

Village Voices

Spotlight On... Charlie Day

By John T. Gillespie

Charlie Day was looking for more ways to spend his retirement serving the community when the growing popularity of virtual retirement villages caught his attention.



Charlie Day, East Falls Village leader, steps down after six years.

Six years later, the man who would do more than anyone else to establish East Falls Village is stepping down next month as chairman of the operating group.

In that time, he helped build a volunteer corps and band of enthusiasts to serve the needs of East Falls residents many of whom are retired or approaching retirement.

Doris Steinberg, an original Village member, who recruited Charlie to the effort in 2008, told a friend “He will add a good voice to our endeavors, see what we are like, and make some good contributions.” She underestimated her recruit.

East Falls Village opened for business in July, 2011, after three years of planning and a \$30,000 state planning grant.

Envisioned as a community project, the planners, led by Charlie, put it under the auspices and nurturance of the East Falls Community Council. EFCC’s non-profit status opened the way to government grants to help with the planning.

Barnaby Wittels, president of the East Falls Community Council, calls EFV the “jewel in the crown of our organization. The services it provides are invaluable and the Village itself contributes mightily to making East Falls the sterling community that we all love.”

Under Charlie, EFV would become a lifestyle leader for seniors and retirees, offering a multitude of social, cultural and educational programs and events, run by volunteer teams in “active learning,” “social – cultural activities,” “volunteer services,” and “communications.”

EFV also recognized that if seniors were to remain at home, it would have to help them in the task of repairing and maintaining those homes. Based on

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We’re Growing

Please join us in welcoming our newest members!

- **Allison & Bill O’Callaghan**
- **Christina Spolsky & Tom Uzell**
- **Heather Boyd-Monk**

Check the online Membership Directory to find an EFV member’s contact information by logging into **www.EastFallsVillage.org** with your user name and password.

A new Member Handbook & Member Directory will be published in January.

Gift an EFV membership!



If you’d like to recommend Village membership to a friend (or give a membership as a

holiday present), pick up a brochure/application at the library or call **267-444-4507** to have one sent.

Stay Updated!

Ensure you receive the EFV Weekly Update every Tuesday by verifying we have your email address.

Log in at **EastFallsVillage.org** and click on Membership Directory.

Send questions to info@EastFallsVillage.org



Happy Holidays from Everyone at Village Voices

We can't believe it was only in June of this year that we published our first issue of this newsletter, after an hiatus. We are so proud of our efforts and so grateful to everyone who contributed and those who read the newsletter and took the time to tell us how much they enjoy each issue.

We hope to be even bigger and better in 2015 and would love your input!

Call for contributions and ideas!

Know of a topic that deserves to be covered? We want to hear from you!

Get in touch:

📞 **267-444-4507**

✉ **info@EastFallsVillage.org**

Calling All Volunteers!

Last year 63 EFV volunteers spent 3,378 hours providing services to members. Highlights included 120 car rides, 32 tech "house calls," dozens of approved vendors and vendor referrals; hundreds of hours manning the Village hotline; and more than 100 cultural, active learning and social events. In all, more than a third of all Village members volunteered.

VOLUNTEER TO GROW EFV!

Go to the volunteer tab at **EastFallsVillage.org**, print and mail an application, or e-mail **volunteers@eastfallsvillage.org**, or call **267-444-4507**.

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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For Your Good Health

The UUH Outreach Program is a great resource available to residents of East Falls who are age 60 and older. The program is completely FREE, and there are no income restrictions. The services they provide begin with a visit from the neighborhood nurse and a social worker, who will ask about your needs. Once you've identified your needs, they can provide individual consultation to:

- ▶ review medications
- ▶ demonstrate best self-care for chronic diseases
- ▶ plan when and how to talk with your doctor

They listen - and then provide help the help you need - whether it's completing a form to obtain a handicapped parking permit, or identifying resources for obtaining a



bath transfer seat to enable you to take a bath more safely.

So, whether you've just come home from the hospital or just need advice on taking your blood pressure correctly, the UUH Outreach Program can help.

UUH Outreach Program:

📞 **215-843-5881**

✉ **uuhoutreach.org**

Retirees Turn to Virtual Villages For Mutual Support

People who passionately believe in controlling their lives are best suited to virtual retirement villages, says Susan McWhinney-Morse, 81, a founder of Boston's Beacon Hill Village which pioneered the village concept in 2002.

"This is not a social service model," she says. "This is how we take care of ourselves. You need time and energy to devote to it."

The village, she adds "gives you a sense of worth and accomplishment."

Preliminary studies show that virtual villages are indeed working. They increase confidence that a person will be able to stay at home and reduce possible falls, said Andrew Scharlach, Kleiner professor of aging at the University of California, Berkeley.

"The whole idea is being engaged and helping one another," says Mr. Scharlach, who has studied nine retirement villages in California. "They're not just services, they're designed to be communities." He adds that 90 percent of adults wanted to stay in their own homes as they aged, anyway. "So there's a lot of promise in virtual villages," he says.

In the future, baby boomers will push virtual villages into mass acceptance, Mr. Scharlach says. "They don't want to be dependent on families or the government. And the



East Falls Village monthly lunches, held at various East Falls restaurants, are a great way to enjoy good food - and company! In addition, Fred Vincent has just started "Lunch in the 'hoods" - eating at an ethnic restaurant while learning about the history and architecture of the neighborhood

idea of consumers calling their own shots is taking off."

Villages foster social connections. This socializing gives people a greater sense of purpose and increases well-being, says Dr. Marc Agronin, a geriatric psychiatrist in Miami and author of "How We Age."

"As people get older, they face the major dilemma of isolation," Dr. Agronin says, "Having a local network of people to engage with opens up whole new worlds. It's about discovering your strengths

and the joy of living."

Frank McAleer, director of retirement solutions at Raymond James, the financial services company, says that "Economically, virtual villages are a great deal. You can retain equity in your home, your biggest investment."

The excerpts above have been adapted from The New York Times' article on the subject, which appeared Nov. 29, 2014. You may access the full article at <http://nyti.ms/1FBxbxO>



Memoir Writing Workshop Takes Off

Lead by Joanne Green, an author and short story writer, the first session was a challenging, but fun, experience. Joanne gave participants different writing exercises based on old evocative family photos that each person brought along to the

workshop. Participants also discussed their personal goals in writing memoirs.

Join the next workshop!
See Upcoming Events on page 4.

Upcoming Events

To Register for Programs Marked (REG):

☐ EastFallsVillage.org

|
or
|

☎ 267-444-4507

(click on Calendar of Events)

Thursdays • 9:30AM

**Thursday Morning Walks &
Stop at a Local Café**

Meet at Falls Library

For same-day weather updates,
routes or coffee destinations, call
215-817-9430.

December 25 • 2-4PM

**Holiday Dinner at Kathy
Woods' Home (REG)**

January 21 • 11:30AM

Lunch of the Month:

Teppanyaki Grill

Baker's Centre, Fox St. & Roberts Ave.

January 21 • 2PM

**Social Media: Not an
Unsolvable Puzzle But a Tool
for Keeping Seniors Connected**

Falls Library

Slide Presentation on how Social
Media keeps seniors connected with
Larry Benjamin

January 25 • 2PM

Memoir Writing (REG)

Home of Glennis Pagano

Writing exercises led by Joanne Green.

January 28 • 6:30PM

History of the Parkway

Falls Library

Slide talk with Fred Vincent.

February 8 • 3-5PM

Wendellas Sing Richard

Rodgers

Hank and Sue Harrison's

East Falls singers, pianist Wendy Moody

February 13 • 11:30AM

Lunch of the Month: Murphy's

Conrad St. & Indian Queen Lane

February 25 • 11:30AM

Lunch in the 'hoods: Tierra

Colombiana

4535 N. 5th St.

Meet at Falls Library



February 19 • 9:30AM

Woodmere Art Gallery

Meet at Falls Library

Housed in a 19th-century stone
Victorian mansion on six acres
in Chestnut Hill, Woodmere's
core collection includes
important paintings by
renowned artists such as
Edward Redfield, Daniel
Garber, Walter E. Schofield,
Benjamin West, Frederic
Edwin Church, Violet Oakley,
Arthur B. Carles and more.

woodmereartmuseum.org

Please Note: This is a partial
listing. Details may change. For
more info, check the *Calendar of
Events at EastFallsVillage.org* Or
consult the *EFV Weekly Update*,
emailed to members on Tuesdays.

You're Invited!

Join us for a special Membership
Meeting as we honor Charlie Day for
his dedication and hard work in
establishing East Falls Village. In
addition you will:

► Get a preview of the new Service
Provider List (formerly the Vendor
List), which is available on the
members-only portion of our
website, and learn how to access it.

► Have a chance to sign up with
Ralston My Way - an agency that
provides many types of services to
seniors for a reasonable hourly rate.

Plan to stay through the Social Hour
for a chance to mingle and enjoy
some wine and hors d'oeuvres.

Feel free to bring along a friend or
neighbor who may be interested in
joining EFV! Don't forget to tell us
your guest's name(s) when you
register. Call if you need a ride.

Please RSVP!

☎ 267-444-4507

☐ EastFallsVillage.org

(click on Calendar of Events)

**Winter Membership
Gathering**

**Sun, Jan. 18
4 p.m. to 6 p.m.**

**The Tuttleman Center,
Philadelphia University**

**School House Lane
& Vaux Street**

RSVP Required

Charlie Day

(continued from page 1)

member recommendations, the Vendor Services Team compiled a list of plumbers, electricians, painters, cleaners, handymen, contractors and others – in all, some 75 vendors at current count. Some offered discounts to EFV members. Henry Donner, chairman of the Steering Committee, credits Charlie with stamping EFV with its distinctive volunteer-centered culture.

“Every organization has a culture and no one has done more to imprint a culture than Charlie. He has high expectations of volunteers... and follows through with reasonable time limits and sometimes hard-to-achieve deadlines.”

Volunteers drive members to doctor appointments, help with technology, plan social and cultural events, host bridge parties and discussion groups, publish the weekly UPDATE and quarterly newsletter, and recommend service providers. In 2013, 63 volunteers worked 3,378 hours serving Village members.

“To the outside world,” says Donner, “EFV may look like a group of inactive retirees. Instead, you have very active, dedicated retirees. For some it has become the second act in life.”

Charlie is resigning as chair of the Operating Group where he presided over monthly meetings with his volunteer team leaders for the last three years. Julie Camburn, retiring editor of *The Fallser*, and former leader of the Communications team, marvels at his command of the issues and unruffled approach to management. “He was never overbearing,” she says.

For the Chestnut Hill born and Ivy League educated Day, the sense of

noblesse oblige runs deep. His father was William Lang Day, Chairman of the First Pennsylvania Banking and Trust Company, today Wells Fargo Bank. William Day was also Chairman of the University of Pennsylvania’s Board of Trustees.



Charlie with Phil Hineline, Jay Pagano, and Winston Moody at the June 2011 Launch Party at Drexel College of Medicine.

“(EFV is the) jewel in the crown of our organization. The services it provides are invaluable and the Village itself contributes mightily to making East Falls the sterling community that we all love.”

Barnaby Wittels
President of the East Falls
Community Council

Charlie owes his civic mindedness to his father’s example. As chairman of the Old Philadelphia Development Corporation, William Day helped guide the restoration of a crumbling Society Hill, winning the city national acclaim. Later, he would help lead the Market Street East renewal.

The Day household welcomed progressive ideas. The senior Day

supported the Clark-Dilworth Home Rule Charter reform movement in the 1950s, ending years of political corruption and government mismanagement. Charlie grew up with the conviction that government and non-governing institutions should be used to improve peoples’ lives. EFV is, in part, a product of that conviction.

Charlie would follow his own progressive agenda with jobs in non-profits and government agencies. He was last Executive Director of the GreenSpace Alliance, a coalition of land conservation and related organizations in the five-county Southeastern Pennsylvania region. He has worked for the American Society of Civil Engineers, Temple University, the U.S. Environmental Protection Agency, and the Greater Philadelphia Chamber of Commerce. Much of his work involved strategic planning, organizing volunteers, and staging conferences. He says that EFV put his organizing talents to use.

Mary Flournoy, who, along with Phil Hineline, succeeds Charlie as co-chair of the Operating Group, says that “East Falls Village would not exist without Charlie’s inspiration and dedication.”

Charlie, who will continue to consult and advise for EFV, says he hopes he leaves a “sustainable” village on the volunteer-driven model. Eventually, he would like to see EFV join with Penn’s Village in Center City, Mutual Mt. Airy, and villages yet to come in a “hub and spokes network.”

Today there are 145 aging-in-place “villages” across the country, including three in Philadelphia, with 100 more in development.

READING CORNER

Being Mortal: Medicine and What Matters in the End

by Atul Gawande, M.D. | review by Charlie Day

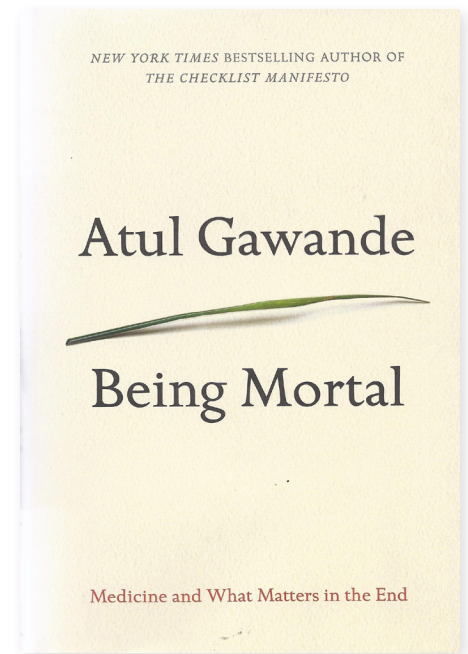
It goes with the semi-retired/post-retirement stage of life: one encounters family members and close friends—possibly including oneself—who must face end-of-life issues. What does one do when confronted with a condition which will almost certainly bring life to a close, the only remaining questions being under what conditions and for how long life can be sustained?

This book shows ways to help ensure that—when the time comes—our loved ones (and ourselves) have as good and meaningful an ending to life as possible. Not that it's easy to do, or even to think about, because changes in attitudes and actions are necessary.

Our natural tendency is to trust the doctors involved in the case to do

what is best for the patient. But Atul Gawande, a surgeon himself, shows how doctors can fail patients at the end of life, and how this country's medical system often produces exactly the wrong result for a life which is nearing its end, not only producing misery and pain, but often actually shortening life's duration.

The book is currently on the New York Times bestseller list, where it has been for the past six weeks. What makes it so readable is Gawande's approach to the topic. He illustrates the book's main points through a series of true stories of patients with whom he is familiar, including his physician father, whose final years are sensitively described—from his transition as an active practitioner to an individual who faces his decline one step at a



time, neither allowing his doctors to rush him into drastic treatments nor passing up appropriate measures, while taking opportunities to savor life fully. Rather than maximizing one's days, Gawande proposes the goal of having “the best possible day” for as many days as possible.

It's an easy and compelling read, with the potential to change your thinking about this subject.



East Falls Village

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Deliver to: