Valley Village

Aging in My Home with Mutual Support

Member of
Village to Village Network

Vol. 12, No. 3 May - June, 2022

Quick Look

Right click on link then select "Open link in new tab"

1st Thursday, 10:00 AM
3rd Tuesday 7:00 PM
June & July
Valley Village Member Orientations

Thursday, June 16, 2022, 10:00 AM
Be Part of Making America "Dementia Friendly"

Thursday, June 16, 2022, 5:30 PM
Monthly Supper Club

Tuesday, June 21, 2022, 9:30 AM
Lavender Farm Tour and Cafe Lunch

Thursday, July 21, 2022, 5:30 PM
Monthly Supper Club

Thursday, July 28, 2022, 9:30 AM
Tour of Simple Hill Farm & Local Woodshops

Weekly Yoga

Weekly Pickleball Practice

For details on all events visit
valleyvillagehbg.org

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"Just One Call"
540-209-6484

Generations Crossing

Keaton Shenk, Evelyn Driver, Greg Versen, Ann Yoder, Paul Yoder, Keith Gnagey, Linda Gnagey, Lowell Wenger, Betty Shenk

On April 14, members of Valley Village received a warm welcome from both older adults and preschool children at Generations Crossing, an intergenerational program that offers an alternative to a full-time, long term care facility. On our visit we met some of the elders and observed children playing on their well-equipped and well supervised playground.

Ann Bender & Keith Gnagey

A staff of qualified professionals, including a registered nurse and nursing assistants, provide care and engage with the participants, offering a stimulating environment for adults eighteen to one hundred who are not able to spend the day by themselves. Generations Crossing is also licensed to provide daycare for infants through preschool age children. Having both elders and young children on the same campus creates opportunities for children to develop relationships with older adults and elders to enjoy the active presence of young children. In a time when children may live far from grandparents and elders are often relegated to nursing homes where they have little of the stimulation provided by young children, both groups benefit and cross-generational relationships are formed.

Generations Crossing is celebrating twenty years of operation. It is a private, non-profit program that offers services on a sliding scale and receives funds through private donations and United Way. It is licensed by the Virginia Department of Social Services. The Harrisonburg community is blessed to be the home of this family-oriented service which is a rewarding alternative that reaches across all generations.

Laurie Deavers, Executive Director of Generations Crossing and Jeanie Troyer, RN

Ann Bender

Group photo

Soapstone quarry face

Valley Village Visits the Quarry Gardens at Schuyler

On a sunny but cool spring day, nineteen Valley Village members visited the Quarry Gardens at Schuyler in Nelson County. The gardens, which surround two old soapstone quarries, contain about two miles of walking trail, more than thirty galleries of native plant communities, a picnic pavilion, and a visitor center that includes exhibits on native plants, local ecosystems, and the history of the soapstone industry.

Owners Bernice and Armand Thieblot were our hosts for the morning. We first met in the visitor center for a short introductory video. We then walked about one mile of nature trails around two abandoned soapstone quarries, once part of a booming industry in the region.

Serving as our guide, Armand Thieblot pointed out the many native flowers, shrubs and trees of the area. We learned their various names and admitted we probably wouldn't have seen some of them if he hadn't pointed them out. People in our group commented about how much they enjoyed the nature walk and learning about the unique soapstone quarrying history in this part of Virginia. Check the Quarry Gardens website for upcoming events or to schedule a tour.

Ruth Zimmerman

Left: Armand Thiebolt leading the nature tour,
Right: View of quarry

Acupuncture Program

On May 12 Berry Franko and Amara Franko Heller, Licensed Acupuncturists, met with seventeen Valley Village members at Park View Mennonite Church. Berry and Amara introduced their work and gave a brief history of 5000 years of acupuncture and Chinese medicine. They explained that acupuncture points can assist healing of ailments by calming and balancing systems in the body, so they can more readily perform their natural ability to keep the body healthy.

Berry and Amara discussed their own experiences with patients and described clinical trials that demonstrate the effectiveness of acupuncture treatment for many conditions—from joint pain, to digestion, to hearing, to anxiety, and more. At the end of the program, they led us through a simple Qigong healthy practice movement. Most attendees stayed for a short acupuncture experience. We each had 10 needles inserted in our ears for about 15 minutes. This was intended to induce relaxation and calmness. No one mentioned any pain associated with the needles, and some reported a tingling feeling and increased energy.

Berry and Amara own and practice at Acupuncture Medical Center on Blue Stone Hills Drive. Currently their website is under construction but does have the information needed to contact them. More information will be available later this summer.

Tom Duval

Faye Yoder listening intently

Presenter Berry Franko

Qigong healthy practice movement

Presenter Amara Franko Heller

An ear full!

Betty Shenk ready for her turn

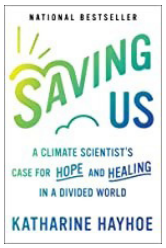
Welcome
To Our New Members!

We're happy to welcome thirty-two new members to Valley Village, all of whom have joined since the beginning of 2022. This increases our membership by thirty percent!

Whether you're a newer or a long-time member, when you see someone you don't know at an event, introduce yourself—we're all part of the Village. In the near future, we hope to share short profiles of our new members via Valley Village email. For now, a warm welcome to the following:

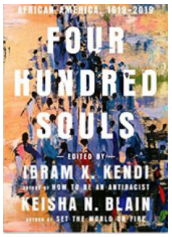
Rhoda Derstine
Kenton Derstine
Annie Holland
Norma Burkholder
Olen Burkholder
Gerald Kauffman
Joan Kauffman
Lynn Roth
Kathleen Roth
Robert Schminkey
Sara Holben
Anna Bishop
Richard Yoder
Carolyn Yoder
Sherill Hostetter
Darrel Hostetter
Ronald Stoltzfus
Bonita Stoltzfus
Robert Harvey
Karen Harvey
Dwight Kauffman
Trella Kauffman
Paul Heisey
Kathie Moyer
Thomas Dunaway
Elaine Dunaway
Leo Heatwole
Ruthanne Heatwole
Richard Slough
Janet Slough

Welcome to what we hope will become a new column in the newsletter. We know that Valley Village is a reading community and therefore we'd like to take advantage of this rich resource. What we are looking for—short paragraph-long descriptions of any book you have read that you'd encourage others to read. If it is easy for you to provide a picture of the cover, great. Otherwise, we can "snip and paste" it from an on-line vender. We are open to all genres—fiction, non-fiction, poetry, religion, how-to, etc. If you think someone else would enjoy it, it belongs here in a future post. Earl and I have written ones for this issue, but this is not our column and we will use as many as we get. Please contribute!



In her national bestseller, *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World,* Katharine Hayhoe engages the topic of climate change as both a scientist and a committed Christian. She is able to reach across the most partisan of political divides by listening to people and engaging them where they are. She implores us to just "begin talking about it" and offers a positive yet practical approach to an issue that concerns all of us.

Earl Zimmerman



Four Hundred Souls, edited by Ibram X. Kendi and Keisha N. Blain is described by them as "a community history of African America, 1619-2019." The work is written by eighty Black writers and ten Black poets, each contributing a three-to-four-page essay or a poem on a person, event or theme related to the five-year period they have been assigned. In spite of its copious end notes, the book is readable and includes many little-known stories. It introduces us to details of our country's past history that are often painful but also inspiring.

Kathie Kurtz

What Am I Here For?

Well-Being

by Stan Godshall, MD

Dr. Stan Godshall (retired) worked 40 years in Family Practice in Elizabethtown, PA, with five years of work (three short terms scattered among those 40 years) in Tropical Medicine and Surgery in Shirati, Tanzania. He and Susan are members of Valley Village.

On November 3, 1906, a German physician, Alois Alzheimer described "a peculiar disease"—the haunting case of Auguste Deter, a female patient who died in her mid-50s and had suffered from profound memory loss, unfounded suspicions about her family, and other worsening psychological changes. At autopsy Dr. Alzheimer identified amyloid plaques and neurofibrillary tangles in her cerebral cortex. These brain anomalies would become identifiers of what later became known as Alzheimer's disease.[9]

If you walked into another room this week and forgot what you were there for, no, you do not have Alzheimer's disease (AD). However, don't we all worry that AD might be part of our future and wonder how to keep it at bay?

In 1996 the first drug to "treat" Alzheimer's disease, Aricept, arrived on the scene. It was marketed not as a cure, but as a drug that would slow the progression of AD. Neither it nor similar drugs that followed proved to be effective. In June 2021 the FDA approved Biogen's antibody drug, Aducanumab (Aduhelm) which was shown to significantly reduce the amount of beta amyloid plaques and neurofibrillary tangles seen on the brain MRI of those in the study. Despite these encouraging findings, the persons studied showed no signs of memory improvement, only a 23 percent slower decline than those treated with placebo.

Aduhelm comes with serious side effects and a huge cost. Because Adulhelm must be administered in a doctor's office monthly, Medicare normally covers 80 percent of the cost, $56,000 per year. Also, an MRI of the brain ($1,200) is required twice a year while receiving this drug. Medicare spent $37B for medications in 2019. The anticipated millions of AD patients hoping to receive Aduhelm would add $29B to the annual Medicare budget. Recently, Medicare agreed to pay for Aduhelm therapy, but only for patients participating in an approved study. Researchers still hope that the decrease in amyloid in the brain may eventually show some benefit. Recently Biogen decided to lower the price of Aduhelm to $28,200 per year.

Good news: There are cheaper ways to lower your risk of developing Alzheimer's disease. Here are statements I found that are based on recent studies:

In 2019 researchers at Rush University Medical Center (Chicago) performed a study of elderly persons and found that doing these five things could decrease your risk of AD by 60%:

1. Eat a healthy diet—mostly vegetables, nuts, berries, beans, whole grains, seafood, poultry and olive oil—while avoiding red meats, butter, cheese, pastries, sweets and fried food
2. Exercise—at least 150 minutes a week, whether by biking, walking, swimming, gardening or doing yard work
3. Do not smoke
4. Drink (no more than) one alcoholic drink per day
5. Engage in cognitive stimulation activities two or three times a week—reading the newspaper, visiting the library or playing games such as chess and checkers . . . Wordle?

The author of the study, Dr. Klodian Dhana summarized his findings as follows: "My biggest takeaway is, I encourage older people to consume more leafy green vegetables, replace red meat with poultry, and avoid as much fried food as possible. . . Also, walk to the grocery store and read books!"

In the meantime, when you wonder why you came into another room, just retrace your steps and start again. I can almost assure you that you will remember it the second time around!

Stan Godshall

Supper Club
Another Success

Sixteen people met at the Kauffman residence on Lincolnshire Drive for a pleasant evening of sharing experiences and enjoying Glenn and Mary's gardens. Glenn became interested in rhododendrons some years ago and began to buy and propagate new varieties. His enthusiasm has resulted in a wide variety of cultivars planted in a garden graced with companion plantings, seating areas, and water fountains. Walking paths create an inviting atmosphere. Fortunately for us, the weather matched the beauty of the surroundings.

Our group met on Kauffmans' deck for our meal—eating together and sharing stories, with time for wandering and taking pictures as well. Our two hours passed quickly.

Paul Yoder, Social Committee chair

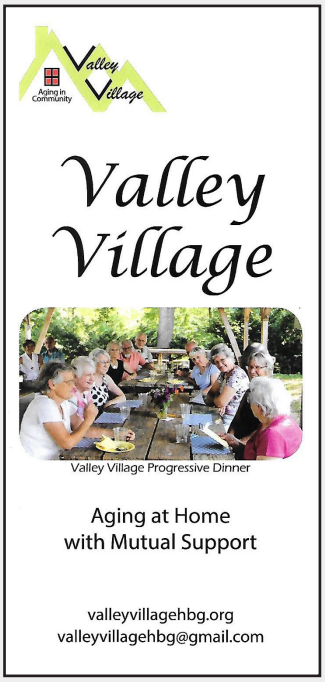
Vendor Spotlight

Green Plumbing Services was recently added to our list of recommended service providers. Jesse Green is the contact person. They offer a wide range of plumbing services covering repairs, installation, sewer lines, water lines, remodeling, new construction, and much more. In addition, they are certified as Noritz tankless water heater technicians.

Green Plumbing Services is listed on our website under Home Maintenance/ Plumbing. They serve the larger Harrisonburg area. Visit their website or they can be reached by phone at 540-383-1464.

Wayne Kurtz
Service Provider Coordinator
wdkurtz@outlook.com

Each One Reach One



Valley Village is growing! We're becoming more resilient as an organization and we're reaching more people. We're conducting an Each One Reach One campaign. You can be part of it by inviting a friend to join Valley Village.

We have new brochures to help people understand what we're about—pick one up at Valley Village events or email valleyvillagehbg@gmail.com to get copies.

We also have the brochure in digital format at this link and our Membership Application can be accessed here.

President's Reflections

We often think of volunteering as a way to give back to others. As we hit retirement age, we find that volunteering does as much, or more, for us as volunteers.

- Volunteering staves off loneliness and isolation, enhances our social support, and helps bridge the generation gap. Getting out, working with others, and being around others gives us a sense of self-worth. We work with folks of all ages, exchange perspectives and learn from them. We make new acquaintances and friends. Loneliness is bad for our health, socialization good.
- Volunteering naturally increases physical activity, something that is essential to staying healthy and independent. Whether we're staffing a store or cleaning up a park, volunteering helps keep us active.
- Volunteering helps keep us sharp by exercising our mind.
- Volunteering adds purpose to our lives, whether we think of the focus of a single day or the larger perspective of how we serve. It enriches the texture and value of our lives.

A good volunteer gig can be a key part of healthy aging. Beyond these primary advantages, there are other ways volunteering can help us. We may find a way to engage with an old interest. We may find the opportunity to learn new skills. We may reconnect with a loved one by volunteering with them. All of these possibilities associated with volunteering—socialization, physical activity, sense of purpose—add up to less depression and more resilient mental health for us.

So, if you're looking to volunteer, here are a few tips as you start out:

- Make it convenient—getting there shouldn't be a hassle.
- Expect to be interviewed or go through a background check. Many volunteer positions have waiting lists. Be patient and let them know you will take the job seriously and be committed.
- Be prepared to interview the agency or group. Make sure it offers the social environment you want to be in, and will provide a rewarding experience.
- Know what you enjoy, which is often what you're good at. Don't try to reach too far beyond what you've enjoyed in the past, at least not at first.
- If you are also looking at volunteering as a learning experience, let them know that when you're exploring the opportunity.

Valley Village offers some very friendly volunteer activities. Sign up to be a Just One Call Volunteer. Or join a great group of members planning the events that help us age in our homes by educating us, connecting us, and keeping us active. Contact us at valleyvillagehbg@gmail.com for more information. Sources for this column include parentgiving and Vantage.

Valley Village Board Notes

The Board did not meet in April.
At the May meeting, the Board:

- Reviewed the annual member meeting location, parking, cost, timing, attendance, and level of energy
- Discussed Membership Committee's initiative to interview and write profiles of new members (since there are too many new members to add to the newsletters)
- Decided to engage in a process with committees to renew purpose statements and task lists
- Considered how to facilitate sharing of articles among VV membership

Movies Return !

Do you love movies?
Are you missing our pre-Covid monthly films?
Or have you just joined Valley Village, ready for a fresh new adventure?

Plans are still in process, but we hope to begin showing films again this fall—probably matinees this time. We want to provide a mix of old and recent, funny and serious, musicals, documentaries and more—and we'd like to invite VMRC residents to join us, along with any guests you might invite. Movies will be free, and may come with popcorn. Stay tuned!

Chris Edwards

Help needed: The Movie Committee is looking for someone to join us who has good audio-visual tech skills and can keep us up-to-date with the changing technology. Interested? Please contact the committee:

Steve Shenk, steve.c.shenk@gmail.com
or Robin McNallie, chrisedwardshburg@gmail.com

Transitions

Pat Martin is moving into Park Place and plans not to renew her membership.

Dementia-Friendly Training

Please join us on Thursday, June 16 at 10 am for Dementia Friendly training in person at the PVMC Fireplace Room. The presentation will be by folks from the Valley Program on Aging Services. The program is designed to increase our understanding of dementia and to help us learn ways to effectively support each other as we age.

To register, click here.

Once you are on the page, click Member Log In (found in the upper right-hand corner), and then register.

Keep Your Digital Privacy

By Erica Manfred, seniorplanet.org

How's Your Digital Privacy?

You may have noticed ads popping up on your Facebook page for products or services you just happened to search for, like bathroom remodeling or face creams. This is the tip of a very deep iceberg when it comes to data privacy.

Protect Your Data Privacy

To protect your data, first do the obvious simple things.

- When your phone or computer prompts you to download the latest security update, down load it, don't put it off, especially for Windows.

Here's why it's so important.

- Update your passwords like everyone keeps telling you to do.
- And be wary of scammers. They are getting more and more sophisticated these days.

To read more, click here .

Corrections

We all know the difference between Paul Yoder and Greg Versen, but none of us caught the caption mistake on the front page. The picture is of Greg Versen reflecting on Keith Gnagey's leadership in Valley Village. His last name was also misspelled at one place. Our apologies, Greg!

June

Benedicte Early
Trella Kauffman
Paul Yoder
Edwin Yoder
Helen Nafziger
Kathie I Moyer
Marcia Moshier

July

Howard Zehr
Ronald L Stoltzfus
Betty Shenk
Wayne Yoder
Karen Lee
Robin McNallie
Robert A Harvey
Anna Bishop
Katherine Cottam
Nancy R Heisey
Keaton Shenk
Lonnie Yoder
Paul W Heisey

Find Valley Village on Facebook!
Valley Village Page: facebook.com/ValleyVillageHarrisonburg
Valley Village [private] Group: facebook.com/groups/vvhbg

Board of Directors

Lorie Merrow, President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Pearl Lantz
Ann Bender
Stan Godshall
Julie Alderfer Stauffer
Elaine Zook Barge
Keith Gnagey, ex officio

Valley Village Committees and Members:

Education Committee
Keaton Shenk-Chair, Ann Bender, Greg Versen, Keith Gnagey, Rosemary King
Social Committee
Paul Yoder-Chair, Katherine Cottam, Vi Miller, Faye Yoder
Tour Committee
Linda Gnagey-Chair, J. Lowell Wenger, Ruth Zimmerman
Membership and Communication
Lorrie Merrow-Chair, Nancy Faulkner, Julia Alderfer Stauffer, James Musser, Hannah Lapp, Marcia Moshier
Newsletter
Kathie Kurtz-Editor, Earl Zimmerman-Associate Editor
Just One Call-Volunteer Program
Tom DuVal-Coordinator, Larry Miller, Bev Stauffer
Service Provider Program
Wayne Kurtz, Coordinator
Wellness Commitee
Betty Shenk-Chair, Keith Gnagey, Teresa Boshart Yoder, Ruby Zehr, Elaine Zook Barge, Katherine Cottam, Annie Holland
Film Committee (on hiatus)
Steve Shenk-Chair, Chris Edwards and Robin McNallie

The Valley Village Newsletter supports the mission of Valley Village by publicizing events, services and opportunities, by educating members on topics of general interest, including aging-related, by connecting members through event recaps, profiles, birthdays, etc., and as a vehicle to promote membership.

Valley Village newsletter is published bimonthly (every two months). Deadline is July 22, 2022, for submissions to the July - August 2022 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net.