

Village Voices

Elyse Castillo: New Administrative Coordinator

By John T. Gillespie

Elyse Castillo Blank brings a raft of community experience to her new job of administrative coordinator for the Village.



Passing the baton: Elyse Castillo Blank, right, takes over from Margie Neary

Elementary School which their children attend. They also live a few blocks from each other. Margie in effect recruited Elyse and Village co-chairs Phil Hinline and Mary Flournoy interviewed her in June.

Since being hired, Elyse has been training with Margie, Mary, and Roger Marsh.

“Elyse brings considerable tech experience, including Mail Chimp, the marketing platform, which supports the Weekly Update,” says Mary Flournoy.

Elyse is no stranger to the area. Her father-in-law grew up in Roxborough and her husband works in commercial real estate and knows the neighborhood. With her community orientation, she joined the Manayunk Development Corporation, the Cook-Wissahickon Elementary School Home & School Association, which elected her as vice president, and the Wissahickon Sustainability Committee as volunteer coordinator.

In 2011 she founded Chew Philly Food Tours, the award winning food-tasting excursions popular with visitors and tourists. She also served as director of food and beverages for Entertainment Cruises, which runs riverboat cruises along the Delaware River.

Elyse and Margie both enjoy working with older adults. “Improving and assisting senior living is something I want to be part of,” says Elyse.

Neary, who never knew her grandparents, has enjoyed her work with East Falls Village. “I really like working with smarter, older people,” she says. “The work is fulfilling and interesting.”

“One of my passions is community building,” says the Detroit native who lives in Manayunk with her husband and three children. She replaces Margaret Neary who, after four years on the job, is returning to school to get her master’s degree in special education.

The two women share a friendship nurtured through mutual involvement in Cook- Wissahickon

WALK (AND EAT!) WITH EAST FALLS VILLAGE

Every Thursday morning, a small group of Village members meet in the garden at the Falls Library at 9:30 and then set off for a walk in the Falls, ultimately leading to a stop for coffee – or more! There is no registration and we encourage non-members to come. Just show up!



On a very hot day, the walkers gathered at the library and walked ALL the way to Vault + Vine for coffee and pastries!



Walkers Say

“We decide where to go, depending on our inclinations and the weather. If it’s nice, we might go to Kelly Drive and walk as far as the cemetery. If it’s hot or drizzly, we may just walk to Vault + Vine.”
- Roger Marsh

“Great conversation, companionship, and sustenance.”
- Joe Terry

“Enjoyable strolls through the neighborhood. Both the walk and the stop include friendly conversation with good company.”
- Karen Ingram

“I thoroughly enjoy the Thursday morning walks which offer the opportunity to get some exercise and take in the beauty of East Falls.”
- Anne Farnese

Welcome to our New Members!

- **Bob Foster**
- **Kathleen Regele & Christopher Coxe**

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 10 in the 2018 Member Handbook & Directory or email info@eastfallsvillage.org.

JOINING 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.

VILLAGERS HELP BOOST READING SCORES

By Kathi DiMenna

Thomas Mifflin Elementary School recently reported a 6.4 percent increase in reading scores, confirming the importance of the work Village volunteers and others have been doing to improve reading skills of children in kindergarten to 3rd grade.

Equally gratifying was Mifflin's number one ranking in reading improvement among public schools in Northwest Philadelphia. The results are based on nationally standardized tests.

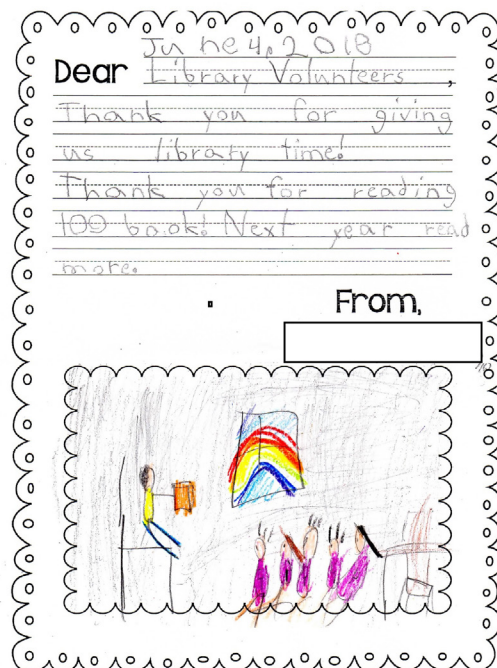
The volunteer program, Read to Me!, is in its fourth year. Originally offered once a month, volunteers now meet with students weekly. Each Wednesday morning, classroom teachers assign a child to a volunteer who helps the child read a book at his or her reading level.

After the school library was closed for six years, East Falls Village volunteers reopened the library. When each class comes to the library, a volunteer reads a book or two and then the children get to check out books. The Library Project is Mondays and Fridays.



To volunteer, go to **Eastfallsvillage.org**, click on volunteer info, and then on Help Children Learn to Read. Scroll down for required clearances. You can also sign up for volunteer times. You may also contact kadimenna@aol.com or at **215-848-6735**.

Village membership is not a requirement to volunteer.



"Dear Library Volunteers,
Thank you for giving us library time! Thank you
for reading 100 books! Next year read more."

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.

Editor:

John Gillespie

Contributors: Kathi DiMenna, Mary Flourney, Loann Scarpato

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Mindfulness/Meditation

There are many benefits of mindfulness/meditation for older adults – helping to slow breathing and the heart rate, to decrease blood pressure and tension, and to improve digestive function. Meditation is a way to calm the mind and body, to relax and pay little attention to thoughts as they drift in and out of your mind. There are many ways to practice mindfulness.

Some Village members have expressed interest in a class on mindfulness. Lillian Rozin, our yoga instructor, also teaches meditation and will conduct two free sample sessions (October 5 and 11), followed by a four-part series.

If you are curious about meditation and/or are thinking of registering for the four-part series, come to one of these sample sessions.

TO REGISTER: email info@eastfallsvillage.org or call 267-444-4507.



See the List of
Upcoming Programs
for the information on
the sample sessions
and on the four-part
series.

EFV Offers Second Yoga Class

By Mary Flournoy

Since 2013, East Falls Village has been offering a weekly Tuesday morning yoga class. This September, by popular demand, it is adding a class on Thursday afternoons.

Why yoga? One class member said she finds the class “enjoyable, relaxing, affirming, not stressful.”

Another says “I really enjoy spending time learning yoga with good friends, practicing relaxing, and the sense of ‘being in the moment’ in a beautiful light-filled space.”

Instructor Lillian Rozin says that people have all sorts of misconceptions about yoga. “You have to be flexible to do yoga” or “It’s way too touchy-feely for me”, but there are many ways to practice yoga – it’s not “one-size fits all.”

Thanks to the popular culture, yoga has a reputation for being highly athletic, but Lillian says that yoga is “accessible for everyone! It is a very mindful way to practice movement. I often call it meditation in movement.”

“In all of my classes, I encourage people to get to know their own bodies, so that they can choose the pose and stretches that will help them at any given time. If you were to drop in to my class, you would observe people doing many different variations of the suggested pose. That’s because they have learned to take care of themselves, and adapt the pose to their own ability on that particular day.”

What are the benefits of yoga? Improved balance, increased focus, lower blood pressure, reduced anxiety, and better overall well-being. And yoga is especially recommended for seniors. (The age range in the current class is from 50 to 80.)



Instructor Lillian Rozin demonstrates the puppy pose.

 **There is no need to twist into a pretzel! To see more of our sample poses, see the Event Photos section of eastfallsvillage.org.**



Yoga Class Information

You spoke, we listened!

EFV now offers yoga classes twice week. See all class details to the right.

Class Members Say...

“I enrolled as a skeptic as to what the benefits to me might be. I have since become a dedicated student of the art of mindfulness yoga. Lillian is a wonderful instructor. She creates an atmosphere of calm and total acceptance for all of her students, whatever their abilities might be. No matter what your state of mind when you enter the class, you will feel relaxed and refreshed when you leave.”

- Evelyn Chrol



Yoga class members support each other in a balance circle.

“I had not realized how poor my balance had become till I started the stretch and tone class. Now I can stand on one foot, and the yoga stretches I learned and do everyday make putting on my shoes less painful for my back. Wish I had started 20 years ago. And it is great to meet new people in the class.”

- Connie Deasy

East Falls Village Yoga Classes

The Memorial Church
of the Good Shepherd

3820 The Oak Road

Register by emailing

info@eastfallsvillage.org

or calling **267-444-4507**.

Make checks payable to EFCC
and mail to EFCC:

PO Box 12672

Philadelphia, PA 19129



Tuesday Morning Class

September 11 – December 18

(There is no class on November 6).
10 to 11 am

Fee for the 14 classes is \$98 for EFV members and \$112 for non-members.

Special Rate for Late Registrants:

\$84 for EFV members and \$96 for non-members.

Thursday Afternoon Class

September 13 – December 20.

(There are no classes on October 25 or November 22).
2 to 3 pm

Fee for the 13 classes is \$91 for members and \$104 for non-members.

Special Rate for Late Registrants:

\$77 for EFV members and \$88 for non-members.

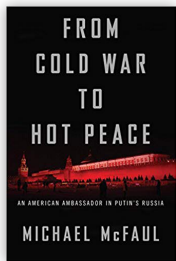


Good Reads

From Cold War to Hot Peace

By Michael McFaul

Review by John T. Gillespie



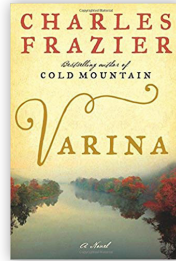
From his days as a scholar at Stanford to his two years as Russian Ambassador under Obama, Michael McFaul has devoted much of his professional life to understanding and improving ties with Russia. Thus, it is with a deep sense of regret and lost opportunity that he -- the chief architect of the Obama “reset” with

Russia – recounts the initial hopes followed by cascading disappointments that brought reset efforts to a pause – only to be restarted in radically different form under Donald Trump. The chief villain in the tale is President Vladimir Putin, whose obsession with Russia’s diminished role and alleged American complicity in undermining Russian ambitions, recalls the dark days of the Cold War. As long as Putin and his satraps remain in power, McFaul holds out little hope for rebuilding ties. In his words, “The hot peace, tragically, but perhaps necessarily, seems here to stay.”

Varina

By Charles Frazier

Review by Loann Scarpato



“The right side won,” was Varina Davis’s verdict on the Civil War. Nearing the end of her life, after years of “loss and reflection,” the widow of Confederate president Jefferson Davis pronounces her judgment:

They -- she and Jeff and the culture at large -- had made bad choices one by one.... Choices of convenience and conviction, choices

coincident with the people they lived among, following the general culture and the overriding matter of economics, money and its distribution, fair or not. Never acknowledging that the general culture is often stupid or evil and would vote out God in favor of the devil if he fed them back their hate and fear in a way that made them feel righteous.

The searing experiences that prodded a privileged daughter of the Old South to reach that unforeseen conclusion are the stuff of this fictionalized telling of her life by the author of *Cold Mountain*.

**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.

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

Friday
September 28
1 pm - 3 pm

Friday Matinee – Julie and Julia

Falls Library

Meryl Streep and Amy Adams star as a culinary legend and a frustrated office worker who is inspired to make 524 recipes in 365 days! (Captioned)

Friday
Oct 5
1:30pm

Thursday
Oct 11
3:30pm

Mindfulness/Meditation – Free Sample Sessions

Oct 5: Vault + Vine, 3507 Midvale Ave, 2nd Floor

Oct 11: Memorial Church of the Good Shepherd, 3820 The Oak Road

REG Recommended

Fridays
Oct 26 - Nov 16
1 pm - 3 pm

Mindfulness/Meditation Series

Memorial Church of the Good Shepherd, 3820 The Oak Road

\$40 for members; \$45 for non-village members. Sign up and pay online on the Oct. 26 listing on the Calendar of Events or send a check to EFCC, PO Box 12672, Phila. PA 19129 **REG Required**

Sunday
October 7
3 pm - 5 pm

“As Time Goes By”

Germantown Friends Meeting Social Room, 47 W. Coulter St.

Music from stage and screen performed by soloist Suzanne Schneider and pianist Gayl Koster.

Wednesday
October 10
2 pm

Patients’ Legal Rights in Today’s Health Care Environment

Falls Library

Presented by Roseann Sellani, a Registered Nurse and an Attorney at Law.

Friday
October 12
11:45 am

Lunch of the Month: In Riva

4116 Ridge Ave.

Enjoy pizza and other Italian specialties. **REG Recommended**

Wednesday
October 17
5 pm - 7 pm

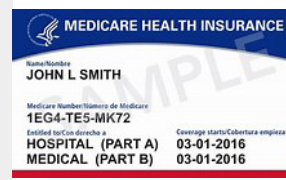
Dinner in the ‘Hood: Urban Village Brewing Company

1001 N. 2nd St.

Meet at the Library at 5:30 pm to carpool or 6 pm at the restaurant.

Craft beer and great food, including brick-oven pizzas in this

Northern Liberties brewery. **REG Recommended**



Medicare
Update for 2019

Tuesday
October 16
2pm
Wednesday

October 24
6:30pm

Falls Library

Learn about the various kinds of Medicare plans, changes in plans for 2019 and learn how APPRISE (a free service) can help.

This program is
being presented
twice.

(over for more programs)



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Saturday
October 20
9:45 am

Trolley Tour of Valley Forge

Meet at the library at
9:45 am to carpool.

The 90-minute trolley
tour starts at 11 am. The
trolley is ADA accessible.
The senior fare is \$14.50.

Followed by an
optional lunch at the
Black Powder Tavern in
Wayne. *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*

Wednesday
October 24
9:30 am - 1 pm

Thursday
October 25
1 pm

Thursday
November 1
10:30 am

Monday
November 5
11:45 am

Friday
November 16
11:30 am

Monday
November 19
10 am - 11 am

Wednesday
November 28
1 pm

Andalusia Historic House and Garden

1237 State Road

Meet at the Library at 9:30 am to carpool.

Guided tour of this historic Greek Revival home and a self-guided
tour of the gardens. \$20 payable at the door. *Members and guests.*

REG Required

Canes, Train(ing) & Automobiles: Lending a Helping Hand Falls Library

Workshop on using canes, walkers, wheelchairs, and other devices to
help others – and perhaps yourself in the future. Presented by the
Occupational Therapy Program of Jefferson University.

Get Your Life Back from Arthritis.

Falls Library

With physical therapist
Chris McKenzie.

Lunch of the Month: Billy Murphy's Irish Saloon

3333 Conrad St.

Enjoy beer and burgers (and more)
in our well-known local pub.

REG Recommended

Lunch in the 'Hood: The Gold Standard Cafe

4800 Baltimore Ave.

Meet at the Library at 11:30 am to carpool or noon at the restaurant.
All-day breakfast plus interesting lunch choices, including vegan
dishes. **REG Recommended**

East Falls Glassworks Tour & Demonstration

3510 Scotts Lane

See glassblowing in action! \$10 payable in advance. *Members and
guests.* **REG Required**

Simplify Your Life to Age in Place

Falls Library

How to let go of a lifetime of collected items, organize and manage
financial and legal records, and create a plan for support services.
With Bode Hennegan of Life Managers & Associates.



Holiday Party & Art Show

Wednesday
December 5
4 pm - 6 pm

Falls Library

(over for more programs)