

What's Inside

Nelly Childress

Do not miss the **Message from Management**. Most important is turning in your "Census Form." Management needs your most current information for your safety. Also, keep in mind **Erica Alles'** announcement of forthcoming news and well-thought-out recommendations.

Theresa Kowalski gives a report of her interview with one of our interesting neighbors, **Charlene Compher**, a lovely, warm and welcoming individual, a PhD with countless certifications, a researcher at the Hospital of the University of Pennsylvania (HUP) who is also the faculty director of the Nutrition Minor programs of the School of Nursing and of the School of Arts and Sciences at Penn. An avid traveler, Charlene and husband, Vic, have been to all the continents except Australia and Antarctica. Kowalski noted that during the interview Charlene kept returning to two themes: her love of lifelong learning, and her intense desire to help patients, not only at HUP, but around the world through her research.

Read **Lynn Miller's** interesting article on the oldest surviving federal building in the United States. The **First Bank of the United States** on South Third Street is to be restored, thanks to major fund-raising efforts. Once restored it should become the centerpiece of the story

the Independence National Historical Park can tell of the birth and growth of the nation's financial system.

Janet Burnham talks about Penn's Village services and programs — a must!

How about those helicopters flying by Hopkinson House? **Martha Cornog** tells you all about them — fascinating!

Are you interested in Art — botanical art, arts and crafts, drawing, painting, jewelry making, photography, turning solid glass into a liquid, print making, improvisational stitching, making pop-up-cards, interior design, fashion design and merchandising, digital design, animation, filmmaking, pottery, sewing, dance, puppetry? **Martha Cornog's** article "The Art of Art Classes" will direct you to the proper place in Philadelphia.

Becky Krasley introduces you to Amazon's Alexa. Becky says that Alexa not only tells the best jokes, but becomes the most helpful household device by making daily routine more convenient and life less cluttered.

Jane Hickman recommends Roasted Salmon with Herb Vinaigrette. It is delicious and very easy to cook.

Aperol Spritz is offered by **Becky Krasley** for Happy Hour @ Hopkinson House. It is a wine-based cocktail commonly served as an aperitif in Italy. ■

on the HOUSE

The Newsletter of
Hopkinson House • Fall 2018



Message from Management

Erica Alles



Photo by Janet Burnham

I would like to thank Hopkinson House

owners, staff and residents for the warm welcome I have received! I am so pleased to be at Hopkinson House as your General Manager. I have worked in property and association management for 17 years, and as a Director with CAMCO I've had the pleasure of working with diverse groups of managers, boards and communities. At Hopkinson House, continued on page 2

Occasional Photo by Simon Roberts



on the HOUSE

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Find past issues of
on the House at
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Message from Management

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I've met many of our residents and I look forward to seeing more new faces over time. I've noticed that whether residents have been here 30 years or one year, each has valuable ideas about how Council and management may enhance life at home in Hopkinson House.

The Pool hours will be reduced just following Labor Day, to 3 p.m. to 8 p.m. on weekdays and 10 a.m. to 8 p.m. on weekends. Thank you to our residents who follow the basic rules of the pool, helping keep harmony at this special amenity. Respect your neighbors, respect the guards and enjoy!

Stay tuned for the date of the upcoming building-wide shredding event for

residents. Use the opportunity to clean out unwanted yet sensitive documents. We are scheduling this soon.

Census Forms

Thank you to those who have turned in their Census Form! Management needs this current information including your email address, updated phone number and emergency contacts. Also, contact information for tenants is required as well. Your personal information is used solely for internal Hopkinson House communications such as blast emails about occurrences in the building. If you need another copy, let us know. Otherwise please return your Census to Cathy: cathyhhoa@comcast.net or drop it at the desk.

When watering plants on your balcony, please do not overflow your pots, as water will flow down onto the balcony below. Your neighbor will appreciate this.

Homeowners' Insurance

Certificates must be provided annually to the management office. Please make sure your form is forwarded to Cathy: cathyhhoa@comcast.net, or mail to the office: 604 S. Washington Square, Philadelphia PA 19106, or fax to 215-829-1510.

Thank you. Enjoy the rest of your summer! ■



Photographer Needed for *on the House*

If you are interested in photography and have some free time, the Hopkinson House Newsletter committee is looking for a "staff photographer" to work with

Janet Burnham and shoot photographs "on the house." Please contact Nelly Childress at nsmedchildze@comcast.net or Janet Burnham at janetb627@me.com.

Residents Corner

Residents wishing to make comments/observations on the current issue may send them to: "The Editor," nsmedchildze@comcast.net. Those who do not have a computer can place their comment in an envelope addressed to "Editor, on the House" and give the envelope to the employee at the Resident Services

Desk. Your comments will be published in the next issue of the newsletter. Anonymous comments will not be accepted. The editor reserves the right to reject opinions/comments, etc., if they are deemed inappropriate or can involve the association in legal troubles.

New Staff Member



Gregory Byers, Door and Resident Services Desk

Photo by Janet Burnham

Getting to Know Our Neighbors

Charlene Compher

Gut Check: Working With the Human Microbiome

Theresa Kowalski

Humans live with between ten and 100 trillion microbial cells in and on their bodies: bacteria, viruses, yeast and protozoa. Together they make up the human microbiome which weighs about as much as our brain, and plays an important role in our immune system, our heart, digestive system/health, weight, many other things and even behavior. The largest concentration of these microbial cells is in our gut, known as the gut microbiome. And it's in this fascinating world that Charlene Compher practices, teaches, and conducts research.

Charlene and her husband, Vic, have lived in Hopkinson House for almost ten years. And while she was ready to give up a four-story townhouse in Logan Square for single-floor living and less space, she is not at all ready to cut back on any of her time spent working and teaching. Given that she has an international reputation for practice and research in the gut microbiome; it's interesting that her early career decision could have taken her in a very different direction.

Charlene grew up in eastern Tennessee, graduating from the University of Tennessee with a degree in German. She arrived in Philadelphia in 1970 as a doctoral student in German at the University of Pennsylvania, but given the thinking at that time, many schools were doing away with language require-

ments. Opting to be employed after graduation, Charlene decided to turn to her next love, nutrition.

After first earning her MS in nutrition science from Drexel University, and initially working in smaller regional hospitals, Charlene joined the clinical nutrition staff at the Hospital of the University of Pennsylvania (HUP). This seems to be when she found herself inspired by the patients she dealt with and the evidence-based solutions that were being developed by interdisciplinary teams. So again in 1994, in order to gain more research skills, she entered a PhD program but continued working full-time at HUP. Much of her research since then has examined links between the gut microbiome, diet, and clinical outcomes.

Dr. Compher indicated that her interdisciplinary clinical and research work has always been geared towards answering two central questions:

- 1 What nutritional therapies can improve the absorption of nutrients in patients with gastrointestinal disease, and
- 2 What nutritional interventions can improve clinical outcomes of critically ill patients?

One of her clinical research projects involved following a group of children with Crohn's disease to examine the effectiveness of different methods and ways of taking in specific nutrition. More

recently she received a grant to collaborate with HUP's Maternal Fetal Medicine Practice to study maternal diet and gut microbiome in a population of women who delivered preterm and to those who carried to term.

Aside from her ongoing clinical and research work, Dr. Compher is also the faculty director of the Nutrition Minor programs of the School of Nursing of the School of Arts and Sciences at Penn. Having started a new major in Nutrition Science in 2016, she indicated that she couldn't possibly think about retirement until the program is at least a few years older! And last but not least, professionally, in 2016 she served as president of ASPEN, the American Society of Parenteral and Enteral Nutrition, an organization of multidisciplinary health care professionals and researchers dedicated to improving the science and practice of clinical nutrition and metabolism.

Given all of her professional work, it's hard to think that Charlene has any time for other diversions. But I find that she adores travel and has been with husband, Vic, to all of the continents except Australia and Antarctica. But she does plan on getting to them eventually. When she does travel there are three things she loves to feast on: the local food, great art, and architecture. Given her



Charlene Compher

early love of languages, she's still working on learning them, though she's switched to Spanish since it is far more practical in the U.S. than German.

After we finished the formal interview, I was reviewing my notes and trying to tease out my general observations about Charlene. She was evidently a very intelligent and professionally accomplished person, but she was also very warm and welcoming, working hard to make the world a better place, and enjoying herself immensely. She kept returning to two themes: her love of lifelong learning, and her intense desire to help the patient, not only at HUP, but around the world by her research. I once read a quote that described people like Charlene, made by Marion Wright Edelman: "Education is for improving the lives of others and for leaving your community and world better than you found it." I would say that sums up Charlene Compher perfectly. ■

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The First Bank: Philadelphia as the Cradle of America's Financial System

Lynn Miller

For decades, the First Bank of the United States on South Third Street has been silent and off-limits to the public. Fortunately, a major fund-raising effort has begun to restore this oldest surviving federal building in the United States. Once that work is completed, the First Bank should become the centerpiece of the story the Independence National Historical Park (INHP) can tell of the birth and growth of the nation's financial system. In the early years, that history largely played out here, both as the nation's capital from 1790 to 1800, and for decades afterward, when the financial capital remained in this city. That was a time of great contention about the kind of economy thought appropriate to the young republic, and the role the federal government should play in economic matters.

From the time the Constitution came into force in 1789, a divide was apparent between the followers of Thomas Jefferson and Alexander Hamilton over whether the new nation should favor the interests of yeoman farmers and an agrarian economy, as Jefferson supposed, or those of the merchant class in the nation's growing cities, as Hamilton wished. Jeffersonians tended to view banks with suspicion. They saw them as serving a moneyed elite unsympathetic to the interests of those less well-off. Hamiltonians favored



The First Bank Portico

a strong federal role in the economy and the creation of a central bank to support a capitalistic system.

Those divisions were evident when the First Congress met at the temporary capital in New York. A bill supported by Hamilton as Secretary of the Treasury twice failed to pass because of southern opposition led by Congressman James Madison, the friend and ally of Secretary of State Jefferson. That Assumption Bill called on the Treasury to assume the debts of the states and establish a centralized mercantile state based on sound money and national credit. Then in June, 1790, months before the nation's capital moved to Philadelphia, Jefferson helped break the deadlock when he hosted a private dinner for Madison and Hamilton. During the course of the evening, a deal was made: Madison agreed that he would not again lead opposition to the Assumption Bill when it came to a vote for a third

time. In return, Hamilton conceded to the strong desire of the southerners to establish the permanent capital of the United States along the Potomac River border between Maryland and Virginia. That was a symbolic bow to the Jeffersonian vision of a nation centered on the mostly rural and agricultural economy of the south.

Passing the Assumption Bill set the stage for legislation to create a central bank. That was done almost immediately after Congress moved into its new quarters adjoining Independence Hall in Philadelphia. The First Bank of the United States was chartered in 1791. It was housed in Carpenters' Hall until its permanent headquarters could be constructed. Once finished, the First Bank building became one of the earliest examples in the United States of what would become known as the Federal style. The new building evoked Roman power, with distinctly

American touches. The towering marble portico was the first on any public building in America. Its tympanum features an immense American bald eagle carved from mahogany. Never before had this symbol of the new nation appeared as an ornament on a government building.

Even though the bank's design and construction were meant to suggest its permanence, the Jeffersonian-Hamiltonian divide had by no means run its course. Soon after the First Bank was chartered, it played a role in bringing about the nation's first financial panic when the scrip issued to those buying stock in the new institution was subject to wild speculation followed by the sudden collapse in the price of the scrip. The panic spread to other cities and further eroded support for the Federalist Party. The last Federalist to be elected president, John Adams in 1796, was defeated for re-election by Jefferson himself in 1800. Eleven years later, the bank's charter was up for renewal. In the Senate, the authorizing legislation ended in a tie vote, allowing Vice President George Clinton to break the tie. A Jeffersonian like the president, James Madison, he voted against renewal. Thus the life of the First Bank of the United States came to an end in 1811.

Five years later, however, a sunnier mood was spreading across the land. With the continued on page 7



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The First Bank

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coming of peace following the War of 1812 and the demise of the Federalists, partisan politics receded into what soon would become known as the Era of Good Feelings (1817-1823). By 1816, the changing mood allowed President Madison to sign into law the charter creating the Second Bank of the United States. Like the First Bank, it would be located in Philadelphia, even though the federal government had moved to Washington. To make clear this was a fresh start, a new building on Chestnut Street, a block west of the First Bank, was designed by William Strickland, the most eminent architect of his day. This chaste, limestone edifice is a monumental, early example of Greek Revival style in America, modeled on the Parthenon, with columned porticos on both its northern and southern faces. Yet, the temple's serenity belies the political fights the Second Bank eventually provoked.

By 1832, partisan divisions once again made the bank a primary issue in the nation's politics. Senator Henry Clay, a prominent opponent of President Andrew Jackson, was preparing to run against him in the November election. The president had long been known for his opposition to the Second Bank. Clay was the bank's leading supporter in Congress. The bank's president, Nicholas Biddle, the scion of a prominent Philadelphia family, persuaded Clay to call for an early re-chartering of the

bank — its charter was not due to expire until 1836 — as a way of forcing President Jackson's hand. Both men hoped that he would veto the measure and thereby lose support in the coming election. When both houses of Congress approved the measure that summer, Jackson's veto followed. But Clay and Biddle had miscalculated. Congress failed to override the veto and, with the Second Bank's future the central issue in the campaign, Jackson defeated Clay by a wide margin in November.

A "Bank War" followed between Jackson and Biddle. The president attempted to starve the bank of its assets by removing its funds. Biddle responded by raising interest rates. A mild recession followed. Eventually, Jackson got the upper hand while Biddle and the bank were increasingly blamed for the country's economic malaise. When the bank's charter expired, the threat of another presidential veto was enough to prevent its renewal by Congress. That marked the end to national banks, as well as Philadelphia's role at the heart of the nation's financial system.

Some eighty years after the Bank War, the economic might of the nation had grown so great that the arguments for greater federal management of America's financial system finally led to something akin to a national bank. In 1913, the Federal Reserve System was created to act as a central bank in all but name. The new arrangement

deferred to the fear of a too-centralized system by making twelve regional banks integral to the new arrangement. The Third District was headquartered in Philadelphia. The Federal Reserve has played a guiding role in the nation's economic life over the past century while giving voice to regional differences. Even so, echoes of the earlier debates can still be heard when today's populists criticize its work.

The legacy of the nation's early financial history remains in Philadelphia. The First Bank continued to have a banking life after its charter expired in 1811. Both the building and its assets were sold to Stephen Girard, the nation's richest citizen. Girard bought the operation outright, proceeding to operate it himself without a board of directors. That French-born Philadelphian almost single-handedly financed the United States government in the War of 1812. The descendants of Girard's Bank operated in the building until the 1920s. In 1955, the National Park Service acquired the structure and added it to the recently created Independence National Historical Park (INHP). It then served as a visitor center for a number of years, but was closed to the public at a time much of its infrastructure was failing.

The restoration committee for the bank, in conjunction with the Independence Historical Trust (formerly the Friends of Independence National Historical Park),

has launched its drive to raise money to restore the building, provide it with up-to-date technology and amenities, and create an endowment to supplement its ongoing operations. Once that is achieved, displays in the First Bank will fill in the missing piece in INHP's narrative about the nation's founding. That will also reveal much about the important role Philadelphia played in that history. In addition to displaying artifacts and interactive exhibits on its ground floor, the building will house conference and meeting rooms, offices, and quality collection storage facilities. The First Bank should soon become another focal point in the fascinating story of America.

The Second Bank has long been open to the public. For decades, it has served the INHP as an art gallery, displaying hundreds of portraits, mostly painted by Philadelphia's great 18th-century artist, Charles Willson Peale. He set out to create images of all the important figures of the revolutionary period, so the gallery itself provides a distinctive picture of that era. The works of other important artists of the time are also on display. Visitors can also visualize the building's banking days with its barrel-vaulted central chamber and fireplaces at each end, along with Nicholas Biddle's offices.

Part of Alexander Hamilton's original plan to give the federal government continued on page 9



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The First Bank

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fiscal and monetary power was the creation of the United States Mint. Unlike the two national banks, the Philadelphia Mint has survived unchallenged. It has been stamping out the nation's coins since it opened here in 1792, and

remains the largest mint in the U.S. Now in its fourth headquarters in the city, the massive building stands next to Independence Mall, extending from Fourth to Fifth and Arch to Race Streets. The Federal Reserve Bank of Philadelphia, head-

quarters of the Fed's Third District, is directly across Independence Mall from the Mint, between Sixth and Seventh Streets. Once the First Bank of the United States is restored and ready to interpret the nation's financial and bank-

ing history, that story should take on new meaning. ■

To learn more about the restoration project, contact Friends of Independence National Historic Park: FriendsofIndependence.org Phone: 215-597-7919

Penn's Village:

Stay Active – Stay Connected – Stay in our Community

Janet Burnham

Many Hopkinson House residents already know us. They attend our programs; join at varying membership levels, or volunteer. Often neighbors do all three. As a refresher, Penn's Village serves Central Philadelphia and is dedicated to redefining what it means to grow older.

Our programs create unique opportunities for discovery, learning and enjoyment. Should a neighbor need support, our volunteers provide services such as transportation to health care appointments, assistance with chores, companionship and even help setting up a computer or smart phone. Most of what we offer is accomplished by volunteers and our team is intergenerational, both working directly with members and assisting behind the scenes. We always need drivers.

I thought I would tell you about some of our services and programs that might be of special interest.

• Specially trained Health Pal volunteers will collaborate with members

to navigate the healthcare system. Together, with the member always in charge, they prepare for a health care visit, formulating questions and filling out forms. At the request of the member, the Health Pal will take notes during visits and assist with follow-up instructions.

• Two retired social workers coordinate a support group, an oasis where members share experience and encourage each other.

• Our whirlwind Apple specialist will visit you at home, diagnose your set-up and make sure you get the most from your iMac, iPad and/or iPhone.

• We take special requests. Recently we found a volunteer to play scrabble in French!

We continually challenge ourselves to add to the fabric of our community through innovation and excellence. Here are some examples:

• Once a year we gather for Tea, Scones and Phones, divide into small groups and master our smart

phones and tablets no matter what their labels.

Also, annually at Muse Behind the Artist, a panel of local artists share what inspires them. Lively discussion follows.

• At a recent program, What Voice Command Devices Can Do for You, we delved into the mystery of these involving technologies that, without you getting up from your chair or out of bed, can, among other things, turn off the lights, vacuum, and get the weather report. Older adults often think that this new stuff is beyond them, but it is not, and a Penn's Village volunteer is eager to visit, explain what is possible, and set you up.

• Join us on September 12th at 2 p.m. for our

Silver Binder workshop at Society Hill Towers. This two-hour workshop will give you the knowledge and structure you need to get your important documents in order. You will leave with a specially designed notebook for organizing vital details about your contacts, legal, health, and financial affairs. The cost of this program is \$20 for Penn's Village members and volunteers (to cover the cost of binders and printing); \$30 for other guests, payable at the event. RSVP to info@pennsvillage.org or 215-925-7333.

Are you tempted to know more? Visit our website pennsvillage.org, call 215-925-7333, or email info@pennsvillage.org. ■



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VROOOM at the Top: Philly's Medical Helicopters

Martha Cornog

An immense skyscape of flying critters owns the altitude above my 25th floor balcony. The red and blue Chopper 6 from 6ABC Action News skitters small and feisty high across the horizon, then hovers, circles, and wanders about like a South Streeter looking for action on Saturday night. The slightly larger police “cop”-ters tend to hover or circle, white with blue tail and underbelly.

But dominating the sky are the medevacs, larger and laden with people and gear. Authoritative and decisive, these fly lower and point-to-point like single-minded experts with knowledge and supplies. It was decades ago when I first admired them. Several of us were doing happy hour outside at Vesuvio's in Bella Vista, while helicopters passed overhead. Bob had once worked for a medevac dispatcher and told us what they were. “Going up in one of those — it feels like being picked up by the head,” chuckled Tim, my late husband, who had once flown in a New York City commuter helicopter.

Fortunately, the medevac helicopters pick up the entire body — as with Jennie, a young girl in Chester County who took a tumble off a horse not long ago. The EMS responders thought she might have spinal damage, so they called JeffSTAT, the medical transportation service of Thomas Jefferson University Hospital.



JeffSTAT medical transportation helicopter.

JeffSTAT's Transport Center then set up an airborne pickup for Jennie to the hospital here in Center City. Jefferson, it turns out, is a federally designated regional spinal cord injury center. And that loud rumbling when the helicopters pass over Hopkinson House announces that people in trouble are getting treated. They're probably having the very worst day of their lives, but they are on their way to specialists who can usually help.

I found out about Jennie (not her real name) from Guy Barber, Director of JeffSTAT. His group handles both ground ambulances and helicopters, but I was there to ask about those feisty flying machines. Most of the helicopters vrooming by Hopkinson House, I had figured out with the help of binoculars, are the dark blue JeffSTAT choppers. In fact, my balcony view shows me

a tiny slice of the Jefferson helipad, and I can watch the JeffSTAT fleet touch down — as well as helicopters from other hospitals. Penn Medicine's PennSTARs are white with blue tails and tops; those from Temple University Health System's MedFlight are all red with a white “T.” Biggest of all are the monster Life Lion flyers from Penn State Health at Hershey, blue on top, white strip below, and a pointed snout.

“What's going on up there?” I asked Barber. He explained that about 30 percent of the airborne patients are “scene” cases — scooped up from wherever they came to grief: near a highway where an accident shattered lives, say, or on a street where a home-based crisis threatened disability or death. The rest of the flights like those I was gawking at bring patients from other medical facilities in to Jefferson. Why? Because,

he proudly noted, “we have the biggest book of special care services.” Of these, he elaborated, neurosurgery and trauma care especially stand out.

A typical scene situation might go like this one. When a retiree from near Turnersville, New Jersey, suffered a fall at home, one leg seemed badly injured. The ground ambulance team that responded to his family's call suspected a “tib-fib” fracture — both lower-leg bones damaged. So the EMSers made the decision to get him to Jefferson, since orthopedic trauma is another of their specialized services. Conveniently for the retiree, one JeffSTAT helicopter is quartered at the nearby Jefferson-Washington Township Hospital and could quickly pick him up for the trip to Philadelphia. All the JeffSTAT helicopters continued on page 12

Philly's Medical Helicopters

continued from page 11

are housed in outlying hospitals and none here in town, Barber told me.

Some patient pick-ups don't go to Philadelphia at all. Last April Fools' Day, a man leaped from a moving SUV after an argument with his girlfriend, who was in the car. Sustaining severe lacerations to his head, he was taken by ambulance to the Pottstown Hospital. Then, after assessment, he was flown via JeffSTAT helicopter to the Paoli Hospital, which has a higher level of trauma care capability.

Other mishaps can be sports-related. In July, two men were jet skiing in Blue Ball Quarry and slammed into each other. Fortunately, both made it to shore when the helicopter arrived, and only one needed treatment. He was flown to a hospital in Lancaster.

Some flights carry body parts. Penn State Health's Life Lion flyers sometimes visit the Jefferson helipad to pick up organs for transplant, along with a team of surgeons to perform the operation. Or the flight to Jefferson may carry a Penn State Health medical team to collect the organ and escort it back to Hershey.

So why a helicopter and not one of those ground EMS vans? I had assumed speed, and of course that's a factor, Barber said. It's also because the helicopter-based gear and the medical staff onboard can administer care way beyond what the Medic 21 van stationed at 6th & South Street can deliver. Besides the pilot,

the JeffSTAT flight crew includes a registered nurse and a paramedic that are both specially certified in emergency flight medicine and advanced trauma care. Moreover, the choppers carry blood products, medications, and specialized equipment for, e.g., airway management.

Sometimes even fancier equipment is brought aloft. The heart-lung or ECMO machine can take over the work of vital organs for patients suffering severe respiratory or cardiac failure due to heart attack, pneumonia, or trauma. When such a patient in a smaller hospital needs more advanced care, JeffSTAT delivers a portable ECMO plus a surgeon. The surgeon hooks the patient up to the ECMO, and then the whole kit and caboodle re-boards the helicopter back to Philadelphia with care continuing during the flight.

As equipment goes, though, he coolest piece of gear in medevac helicopter work is the helicopter. After Russian émigré Igor Sikorsky developed the first usable helicopter design in 1939, a daring 1944 rescue of three injured soldiers in Burma during World War II married the helicopter with medicine forevermore. Certainly, anyone watching M*A*S*H a few decades ago can remember the familiar cry, "Incoming chopper deliveries to Hawkeye and Trapper's Mobile Army Surgical Hospital during the Korean War.

Some say that it's harder to learn to fly helicopters than airplanes, and certainly there's no "autopilot" on JeffSTAT helicopters. With motion and instability possible in all directions, three major controls are needed, which require non-stop attention from both hands and feet of a pilot with (as one pilot put it) "a well-developed sense of doom." JeffSTAT flyers and their fellow medevac choppers face the additional problem of avoiding buildings like Hopkinson House on the way to Philadelphia hospitals. It's like a 3D videogame where you and your patient can die while doing a 9/11 on a building or two and killing a score of bystanders, too.

Yet, as I found out, the helicopters headed for Jefferson usually go somewhere near Hopkinson House because the pilots are safer flying into the wind — which is usually from the west —

and the only obstacle-free approach towards the Jefferson helipad is from the south. Pilots from any direction may circle over our building to end up facing west, and then slide to their right and northwards down into the helipad, nose still pointed west. It looks quite strange when you realize they are landing sidewise, crab-style.

To us Hopkinson House residents who will be future patients of some hospital, somewhere, "We're available," Barber assured me. Within the city, of course, ground ambulances do the job. But "on vacation or visiting outside the city, [or for a] loved one who goes to college in Bucks County, you can count on us" for the helicopters. And, he finished, "many of the patients JeffSTAT picks up have spent a life of comorbidities" — multiple, simultaneous disease conditions. "So practice preventive medicine." ■

Further Reading

JeffSTAT's Facebook page: www.facebook.com/JeffSTAT1/
 "Flights & Fancy: Brooders vs. Extroverts," by Darisse Smith. *AirSpaceMag.com*, August 2009, www.airspacemag.com/flight-today/flights-and-fancy-brooders-vs-extroverts-36056567/

Life Inside the Dead Man's Curve: The Chronicles of a Public-Safety Helicopter Pilot, by Kevin McDonald. Dog Ear Publishing, 2016.

"Kids Soar at Northeast Philly Helicopter Camp," by Maggie Loesch. *Philly.com*, August 13, 2018.

www.philly.com/philly/education/helicopter-camp-leonardo-philadelphia-saint-martin-tours-students-20180813.html

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