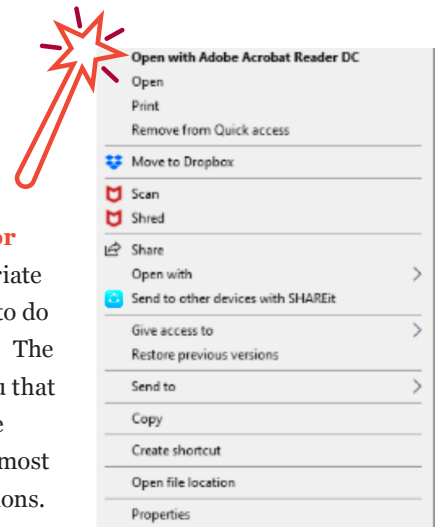
Computer Wizard

Using Context Menus in Windows

By Rick DiMenna

Often the easiest way to perform an action in Windows is to use the "Context Menu" which appears when you **right-click on an object or area of a Window** screen. A menu of appropriate choices will pop up and, if the action you want to do is listed, you can select it to perform the action. The image to the right shows a typical context menu that appears when you right-click on a pdf file in the Windows Explorer file manager. This works in most applications and can greatly simplify many actions.

Pressing the Shift and F10 keys together is another way of bringing up the context menus once you have selected a file or object. Try it!

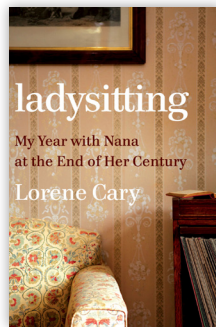


Example of a Windows context menu available when right-clicking on a PDF file.

LADYSITTING

(continued from page 1)

Everything changed for them after she moved in: day-to-day life, family relationships – and even the Nana they knew. Much of their experiences will be familiar to families who have suddenly been thrust into caregiving. She writes about the problem of finding the right caregivers, about a long and frustrating struggle with Medicare, and about the blessings of hospice. Nana died in the winter of 2008.



She wrote *Ladysitting* because she "lived through this time, but had not reflected on it." When I asked her how long it took to write, she answered "eight years of wriggling on the hook to be ready and two years of writing."

The critical reception to the book has been "generous," and Cary says that "individual readers to bookstores, on Twitter, and even in handwritten cards have said they are grateful for a text that keeps them company in their own experiences of care-taking and their memories." Betsy Lerner, author of *The Bridge Ladies*, says the book is written with candor, warmth, and love and "the final chapters are critical reading for anyone with an aging loved one at the end of their life."

Lorene Cary cherished her childhood memories of special weekends with her indulgent Nana. The year she spent "ladysitting" was a moving, sometimes funny, journey through secrets, lies, and epiphanies, one that millions of families make each year, as they struggle together to share life – and face death.

Her first book, *Black Ice*, was about her experiences as one of the first females and African Americans at St. Paul's School in New Hampshire; her first novel, *The Price of a Child*, was the story of a female fugitive from slavery and was selected in 2003 as the inaugural choice for One Book, One Philadelphia.

Cary founded the Art Sanctuary, teaches creative writing at the University of Pennsylvania, and wrote the scripts for the videos at the President's House memorial on Independence Mall.

How old is old?

(continued from page 1)

Roughly one-third (34%) of Americans have experienced ageism in some form with 11% feeling it was because they were old and nearly twice as many (19%) saying it was because they were young.

“These results show that there is still work to be done in distilling aging myths and misconceptions. At Parker we see and hear stories about people of all ages who are realizing they can do great things at any age,” said Parker President and CEO Roberto Muñoz. “That’s why at the end of 2018 we launched the #WithIt Movement which highlights stories of people celebrating life at every age.”

In an interview with the Philadelphia Inquirer, Donna Silbert, Parker’s chief strategy officer, said the company’s goal is to “educate and move and alter how people view aging, not as a negative but just as a part of life.”

Silbert, 59, demurred when asked about when she thinks people are old. “What we want to do is make sure there’s not a stigma of ‘I’m old when I’m 70 or I’m old when I’m 80,’” she said. “No matter what age I am I can live my life to the fullest.”



Villagers at a Yoga Class

% WHO BELIEVE 80 IS NOT TOO OLD TO...	2019		
	TOTAL	MILLENNIALS + GEN X	BABY BOOMERS + SILENT
<i>find love</i>	88%	91%	85%
<i>run a marathon</i>	72%	80%	63%
<i>start a business</i>	69%	74%	63%
<i>get a tattoo</i>	68%	74%	60%
<i>ride a motorcycle</i>	62%	66%	59%

Differences of opinion are more apparent when it comes to generations, with younger Americans much more open to the idea of an 80-year-old engaging in the various activities. At least three in four Millennials/Gen Xers feel 80 is not too old to find love (91%), run a marathon (80%), start a business (74%), or get a tattoo (74%).

The survey also addressed some common forms of ageism in disguise such as the recent “aging challenge” that hit social media, children being asked to dress up like 100-year-olds on the 100th day of school, and birthday cards and commercials that make fun of the aging process. Twenty percent of those polled say they are now better informed after hearing these examples of ageism and feel the knowledge will change the way they think about aging or act toward older people in the future.

The goal of the Aging in America Survey is to track opinions over time, helping to inform the conversation around aging in America. To view the full report contact Parker Communications Manager, Danielle Woodruffe at dwoodruffe@parkerlife.org. Parker Health Group, Inc. is a not-for-profit, New Jersey-based aging services organization with over 111 years’ experience that is committed to empowering older Americans.



Gayl Henze and her single engine Beechcraft Bonanza



Aging and Ability

A majority of those surveyed believe that 80 is not too old to engage in various activities, among them finding love (88%), running a marathon (72%), starting a business (69%), getting a tattoo (68%), and riding a motorcycle (62%).

Results among men and women are on a par for all items except finding love. Perhaps not surprisingly, women (91%) are more inclined than men (85%) to feel you’re never too old to find love, even at age 80.



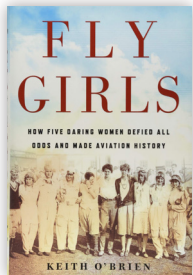
Good Reads

Fly Girls:

How five daring women defied all odds and made aviation history

By Keith O'Brien

Review by Gayl Henze, Instrument Rated Commercial Pilot



Fly Girls features five women who helped make aviation history along with the struggles they endured to win recognition. It also offers a lesson in the history of flying during the turbulent period between two world wars. As a woman and licensed pilot, I relate to these female pioneers, none more so than

Louise McPhetridge, who retired from flying at the peak of her fame to raise a family.

McPhetridge started her career selling coal in Wichita. The owner of the coal company, a partner in Travel Air Airplane Mfg. Company, hired Walter Beech – for whom Beechcraft is named – to promote the company by winning races, like the 1926 Ford Reliability Tour. McPhetridge was offered a job selling airplanes for the company. In 1927 she got her flying license and met Herbert von Thaden, an airplane mechanic and graduate of MIT. Herbert had the idea to build an airship out of metal. Louise got the first ride in the metal aircraft . They were married the summer of 1928.

Louise Thaden wanted to compete in the first All-Women's Transcontinental Air Race, later called the Powder Puff Derby. She finally got her Beech Travel Air biplane. She made it to Los Angeles for the start, and then a series of adventures, including a fatality, ensued. Thaden won the race by more than an hour. Gladys O'Donnell was second and Amelia Earhart was third. In July of 1930, when Louise had a baby boy named William, she flatly refused the idea of crossing the Atlantic Ocean. While Thaden was trying to be a wife, mother and an aviator, Earhart seemed to be pushing harder to the point of recklessness. Thaden had a second child, Patty.

By 1936 the Bendix Air Race permitted women, but Louise had no airplane until she was offered the opportunity to fly a Beechcraft. Louise accepted and won the race, beating Amelia Earhart by almost two hours. In June of 1937, just three weeks after breaking Earhart's Speed record and one week before Earhart disappeared, Louise Thaden made the announcement that she was quitting aviation, retiring, and walking away from flying. Had I been in her position with family and children, I would have made the same decision.

**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

**December 1
March 1
June 1
September 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.

Fall Yoga Classes

Church of the Good Shepherd
3820 The Oak Road
\$ REG Required

Tuesdays
10 am - 11 am

Oct 1 – Dec 17

\$84 members / \$108 non-members

Thursdays
2pm - 3pm

Oct 3 – Dec 19

\$77 members / \$99 non-members

Register and pay for each series separately. To pay by check, write Tuesday or Thursday Yoga on the subject line; bring your check to the first class.

Friday
September 27
9:48 train from
East Falls

Explore Philadelphia with Fred: Center City East

Take a guided tour with Fred Vincent through Center City East, which has new apartment buildings, stores, and the new Fashion District (constructed in the old Gallery). Have lunch in the Food Court at the Fashion District.

Wednesday
October 2
9:30 am

Bus Tour of the Wingohocking Watershed

Meet at the Library at 9:30 am. Return approximately 3:30 pm. Private bus tour of the Wingohocking Watershed – through Germantown, Mt. Airy, Logan, and Juniata. We will stop at the Awbury Arboretum and at the Stenton Mansion. Bring a bag lunch and \$10 as a donation to Stenton. Members and guests.

REG Required

Friday
October 11
11 am

Lunch of the Month: Market at the Fareway

8221 Germantown Ave.

Meet at the Library at 11 am to carpool or at the Market about 11:30 am.

The former Chestnut Hill Farmer's Market has a variety of food options. Choose a sandwich, a dish from an ethnic food stall, craft beer, and/or dessert and eat in the food court. Members and guests.

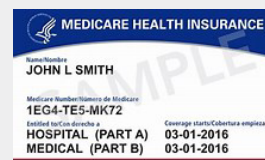
REG Required

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



Medicare Updates for 2020

Falls Library
3501 Midvale Ave.

Tuesday
October 1
1 pm

Wednesday
October 16
6:30 pm

Presented twice, this program will be useful to those new to Medicare, those considering changing plans (Open Enrollment is 10/15 - 12/7), family members, and anyone with Medicare questions. Presented by APPRISE.

(over for more programs)



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**Growing Bulbs
Indoors and Out**
Falls Library, 3501
Midvale Ave.

**Saturday
October 19
11 am**

Learn how to force tulips, daffodils, and other bulbs indoors, all winter long, plus get great tips on planting bulbs in the fall for your best-ever spring garden from garden expert Art Wolk.

**Friday
October 18
10 am**

Explore Philadelphia with Fred: Art Museum Area

Meet at Queen Lane & Henry Ave. at 10 am for the #32 bus.

Our walk will include the new entrance to the Art Museum and lobby. After the walk, there is an optional lunch at Figs, a Moroccan restaurant at 25th & Meredith Sts. (Note: the restaurant is cash-only.) **REG Recommended**

**Sunday
November 3
2 pm**

Author Lorene Cary Talks about *Ladysitting: My Year with Nana at the End of Her Life*

Memorial Church of the Good Shepherd, 3820 The Oak Road

See story on page 1.

**Tuesday
November 19
11 am**

Lunch of the Month: Ginza

801 Montgomery Ave, Narberth

11 am to carpool from the Library; 11:30 at the restaurant.

Enjoy sushi and other Japanese dishes. **REG Recommended**

**Thursday
November 21
9:30 am**

American Philosophical Society

105 S. 5th St.

Carpool from the Library at 9:30 am.

Special tour of "Mapping a Nation: Shaping the Early American Republic" – maps from the 1750's through 1816.

REG Recommended

**Saturday
December 7
2 pm - 4 pm**

Art Party

Falls Library, 3501 Midvale Ave.

Featuring a variety of arts and crafts made by members of East Falls Village. Light refreshments.

**Wednesday
December 11
10 am**

From the Schuylkill to the Hudson: Landscapes of the Early American Republic

Pennsylvania Academy of the Fine Arts, 118 N. Broad St.

Meet at the East Falls SEPTA station for the 9:48 train.

A special exhibition of American landscape painting and prints from the late 18th and early 19th century. **REG Recommended**

**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)