



Village Voices



Hagele and her husband, Ken Kolodziej, are members of the Village Bridge club and host games at their house. Her daughter, Meg, runs High Point cafes, a string of coffee shops in Mt. Airy and Brewerytown.

Spotlight On... Anne Hagele

Aging Gracefully Through Social Relationships

Anne Hagele, who directs the ranks of volunteers for the Village, believes the best path to aging successfully is “maintaining social relationships.”

Hagele spent 20 years working with seniors, first at the Philadelphia Corporation for Aging, then from 1986 to 2000, as assistant director and executive director of the Philadelphia Senior Center

where she managed a large staff and a \$3 million budget.

Mental and physical activities have long been recognized as ways to slow cognitive decline and bodily infirmity. In addition, Hagele believes that continued social interaction can help prevent isolation and depression. “As we grow older, social relationships diminish along with a sense of interconnectedness and psychological well-being,” Hagele says. Loss of interconnectedness brings loneliness and with loneliness can come depression. “If you’re depressed,” she says, “it’s hard to live life successfully.”

EFV encourages social connections through its numerous active learning and social/cultural programs. “EFV is playing a critically important role in the lives of members by providing opportunities to make new friends, become involved in their community and engage in interesting activities,” says Hagele.

Hagele’s views come from long personal observation and experience. Thousands of seniors used the public Philadelphia Senior Center, founded in 1949, during her time there. To encourage seniors to visit the center, the Center offered free bus fare.

“People who used the Senior Center saw their quality of life improve,” she says. The Center offers a long list of communal, depression-averting activities. A recent newsletter highlighted a seminar on shingles, a Father’s Day breakfast, a concert, and visit to a casino. Dozens of activities from arts and crafts, to exercise, education and recreation are offered, involving personal interaction and the chance to form friendships.

Welcome to Our Newest Members

- ▶ Karen de Brul
- ▶ Etta Kell, Ted & Brad Faigle-Kell
- ▶ Gale Gibbons
- ▶ Joanna & Terence Mullins
- ▶ Solomon “Saul” Volk

To find their contact information (and any other new members who joined since the Member Directory was published in early April, log into www.eastfallsvillage.org with your user name and password and check the online Membership Directory.

Stay Updated!

Not getting the EFV Weekly Updates in your Inbox? Follow these steps:

Login and check your listing in the Membership Directory at eastfallsvillage.org to be sure we have your correct email address.

Look in your Spam and Trash folders to see if the Weekly Update is going there.

Add East Falls Village, info@eastfallsvillage.org, to your Contacts list.

If you’ve followed steps 1-3 and you still aren’t getting the Weekly Update (it should arrive on Tuesdays about 2pm), send an email to info@eastfallsvillage.org

How to Be a Better Health Care Advocate

Do you leave a doctor's office and have trouble remembering what the doctor said? Do you wonder what information you should take with you to a medical appointment? Is it hard for you to keep track of appointments with different specialists? Are you confused by test results? If you answered "yes" to any of these questions, you are not alone.

Attending the Better Health Care Advocacy program at the Falls Library will give you access to information that can help you become a better advocate for health care for yourself and/or a loved one during medical appointments or

while in the hospital. Nora Fluellen Cowell of the Visiting Nurse Association of Greater Philadelphia and Mary Fallon of the UU House Outreach Program will also describe the services their agencies provide.

The visiting nurses of VNA Home Care can teach you about a wide range of topics such as:

- ▶ taking medication
- ▶ using a walker correctly
- ▶ improving wound healing
- ▶ preventing falls
- ▶ and more!

The neighborhood nurse and social worker from the UU House Outreach

How to Be a Better Health Care Advocate
Wed, Oct. 8 at 2 p.m.
at the Falls Library

Program can visit your home to identify areas of concern and can recommend products, services, and programs to address these issues. This service is free to residents of Northwest Philadelphia who are age 60 and older.

All are welcome to attend this presentation which is free. Encourage your friends, neighbors, and family members to attend.

Village Voices is produced and distributed by the East Falls Village Communications Committee.

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Help EFV Grow by Volunteering

Volunteers are the glue that holds a community together. With our busy lives, it can be hard to find time to volunteer. But volunteering can bring enormous benefits to you, your family, and your community. Volunteering can:

Boost Social Skills and Increase Your Circle of Friends – While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives those people the opportunity to practice and develop social skills, because they are meeting regularly with a group of people with common interests.

Reduce the Risk of Depression – A key risk factor for depression is social isolation. Volunteering keeps those at risk in regular contact with others and helps them develop a solid support system.

Help You Live Longer – Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors such as the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

Put Your Skills and Talent to Work to Benefit Your Community – Your knowledge, experience and strengths can be used to benefit your community. Through volunteering you may learn new skills or gain new experiences.

Still not sure you want to volunteer with EFV? We invite you to "audit" a volunteer committee with no obligation. For information:

📞 **Contact**
Anne Hagele:
267-444-4507

or

📄 **Visit the Volunteer tab at**
eastfallsvillage.org.

Print, complete and mail in the application, or scan and email to volunteers@eastfallsvillage.org.

Help is Available to Assist You with Grocery Shopping

Do you have difficulty getting out to shop for groceries? If you answered yes, here are some options:

Drivers

East Falls Village has volunteers who can drive you to one of the following nearby grocery stores:

Acme 5927 Ridge Ave.

Superfresh 7162 Ridge Ave.

ShopRite 6901 Ridge Ave.

ShopRite Fox St. and Roberts Ave.

For more information, or to schedule a ride, call **267-444-4507** Monday thru Friday, 9 am to 6 pm.

Online Ordering

If you prefer to shop from home, you can order your groceries online from one of the following local stores:

ShopRite

www.shoprite.com

The service operates out of the company's store at Fox Street and Roberts Avenue. There is a delivery fee of \$15.95 per order.

For more information about online shopping, google your favorite supermarket.

Giant Supermarket:

www.giantfood.com or
www.peapod.com

There is a delivery charge of \$9.95 for each order. The minimum order is \$60.00.



Save on Senior Discount Days!

► *Tuesdays*

Superfresh offers a senior citizens discount of 5% on orders of \$30 or more. You must show the coupon from the weekly circular. Having a store discount card also helps but is not required.

► *Wednesdays*

ShopRite stores offer 3% senior discounts on any-size orders.

Upcoming Events

August to December
Thursdays • 9:30AM

Weekly Neighborhood Walk & Stop at a Local Café
Meet at Falls Library

September 24 • 9:30AM

Tour of Rare Book Department at the Central Library
Carpool from Falls Library
Registration required.

September 30 • 2PM

How Seniors Get Scammed
Falls Library
Learn about the latest frauds and scams.

October 8 • 2PM

How to be a Better Health Care Advocate
(See article in this newsletter.)

October 31 • 9:30AM

Tour of the "Baseball & Becoming American" Exhibit
National Museum of American Jewish History
Carpool from Falls Library

November 5 • 6:30PM

East Falls Real Estate
Church of the Good Shepherd
Panel discussion with Connie Gillespie, Heather Petrone, and Dorothy Storm

PLEASE NOTE This is a partial listing of events. Details may change. For more information on these and other programs, and to confirm dates and locations, check the Calendar of Events on the EFV website at eastfallsvillage.org or consult the EFV Weekly Update which is emailed to members each week on Tuesdays.

REGISTER ONLINE OR BY CALLING 267-444-4507

Be sure to check the website prior to each event for information on any changes in schedules.

READING CORNER

The Cost of Hope

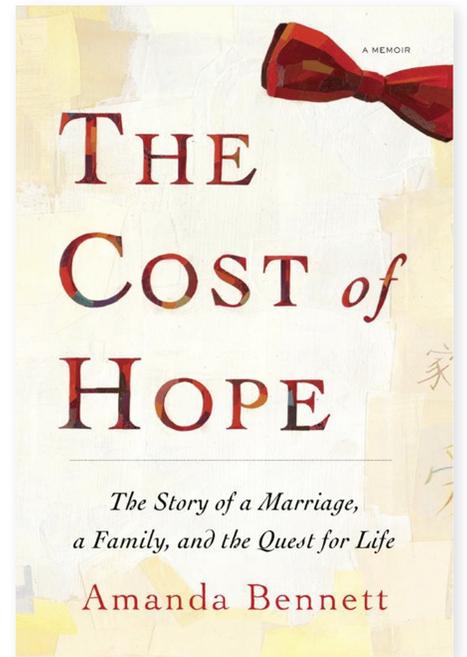
by Amanda Bennett | review by John Gillespie

The Cost of Hope by Amanda Bennett is a story of one family's response to a cancer diagnosis and the eight years it took for the disease to run its course. Death wins, but not before Bennett and her husband, Terence Foley – diagnosed first with one and then another form of a rare kidney cancer – mount a battle royal that is a moving tribute to their courage and persistence in the face of daunting odds.

Despite the life-prolonging advances in cancer treatment and the overall solicitousness of the doctors and nurses, the story at times offers a maddening look into the byzantine ways and questionable motives of oncologists and drug companies whose quest for recognition and profit occasionally intrude on the narrative. In one incident Foley is asked to take part in a clinical trial to test a drug – not for its curative effect but to

measure the toxicity of its side effects. Outraged, he refuses to be a "guinea pig." When, years later, the author asks the doctor why he asked her husband to participate in a trial of no known benefit to his cancer, he responds, "Because he was eligible."

Bennett, former editor of the Philadelphia Inquirer, is a facile writer with a reporter's eye for detail. And details she amasses in a post mortem analysis. There are the 76 CAT scans which ranged in price from \$3,272 per procedure at the Hospital of the University of Pennsylvania, to \$1,758 in Lexington, Kentucky, to \$550 at EPIC Image Center in Portland Oregon; thousands of dollars for tumor-shrinking drugs Avastin, Nexavar, and Sutent; and a year of debilitating treatments with the hormone, interleuken-2. In all, the author figures, \$616,616 was billed to Medicare and insurance



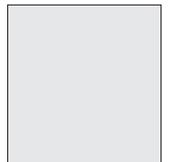
companies, hardly a penny of it paid by the family.

The Cost of Hope measures the emotional ups and downs of a family in cancer crisis while also detailing the exorbitant, often mystifying, charges of hospitals, doctors and drug companies. In many ways the story is a paeon to the American health care system, and in many ways it is a very personal critique.



East Falls Village

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Deliver to: