



# Valley Village

## Aging in My Home with Mutual Support

Member of  
Village to Village Network

Vol. 13, No. 1 January - February 2023

### Quick Look

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

**Thursday, Feb 9, 9:30 AM**  
[Tour of Historic Shenandoah Caverns](#)  
[Route 11 Potato Chips](#)

**Thursday, Feb 16, 3:00 PM**  
[VV Movie - Zorba the Greek](#)

**Thursday, Feb 23, 9:30 AM**  
[Annual Members Meeting](#)

**Thursday, March 2, 3:00 PM**  
[Stop the Bleed](#)

**Thursday, March 16, 3:00 PM**  
[VV Movie - The Graduate](#)

**Thursday, March 23, 10:00 AM**  
[Arts In The City](#)

**Thursday, April 6, 4:00 PM**  
[How to Grow and Diversity Your Social Network](#)

**All February to March 13**  
**Monday & Wednesday 2:00 PM**  
[Tai Chi Introduction Classes](#)

**3rd Tuesday, 7:00 PM**  
**February/March**  
[Valley Village Member Orientations](#)

For details on all events visit  
[valleyvillagehbg.org](http://valleyvillagehbg.org)

### Newsletter

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"Just One Call"  
540-209-6484

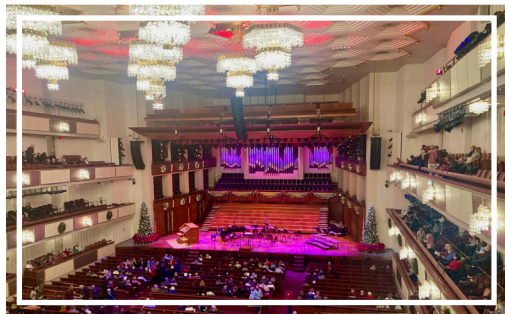
## Valley Village at the Kennedy Center

Twenty Valley Village members and guests ventured from Harrisonburg to the Kennedy Center December 17 to hear the Washington Chorus' matinee program, "A Candlelight Christmas." We enjoyed an amazing set of familiar seasonal favorites, including a couple sing-alongs, and new pieces that shared the Christmas story.

A number of VV folks took part in a Kennedy Center tour before the program. It included glimpses of behind-the-scenes spots, as well as historical facts and little-known happenings at this Washington landmark.

Thanks to Donna Heatwole for arranging the special holiday event—a delight to the eyes and ears! Donna sang in this chorus for many years, and she pointed out her daughter as part of the current chorus. Many tour participants mentioned their hope for another visit to D.C. in the future.

Linda Gnagey





## Wellness Committee Keeps Active

Wellness activities come in many forms. On November 9, Julia Alderfer Stauffer led a group of members in the creation of a delicious, healthful dish of roasted Brussels sprouts with butternut squash. Julia innovated by adding pomegranate seeds to increase its beauty and nutritional value. Members enjoyed sitting together to chop vegetables, chat, and sample the food. Everyone got to take some home!



On a cold, sunny January morning, sixteen Valley Villagers met for an invigorating hike that involved a persistent and gradual climb on the Grooms Ridge Trail near Stokesville, VA. Watch for monthly hikes starting in March 2023.



Currently twenty-four members are participating in twice-weekly Tai Chi classes, designed specifically to help participants with arthritic and balance issues.

Betty Shenk

The series of Tai Chi classes are off to a great start!



## Introducing Valley Program for Aging Services

Valley Program for Aging Services (VPAS) is the local Area Agency on Aging and a non-profit organization. Established in 1974, nearly 50 years ago, VPAS serves the counties of Augusta, Bath, Highland, Rockbridge, Rockingham and the cities that lie within those counties. Our main office is in Waynesboro with satellite offices in Harrisonburg, Highland, Bath, and Buena Vista.

VPAS empowers adults 60 years and older with the resources and opportunities they need to lead engaged lives. Our focus is on connecting older adults with the services that help them to remain living independently in their homes and communities.

VPAS offers a wide variety of both in-home and community-based services including information and assistance, meals on wheels, transportation, social and recreational activities, health and wellness activities, Medicare counseling, caregiver support, dementia education, and more. Once a person accesses VPAS services they are enveloped in a supportive network that helps them navigate the changes and challenges that come with aging. While there is no formal charge for services, donations are invited. To learn more, visit our website at [www.vpas.info](http://www.vpas.info) or call 540-615-5341.

Did you know that one of your very own members, Ann Bender, is a former VPAS Executive Director?

Beth Bland  
Director of Senior Services Harrisonburg-Rockingham County  
& Director of Development  
[www.vpas.info](http://www.vpas.info)



*This is the first of a regular series of articles by Valley Village Advisory Board Member Beth Bland, who serves as Director of Senior Services Harrisonburg-Rockingham County & Director of Development for Valley Program for Aging Services. As a non-voting Board member, Beth's role is to help identify areas of collaboration between Valley Village and VPAS, and to advise the Board on existing services available to seniors in the community. Each article in her series will highlight a different service offered by VPAS, with this inaugural article offering an overview of the agency.*



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 online 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. Please contribute!



Barbara Kingsolver's latest book, *Demon Copperhead* (HarperCollins, 2022), is a contemporary retelling of Charles Dickens' *David Copperfield*, set in southwestern Virginia. The story is about the life of a boy born to a poor teenage mother. It recounts his struggles to rise out of the intransigent poverty of the region, experiencing foster care, child labor, athletic success, addiction, and other challenges.

Ruth Zimmerman

*The 1619 Project: A New Origin Story*, edited by Nikole Hannah-Jones, et al. (New York Times Company, 2021) is a book of essays, fiction, and poetry. It covers the history of the malignancy of slavery that has impacted every aspect of American life from its beginning in 1619 until the present.

Helen Nafziger



## ***Just One Call***

Activity has picked up this winter for the volunteer services of Just One Call. We have been providing rides for members to appointments, Valley Village events, and errands.

These services are offered free to members for your short-term needs. Volunteers are happy to help!

- Cleaning/Organizing
- Computer Use Assistance
- House Check While Traveling
- Laundry
- Light Home Maintenance
- Light Snow Removal
- Light Yard Work
- Meal Preparation
- Transportation (including running errands, such as shopping)
- Vehicle Advice – Second Opinion (this is not a professional assessment, only an opinion)

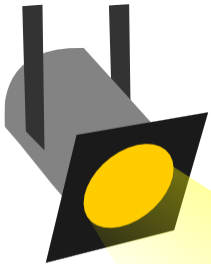
Just One Call is a call, email or website visit away. Log in to the Valley Village website and click on the “Services” tab. You also can email [vvjustonecall@gmail.com](mailto:vvjustonecall@gmail.com) or call 540-209-6484 (leave a message).

If you wish to volunteer to help other members, please follow the same route. We are looking particularly for technology assistance volunteers as we consider scheduling occasional tech support sessions for computers, smart-phones and tablets.

Just One Call is here to advance the Valley Village goal of Aging at Home with Mutual Support.

Just One Call Committee – Tom DuVal, Larry Miller

## ***Vendor Spotlight***



B & L Glass & Mirror was recently added to our recommended list of service providers. Their shop is located at 827 N. Main Street in Harrisonburg. They not only install auto glass, but can cut and provide glass or mirrors for a wide range of home needs and uses. A village member recommended them based on fast service and very reasonable pricing.

The principal of the company is Boyd Milstead and they can be contacted by phone at 540-434-8072.

Wayne Kurtz  
Service Provider Co-ordinator  
[wdkurtz@outlook.com](mailto:wdkurtz@outlook.com)

## **Valley Village Annual Meeting**

**Thursday, February 23, 9:30 am**  
**Park View Mennonite Church**  
**Fellowship Hall (front door)**

**Please join us for food, fellowship, fun, Village updates and door prizes. We look forward to seeing you there!**

## 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.

## Alcohol...drink less, live longer

The opening sentence of a recent *NYTimes* article by health writer, Dana Smith, caught my attention: "Sorry to be a buzz-kill, but that nightly glass or two of wine is not improving your health."

As a boy my pastors taught me that drinking alcohol was a sin. During my medical school days, I began drinking an occasional glass of wine but with a twinge of conscience. After all, didn't Jesus create wine? And twice a year at our communion services in the 1950s didn't our pastors encourage us to sip wine from two common cups? (One cup for the men's side and one for the women's side of the church.)

In medical school I learned that drinking alcohol in large amounts was a health hazard, but drinking alcohol in smaller amounts (1-2 drinks per day) was actually healthier for you than not drinking at all! Smith quotes Dr. Mariann Piano of Vanderbilt University, "The idea that a low dose of alcohol was heart healthy likely arose from the fact that people who drink small amounts of alcohol tend to have other healthy habits such as exercising, eating plenty of fruits and vegetables and not smoking. In observational studies, the heart benefits of those behaviors might have been erroneously attributed to alcohol."

I also learned that my liver receives alcohol and metabolizes it to acetaldehyde, which is a toxin! Smith quotes Dr. Marissa Esser of the CDC: "Acetaldehyde damages your DNA and prevents your body from repairing the damage. Once your DNA is damaged, then a cell can grow out of control and create a cancer tumor." Some people are genetically programmed to make the toxin rapidly and flood the body with it and others make it more slowly causing prolonged damage. Acetaldehyde causes oxidative stress on the linings of blood vessels resulting in hypertension and atrial fibrillation.

A 2018 article in *The Lancet* reported a study of the health burden of alcohol in 195 countries from 2000 – 2016 and they concluded, "Alcohol use is a leading risk factor for global disease burden and causes substantial health loss. We found that the risk of all-cause mortality, and of cancers specifically, rises with increasing levels of consumption. The level of consumption that minimizes health loss is zero."

Really? No more alcohol? You decide. It's enough to know that the health risk of one drink is low, but that it increases with every sip.

Stan Godshall



# Welcome New Members

## Janice and Maynard Brubacher

Janice King (Jan) grew up in Hesston, Kansas where her father was employed at Hesston College. After 20 years on the family farm in Waterloo County, Ontario, Maynard signed up for a year of voluntary service at Laurelville Mennonite Church Center. There, Maynard says, "I met a special lady from Hesston," whose family was living briefly in western Pennsylvania. In 1966, soon after Jan graduated from Goshen College with a BS in Nursing, she married Maynard and they lived in Ontario for nine months. During that time Jan worked as a nurse.

Jan's desire to do voluntary service became a reality when they entered the Mennonite Voluntary Service unit in Englewood, on the south side of Chicago. They spent three years, working with youth on the street. Then it was Maynard's turn to study at Goshen College, where they also welcomed a son and daughter.

Moving their family back to Laurelville Mennonite Church Center in 1973, Maynard served as resident manager for five years while Jan was mother to two babies. With Maynard's successful business skills in hand, they moved to Scottdale, Pennsylvania where they started a commercial flat roofing business. Jan worked as the office manager for 41 years, during which time they completed over 1,500 commercial roof projects. In 2019 Jan declared "The time is right for us to move to Harrisonburg to 'retire' and to be nearer to our daughter Rachel Weaver, her husband Mike and their three children." They turned their customers over to other contractors and moved to Harrisonburg.

"Many people thought that I retired," Maynard reflects, "But my phone keeps ringing for me to bring my equipment and tools to various projects like Habitat for Humanity, Mennonite Disaster Service, Arc of Harrisonburg, Salvation Army, friends needing home repairs, Lindale Fellowship Hall renovations, Gift and Thrift, and transporting our Old Order Mennonite neighbors to town." Maynard answers people's questions about retirement, "Yes, I was tired yesterday and am re-tired again today."

Jan and Maynard volunteer at the Gift and Thrift store part time and with other nonprofits. Their church family is Lindale Mennonite Church.

Hannah Lapp



## John and Barbara Moyer Lehman

Barbara Moyer was born in eastern Pennsylvania, grew up on a small dairy farm outside the village of Blooming Glen, where her family was actively involved with the Blooming Glen Mennonite Church. John grew up in Berne, Indiana, a small Swiss Mennonite community in east central Indiana. He attended First Mennonite Church in Berne, which in the mid-20th century was the largest Mennonite congregation in North America.

In May 1970 Barbara received a BA in Social Work from Bluffton College (now university), where she met John who was receiving a degree in mathematics education. They were married in July and left in August for a three-year-assignment with Mennonite Central Committee in Kenya, serving with the Teachers Abroad Program.

John taught math and physics in Kenya, Ontario and Indiana for 15 years. During that time their two sons Andy and Ben were born, and Barbara was a stay-at-home mom.

At John's encouragement, Barbara entered seminary and in 1985 earned a MDiv degree from Anabaptist Mennonite Biblical Seminary, Elkhart, Indiana. John left teaching in 1987, and together they co-pastored Orrville Mennonite Church in Ohio for 14 years. During that time, their 22-year-old-son Andy was killed in a work-related accident. In 2001 they moved to Harrisonburg for Barbara to serve as Associate Pastor at Park View Mennonite Church. While John claims he became house spouse and chief cook, he also served part time as chaplain at VMRC from 2004 to 2015.

Barbara retired from the Park View pastoral staff after serving for 17 years. She finds joy in visiting their son Ben, his wife Christie, and their three children in Asheville, North Carolina as often as possible. Her interests include reading, music (participating in the Blue Ridge Threshold Choir), line dancing, storytelling, and aqua aerobics. Recently she began serving as a tour guide at the Brethren Mennonite Heritage Center.

Since retirement in 2015, John has focused on daily meditations that include times of silence and solitude, inspiring him to write interpretive adaptations of the Psalms. Over three years he completed the Psalms and some New Testament prayers. He now shares these Psalms through an email list that includes the Lectionary Psalm for each week. He finds joy in completing word and jigsaw puzzles, reading mysteries and historical fiction. He keeps fit by gardening, walking, biking, and swimming. International travels through their years have included Israel, Turkey, Ireland, Spain, Portugal, Alaska, and recently a Baltic Sea cruise.

Hannah Lapp



## Pat and Loren Swartzendruber

Pat Swartzendruber was raised on a family dairy farm in Wellman, Iowa. Loren grew up not far away in Kalona, where his family had a farm equipment business. Pat and Loren were classmates at Iowa Mennonite School (Hillcrest Academy), graduating in 1968. As newlyweds, they lived and studied in Iowa City—Pat working as a staff nurse while Loren studied at the University of Iowa. In 1973 Loren began studies for an MDiv at Eastern Mennonite Seminary, and Pat found employment at RMH and VMRC. Their next journey was to Pennsylvania where Loren served as lead pastor of Salford Mennonite Church, Harleysville from 1978-83. Pat worked at Penn Foundation's behavioral health services and completed her undergraduate degree at Eastern College. Along the way, four children joined their family.

In 1983 they moved west again, to Elkhart, Indiana where Loren became the associate executive secretary of the former Mennonite Board of Education. Their two oldest children graduated from Bethany Christian School, and Pat completed her Master's

degree in administration at Notre Dame University, along with working at Mennonite Board of Missions. Their next move was to Hesston, Kansas, where Loren served as president of Hesston College from 1993-2003. During that time, he also completed a DMin at Northern Theological Seminary, and Pat worked in administration at Prairie View Behavioral Health Center in Newton, Kansas. When Loren was asked to become president of EMU, they moved to Virginia. He held that role from 2003-2016 and Pat found work as a consultant and later as a volunteer at EMU.

Today Pat serves on the advisory board of Shenandoah Valley Bach Festival; her hobbies are enjoying their five grandchildren (four who live locally), organizing family meals, forest gardening, and attending music concerts. When Loren isn't part-time employed at Secure Solar Futures doing business development for commercial solar projects, he enjoys reading, traveling, golfing and other physical fitness activities. They attend Park View Mennonite Church.

Hannah Lapp





## President's Reflections

by Lorie Merrow

## Valley Village Leaders Retreat 2023

Eighteen Valley Village board members and committee chairs gathered recently on a Tuesday at the Harrisonburg Unitarian Universalist Church. To encourage fresh thinking, we met in a new place a little way out of town. Two leaders from the Lancaster Downtowners village provided a program in the form of a guided conversation about their organization. They spoke about how they've grown, how they get things done, and how they relate to their community. Afterward, we broke into small groups to talk over what we had heard and how it might be useful for Valley Village.

Some of the items shared from the Downtowners that our leaders feel we should look into are as follows:

- Funding:
  - Diversified funding stream to strengthen organizational resilience
  - Business sponsorships
  - Grants
- Collaboration and connections with additional organizations including:
  - VMRC Wellness Center
  - 55+ communities
  - Groups demographically different from us
- Expanding services:
  - Connect with colleges for volunteers
  - Provide regular technology assistance events
- Attaining an Age-Friendly designation for Harrisonburg through World Health Organization

The Board will consider these ideas and may adjust the Strategic Plan accordingly. Looking at what leaders took from the Downtowners' story, as well as what our Strategic Plan says, we want to support our members aging at home as well as we can, establish a resilient organization, and increase our impact in the community. If you have an opinion or an idea on these topics, please don't hesitate to write to me at [valleyvil-lagehbg@gmail.com](mailto:valleyvil-lagehbg@gmail.com).



## Valley Village Cared Enough!

We're happy to say that Valley Village members surpassed our \$4,000 goal for the Valley Village Cares: Planning for A Care Navigator fall fundraiser. To be precise, members contributed \$4,425 to the fundraiser, and another \$1,000 in undesignated donations during 2022. We take this as a solid endorsement of the idea of a Care Navigator and stronger Valley Village support for members aging at home. Donations to this campaign are still being accepted, either through our website or by mail, to PO Box 768, Harrisonburg, 22803.

We plan to continue to strengthen our support for members, and in 2025, we aim to engage a Care Navigator. Meanwhile, we have safely set aside member donations in a CD. Thank you to everyone who cared enough to contribute and help with the fundraising!

Lorie Merrow - for the Board of Directors



# Valley Village Board Notes

## Retiring Board Members

We extend our gratitude to two members departing the Board of Directors, Stan Godshall and Keith Gnagey. Both Stan, a retired physician, and Keith, a retired health care administrator, provided essential perspectives to the board. We thank them for the service, support, and wisdom they offered us.

## Social Committee On Hiatus

Valley Village has expanded in the number of committees since it was founded. At the beginning, there were only the Board of Directors and the Education and Social Committees. Now we have Tours, Education, Wellness, Movies, Membership, and Communications, as well as the Board and Executive Committee. Many of the functions served by the Social Committee are now—or will be—addressed by other committees. Without new leadership or members for the Social Committee, the Board decided to put it on hiatus.

However, we aren't giving up. There could still be a role for a Social Committee in Valley Village. If you are interested in organizing socials of any kind, please email Lorie at [valleyvillagehbg@gmail.com](mailto:valleyvillagehbg@gmail.com).

We want to extend a huge thank you to committee chair, Paul Yoder, and members Vi Miller, Clara Yoder, Katherine Cottam, and Faye Yoder, who have gone the extra mile in keeping the Social Committee in gear. Thank you for bringing us closer, helping us get to know each other, and making good times!

## Board Meetings

No Board meeting in December.

At the January meeting, the Board of Directors:

- Reviewed and passed the 2023 budget
- Discussed the idea of Member Meetings as put forth by the Wellness Committee
- Reviewed the Strategic Plan, one year in
- Developed plans for the Annual Meeting, (February 23)

## Needs

### Committee Openings

Valley Village is growing in numbers, as well as in services and events. Several committees need more members. Committees generally meet quarterly or bi-monthly at most. Participation can be fun and will help keep you sharp. Below are the current openings:

#### Education Committee:

Organize Education Programs: develop concept, arrange with speaker(s), host event, serve tea and cookies following the talk .

#### Tour Committee:

Organize excursions: develop concept, investigate destination, write and submit description

#### Just One Call:

Act as Just One Call phone back-up

Help organize service events

#### Membership and Communications:

Develop and implement member recruiting strategy

Reach out to new members and write profiles

Develop communication strategy

#### Questions?

Please contact Lorie at [valleyvillagehbg@gmail.com](mailto:valleyvillagehbg@gmail.com)



## 8 Common Estate Planning Mistakes

Estate planning is hardly the cheeriest of topics. You determine how your money and property will be handled, who will raise any minor children you have, and who will make health care and financial decisions for you in the event of your incapacity or demise.

Yet your estate plan needs to be addressed promptly, properly and periodically. After all, your personal circumstances, health and estate laws change over time. Without a plan, your wishes can't be honored, and you're likely to leave your loved ones with a host of problems just as they're coping with your loss.

To continue reading: [click here](#)

# W E L C O M E 2 0 2 3 B O A R D M E M B E R S !

## Valley Village is thrilled to welcome the following members to the Valley Village Board of Directors:

### ***Beth Bland*** (started August, 2022)

Beth is the Director of Senior Services for Harrisonburg and Rockingham County with Valley Program for Aging Services (VPAS). She also oversees all of the development, marketing, and communications for the organization. Beth has been with VPAS for 10 years.

Beth is a lifelong community member. Much of her career has been spent working to improve the lives of others, with a strong focus on the elderly population. Beth co-hosts *Issues in Aging*, a radio show that airs the 4th Monday of the month at 9:15 am on WSVB 550 AM and 92.1 FM.

During her free time Beth and her husband enjoy being at their cabin in West Augusta, Virginia. Her hobbies include growing mushrooms and forging for wild edible mushrooms.

### ***Larry Miller***

Larry moved to Harrisonburg seven years ago from Goshen, Indiana after retiring as CEO of Everence. His two children, Laurie and Andy, and their families live here. He and his wife Liz Yoder live in Heritage Estates, an age 55+ community.

Since living here, Larry has served on several boards including New Bridges Immigrant Resources, Scholars Latino Initiative, and Center for Art, Humor and Soul. He is continuing on the boards of Laurelville Retreat Center, Mennonite Health Services, and Heritage Estates Homeowners Association.

Larry and Liz enjoy traveling, hiking and spending time with their family and friends. He enjoys woodworking, volunteering, and having breakfast with friends.

### ***Katharine Cottam***

Katherine was born and raised in Wyoming, where she spent all but eleven years of her life. After college, she worked with troubled adolescents, then as a bookkeeper and finally began a second career in nursing. Her experience includes being a home hospice nurse and a floor nurse in a skilled nursing facility. Following this, she became an Eden Alternative Educator, advocating for culture change in long-term care facilities. After retirement in 2018, she continued to work on a part-time basis for a senior center, assisting people living at home.

In 2019 Katherine moved to Virginia and settled in Timberville just in time to volunteer to assist with Covid vaccinations. Her son lives in Silver Spring, Maryland, and her sister is a resident at Brookdale Senior Living Solutions in Harrisonburg. She loves to watch wildlife, hike, cross-country ski, and play pickleball.

### ***Jerry Kauffman***

Jerry was born and raised in Lancaster County, Pennsylvania. After college, he practiced pharmacy for 34 years, mostly in hospital and long-term care settings. He is now retired.

Jerry married Joan Graber Kauffman from Goshen, Indiana, and they raised their family near Orrville, Ohio. Both of their daughters, their spouses, and their three grandsons live in Harrisonburg. Jerry and Joan moved to Harrisonburg eight years ago. They attend Community Mennonite Church and are very much enjoying life here in the Valley.

Lorie Merrow  
For the Board of Directors



## February

Vera Hansen  
Sarah Myers  
Janet Wenger  
Nathan Miller  
Stanley Godshall  
Ann Bender  
Maynard Brubacher  
Tom Sawin  
Fred Moshier  
Janet Slough  
David Wiens  
Emery Yoder  
Gene Early  
John Lehman  
Mattie Marie Mast  
Sam Miller



## March

Arlene Wiens  
Richard Yoder  
Michael D Stauffer  
Lee Yoder  
Katherine K Lacharite  
Mary Kauffman  
Donna Heatwole  
Karen Moshier-Shenk  
Rhoda T Derstine  
Julia D Stauffer  
Clara Yoder  
Ruthanne Heatwole

### Find Valley Village on Facebook!

Valley Village Page: [facebook.com/ValleyVillageHarrisonburg](https://facebook.com/ValleyVillageHarrisonburg)

Valley Village [private] Group: [facebook.com/groups/vvhbg](https://facebook.com/groups/vvhbg)

## Valley Village Committees and Members:

### Board of Directors

Lorie Merrow, President  
Julie Alderfer Stauffer, Vice President  
Daryl Peifer, Treasurer  
Rich Sider, Secretary  
Pearl Lantz  
Ann Bender  
Elaine Zook Barge  
Beth Bland  
Larry Miller  
Katherine Cottam  
Jerry Kauffman

#### Education Committee

Keaton Shenk-Chair, Ann Bender, Greg Versen, Keith Gnagey, Rosemary King

#### Tour Committee

Linda Gnagey-Chair, J. Lowell Wenger, Ruth Zimmerman, Norma Burkholder

#### Membership and Communication

Lorie Merrow-Chair, Nancy Faulkner, Julia Alderfer Stauffer, James Musser, Hannah Lapp

#### Newsletter

Kathie Kurtz-Editor, Earl Zimmerman-Associate Editor

#### Just One Call-Volunteer Program

Tom DuVal-Coordinator, Larry Miller

#### Service Provider Program

Wayne Kurtz-Coordinator

#### Wellness Committee

Betty Shenk-Chair, Keith Gnagey, Teresa Boshart Yoder, Ruby Zehr, Elaine Zook Barge, Katherine Cottam, Annie Holland

#### Film Committee

Steve Shenk-Chair, Chris Edwards, Robin McNallie, Paul Yoder

*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 March 23, 2023, for submissions to the March - April 2023 newsletter. Send items to Editor, Kathie Kurtz at [kathiekurtz@verizon.net](mailto:kathiekurtz@verizon.net).