



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 11, No. 2 March - April, 2021

Quick Look First Quarter Events

Every Friday 8:00 am
Park View Mennonite Church
parking lot, southeast corner Join
us for a 2 mile walk. Please note the
earlier start time!

**Every Tuesday & Thursday
8:30 to 9:30 am**
Zoom Yoga

April 8, 7:00 pm
Frontier Culture Museum Virtual
Overview on Zoom

Tuesday, April 13, 3:30
Loyalties: Virtual Reading and Chats
with the Author on Zoom.

Thursday, April 15, 5:30 pm
Valley Village Supper Club

Thursday, April 29, 10:45 am
TOUR-Frontier Culture Museum
Visit & Picnic Lunch

Thursday, May 13, 7:00 pm
Juniper Hill Commons: Community
-Centered Design on Zoom

Wednesday, May 19, 12:30 pm
TOUR-Luncheon & Garden Tour at
Glenn & Mary Kauffman Home

Thursday, May 20, 5:30 pm
Valley Village Supper Club

Tuesday, June 8, 3:30 pm
Updates From Your Neighbors at VMRC

For details on all events see pages 6 & 7.

Newsletter

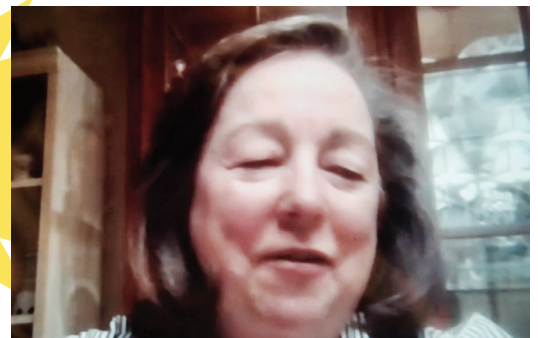
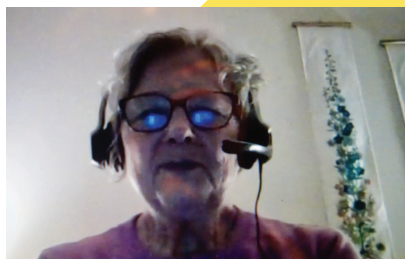
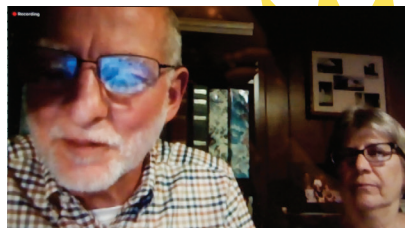
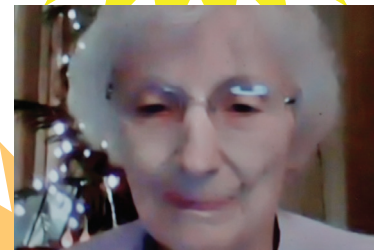
Chris Edwards, Editor
Denise Sauder, Layout Design

General Info - 540-705-0432
www.valleyvillagehbg.org

"Just One Call"
540-209-6484



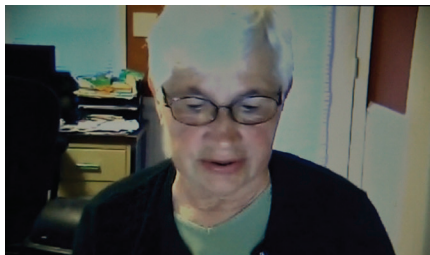
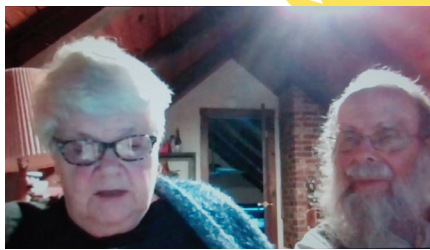
The Emotional Freedom Technique for stress relief, a.k.a. "tapping," was the VV program on Feb. 11. Licensed Professional Counselor Carolyn Yoder shared some fun exercises to enhance well-being.



"Advance Care Planning: Thinking through end-of-life preferences" was our March 11 program, presented by Robin Martin, manager for Sentara Chaplain Services.



Better With Age Sparks a New Idea



On March 25, five of the 29 authors of the book *Better With Age: Creativity, Discovery and Surprise*, published in late 2020, read from their experiences and feelings about aging for about 30 Valley Village members and friends. "It's not a happy-talk book," says Bob Bersson, co-editor and an author, together with Jack Greer. Yet the online Citizen (hburgcitizen.com) praises the work as "a direct repudiation of the notion that age equals decline."

Writers told of "reinventing themselves" (with two returning to perform music publicly after long hiatuses). An 80th birthday with a twin brother was a highlight, too, as were a college reunion, firefly-chasing with a grandchild, retirement from a demanding job, enjoyment of books, growing "more mellow," and (no, it's not all "happy talk"), global hopes and fears, end-of-life concerns and an early Alzheimer's diagnosis.

The book is available at Oasis Gallery, 103 S. Main St., and from Amazon. About half the authors are local, while the work of some is known far beyond this orbit.

Greg Versen (who got to know Bob years ago as colleagues at JMU, and, thanks to like-sounding surnames, sometimes received each other's mail) wonders if Valley Village can create its own little sequel to *Better With Age*. How about it? Would you be interested in telling some of your story, in prose or maybe poetry? Please contact Greg Versen at gregversen@yahoo.com!

Editors Bob Bersson and Jack Greer, with authors Chris Edwards, Robin McNallie and Arlene Wiens, read from their book, *Better With Age*. – Photos by Greg Versen



Friday walkers on March 5, enjoying a brief stop and spectacular views from VMRC Gardens. These weekly hikes are continuing, but with start time now 8 a.m. Enjoy Spring! Photo by Greg Versen

New Members' Spotlight

Herb and Sarah Myers



The Myers reside in Keezletown, where they built retirement quarters onto their daughter Janelle and family's home called Tangly Woods. They also spend time in Harman, West Virginia where Sarah grew up. Janelle works in the Center for Justice and Peacebuilding at EMU.

Their oldest daughter Karen, and her spouse Sue Blauch, live in Harrisonburg. Karen teaches at JMU. Sue is supervisor of referees for the WNBA. Their middle daughter Brenda resides in Pennsylvania. They have six living grandchildren and one deceased.

Sarah is a retired home economics teacher and occupational therapist. Her most recent job was as founder and director of Compeer Lancaster, a program that match-

es volunteers and persons with long term mental illness in one-to-one friendships. She loves arranging flowers, making candles from old wax, coating things in chocolate, knitting prayer shawls, helping granddaughters make comforter tops for Mennonite Central Committee, and putting jigsaw puzzles together.

Sarah and her sister co-authored Recipes from the Old Mill, Baking with Whole Grains. (If you search by the title, you'll find it online via several sources.)

Herb is a retired physician. He initially worked in family practice; then, moved to psychiatry. His last fulltime occupation was geriatric psychiatry, doing nursing home consultations for Philhaven, a former Mennonite mental healthcare provider. He also did consultations in nursing homes in West Virginia after retirement from full time work. He is an avid birder and is approaching a North American list of 600 birds. When he cannot be outdoors, he enjoys reading and woodturning.

Sarah and Herb are both certified Master Naturalists in West Virginia. They love to be outdoors hiking. They volunteered in the visitor center at the Canaan Valley National Wildlife Refuge before the pandemic.

They currently are members of Shalom Mennonite Congregation in Harrisonburg and serve on the pastoral care committee.



Larry Miller



We moved to Harrisonburg six years ago after I retired to be near our children, Laurie and Andy, and their families who live here.

Many of my neighbors and friends also moved to Harrisonburg in retirement for many of the same reasons; location of family and the beautiful setting. Living near my children and grandchildren has been extremely important to me, especially since the death of my wife, Wilma, two years ago.

I enjoy living in Heritage Estates, an active adult community near the Heritage Oaks Golf Course. Even though I am not a golfer, I love the location and the golf course is a great place to walk before and after hours. I increased my walking significantly during the pandemic, and I have found it to be an enjoyable way to visit with friends or listen to audio books

In addition to walking, I enjoy gardening, woodworking and meeting with my friends for coffee. During the past year we have been meeting by Zoom. I keep busy by serving on a number of nonprofit boards and working on projects.

"Walking El Camino in Park Woods" (or wherever you want!)

For the past two years, I have dreamed of walking the Camino de Santiago trail in Spain, but somehow the reality of walking 485 miles in a foreign country seemed too daunting to become a reality. That is, until COVID and virtual trips became realities!

Recently, I became aware of El Camino for Good, a virtual program where walkers can walk in their local area and each day, log the distance walked into a downloaded app. As walkers enter their miles into the computer, the interactive map will show them the paths and towns in Spain that they might have passed through that day.

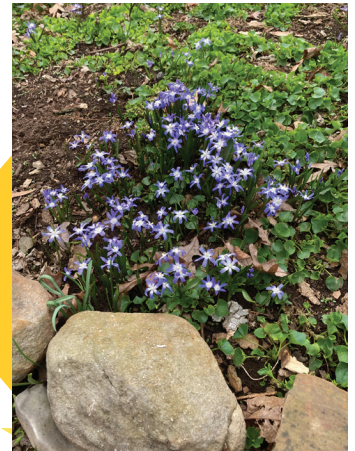
As a way of acquainting walkers with the Camino, over 2,000 photos, periodic audio stories, and written local history and motivational quotes are provided along the way. Meditations for the week are received each Sunday, with a different focus each week. During the virtual trek across Spain, walkers get to delight in the beautiful Spanish countryside and over 200 quaint little towns.

I started my virtual trek in the town of St Jean Pied de Port, in southwestern France close to the border of Spain, and after walking 485 miles will arrive at my destination - Santiago de Compostela, on the western side of Spain. Currently, I have logged a total of 131.4 miles, so I have a few miles left to go!

Sometimes I walk with friends, and sometimes alone, but I am loving this challenge and am grateful for this program that is helping my dream of walking the Camino de Santiago become a virtual reality. And I can do this journey while sleeping in my own bedroom each night, rather than in a hostel with 20 other people snoring around me! Although, who knows, maybe next Spring I will walk the actual Camino and get to hear all that snoring in reality!

(For more information or to sign up for this virtual pilgrimage, go to caminoforgood.com)

Pearl Lantz



Generations Crossing Brings Children and Elders Together

VV member Ann Bender, who until retirement was Director of the Valley Program for Aging Services, shares information about a unique program in our community, Generations Crossing.

As indicated by the website, www.generationscrossing.com, "The mission of Generations Crossing is to serve our community by providing compassionate, high quality, intergenerational care that encourages connection, growth and fellowship."

The program offers a friendly and stimulating environment for adults unable to be at home alone during the day, as well as day care for children from age 6 weeks to 9 years.

Unique to our program is the special opportunity for adults and children to develop meaningful relationships with all ages within our loving, intergenerational setting. Regular interaction encourages special relationships that build caring, respect, pride, and dignity between generations.

Generations Crossing started in 2002 at Park View Mennonite Church and moved to our new location on Taylor Spring Lane in 2009. We hope VV members and friends will be able to tour Generations Crossing once the community becomes more nearly immune to the Covid pandemic.

For details or a flyer, contact:

Laurie Deavers

Executive Director / Generations Crossing

540.434.4901 / www.generationscrossing.com

From Red to Green!

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 mem-
bers of Valley Village.

On Saint Patrick's Day my red light turned green. It is now two weeks since I received my second dose of Moderna vaccine. Wow! I am now in the "fully vaccinated" category and I have new freedoms. I find it difficult to wrap my mind around the new CDC guidelines. I think that I now suffer from CFH---Covid Freedom Hesitancy (not an official mental disorder 😊).

On March 9, 2021 the CDC declared that if you are "fully vaccinated" ---two weeks after your second dose of Moderna or Pfizer vaccinations or two weeks after receiving your first dose of J & J's vaccine...

- 1) "You can gather indoors with fully vaccinated people without wearing a mask.
- 2) You can gather indoors with unvaccinated people from one other household without masks, unless any of these people or anyone they live with has an increased risk of severe illness from COVID-19.
- 3) If you have been around someone who has COVID-19, you do not need to stay away from others (no quarantine) nor get tested unless you have symptoms."

BUT the CDC still advises fully vaccinated people to wear a mask and stay 6 feet from others...

- 1) "In public places.
- 2) In gatherings of unvaccinated people from more than one household."

AND "avoid medium or large-sized gatherings, delay domestic and international travel."

Today I stepped into the Harrisonburg home of three of my grandchildren for the first time in more than a year. It felt weird. I had to think, "Is this really OK?" I pinch myself and say, "Follow the science!" ... and I give thanks!
Dr. Stanley Godshall

SERVICE PROVIDER UPDATE



Vendor Spotlight

Over the last couple months the following new recommended service providers have been added to our website data base:

- Blue Ridge Energy Company can design and install solar systems.
- The Center for Hand and Physical Therapy provides traditional and innovative approaches for physical therapy.
- Earl Martin offers carpentry and construction services, including kitchen and bathroom remodeling, and flooring installation.

Additions to the online database are accessible immediately through the website Service Provider search option. The Service Providers by Service list is produced from the data base periodically, and formatted and edited to create the website list. My goal is to update this list quarterly, and thus it does not always include the latest service provider additions. To access these service provider options you must log on to the Valley Village website as a member.

Wayne Kurtz
Service Provider Coordinator
wdkurtz@outlook.com

Board President's Letter

Valley Village Members,

Ten years ago (2011), thirty households joined Valley Village (then Park View Village) as this organization was launched. Valley Village is a nonprofit organization modeled after the first "Village," Beacon Hill Village in Boston. Our membership was at first confined to the Park View neighborhood. Today, we welcome members from Broadway, Keezletown, Bridgewater, and broader Harrisonburg. We have sixty households and 104 members and we are part of a growing national movement.

Coincident with member growth, we have many more events planned each month, thanks to our creative committees. The board created the new MemCom Committee to review and develop strategies to better communicate with members and the public. Recently, we moved from many individual event emails each week, to a weekly compilation of VV events, called Village Happenings. Find it in your email on Sundays to see what Valley Village is offering in the upcoming week and month. Or go directly to the Valley Village website and click "Event Calendar" in the menu for full event information, including links for Zooms and registrations. And check out the new look at the same time!

To encourage all of you to get to know our website and learn more about the Valley Village, we're running a website scavenger hunt. This is a fun Monday morning exercise that gives you a chance to win a gift certificate to a local restaurant just for finding a piece of information on our website. The questions come to you in your Monday morning email - do enter for a chance to win!

Keith Gnagey, Board President

Event Calendar

Every Tuesday and Thursday at 8:30 am

A group meets for Zoom Yoga, using the DVD "YOGA FOR THE REST OF US with Peggy Cappy". The group has been meeting for approximately 10 years, previously at Park View Mennonite Church, but since COVID, has been meeting via zoom. You are invited to join! The video is designed for older adults, and many of the exercises are done with the use of a chair. Stretches and poses are modified "for the rest of us," i.e. for those who may not be as fit as they once were. A sturdy chair and yoga mat would be helpful when you participate. The yoga sessions are about 45 minutes long. There is no charge to participate. If interested, send an email to Ruby Friesen Zehr at rbyfzehr@gmail.com so she can add you to the mailing list. Once Ruby receives your email, she will send you the Zoom link and you can participate as it suits you each Tuesday and Thursday.

Friday, April 2, 9, 16, 23 & 30, 8:00 am

Friday Walkers

Park View Mennonite Church parking lot, southeast corner

Join us for a 2 mile walk. Please note the earlier start time!

Facilitator: Pearl L. Lantz

Thursday, April 8, 7:00 pm

Frontier Culture Museum Virtual Overview

on Zoom

Particular attention will be paid to the museum's American Indian site and to the West African exhibit.

Presenter: Mary Kate Claytor is the Associate Director of Interpretation at the Frontier Culture Museum. Throughout her career, Mary Kate's primary interpretive focus has been on the material culture of Eastern Woodland Indigenous nations.

Tuesday, April 13, 3:30

Loyalties: Virtual Reading and Chats with the Author

on Zoom

Description: A reading and conversation about Anabaptists' experiences during the Civil War and what they say about individual responsibility to society and resistance to government.

This is a community event and Valley Village members are welcome.

Host: Kathie Kurtz; Author: Evie Yoder Miller

Thursday, April 15, 5:30 pm

Valley Village Supper Club

In person outside at a member's home

Bring your own supper. With Spring, we resume our monthly pandemic-era gatherings. Please socially distance and mask. Limited to 10 people. Register to attend here: https://vv.clubexpress.com/content.aspx?page_id=4002&club_id=417156&item_id=1397567

Thursday, April 29, 10:45 am

TOUR-Frontier Culture Museum Visit & Picnic Lunch

Registration Deadline: April 22

Arrive by 10:45 and purchase individual tickets at group rate: \$8/person. Guided Tour Part I will begin at 11, followed by packed picnic lunch break at 12:15. Guided Tour Part II will begin at 1:15 PM and end about 2:30 PM. As part of "Wool Week," demonstrations regarding wool production will be occurring throughout the day. After Guided Tour Part II ends, there will be free time to further explore the grounds and gift shop as desired until 5:00 PM.

Rain date: Fri, April 30.

Register online: https://vv.clubexpress.com/content.aspx?page_id=4002&club_id=417156&item_id=1397586

Contact: Pearl Lantz

Thursday, May 13, 7:00 pm

Juniper Hill Commons: Community-Centered Design

on Zoom

Can neighborhoods be designed in a way that encourages neighbors to develop more authentic relationships? How might neighborhood design better support parents of young children, seniors aging in place, and intergenerational dialogue and connection? How do you arrange and structure a neighborhood to promote fun?

Join this discussion of local efforts to build co-housing in Harrisonburg, and the history of co-housing in the US.

Presenter: Carina Young

Wednesday, May 19, 12:30 pm

TOUR-Luncheon & Garden Tour at Glenn & Mary Kauffman Home

Registration Deadline: May 16

Relaxing outdoor luncheon provided by Bowl of Good & Valley Village, and served on garden patios. After lunch, enjoy leisurely walks in the delightful Kauffman gardens.

Rhododendrons, Azaleas and various other spring plants should be in full bloom. Lunch includes: choice of sandwiches, side dishes and drinks. Luncheon cost: \$10/person, payable online.

Rain date: Thurs, May 20, 12:30 pm.

Register online: https://vv.clubexpress.com/content.aspx?page_id=4002&club_id=417156&item_id=1411729

Contact: Vi Miller

Thursday, May 20, 5:30 pm

Valley Village Supper Club

In person outside at a member's home

Bring your own supper. Please socially distance and mask. Limited to 10 people. Register to attend here: https://vv.clubexpress.com/content.aspx?page_id=4002&club_id=417156&item_id=1397584

Tuesday, June 8, 3:30 pm

Updates From Your Neighbors at VMRC

In person, outside at Park View Mennonite Church Parking Lot, southeast corner

Join us for updates about Virginia Mennonite Retirement Community after the year of the pandemic. Please bring your own lawn chair and wear a mask.

Presenters:

Betsy Hay, VP of Wellness and Community Services, has served at VMRC for the past seven years. She oversees the Wellness Center, Arts & Education, Pastoral Care and Volunteer Services.

Scott Richardson, VP of Residential Living, has been in the senior living industry for 22 years, starting, and now returned to VMRC.



We asked, If isolating and social distancing have given you more time to read, what have been your favorite books or other reading fare of the season?

Your replies:

Linda W. Gnagey:

I recently enjoyed the book *Nomadland: Surviving America in the Twenty-first Century* by Jessica Bruder. Bruder chronicles her journeys with older adults who travel the country in RV's and modified vans, form a community of nomads, and look for seasonal work. Keith and I also watched the film of the same name and story.

Faye and Emery Yoder

Yes, we have been reading, like many others. Books that we have enjoyed:

- The Overstory - Richard Powers
- Where the Crawdads Sing - Delia Owens
- White Fragility - Robin Diangelo
- Holy Envy - Barbara Brown Taylor
- The Pioneers - David McCullough
- Rebecca - Daphne Du Maurier
- Breath - James Nestor
- World of Wonders - Aimee Nezhukumatathil
- And Every Morning the Way Home Gets Longer and Longer - Fredrik Backman
- Rising Wind - Virginia Moore
- Too Much and Never Enough - Mary L Trump

Books that we are currently reading

- I Am Not Your Enemy - Michael T McRay
- The Dutch House - Ann Patchett
- A Promised Land - Barack Obama
- Caste - Isabel Wilkerson
- Candide - Voltaire [Faye, English version, Emery original French]

Books waiting on the shelf

- Braiding Sweetgrass - Robin Wall Kimmerer
- His Truth is Matching On - Jon Meacham

We are glad to loan books or to talk more about any of these listed if someone wants to know more.

Chris Edwards

My summer reading, like so much on everyone's mind this past year, was about plagues. Defoe's *Journal of the Plague Year*, Camus' *The Plague*, and a few recent novels including Stephen King's *The Stand*, reminded me how things could be worse.

Q&A for the May-June issue:

Have you completed your Covid-19 vaccine(s)? If so, how difficult or easy was it to get an appointment, and the shots? If not, what has prevented it?

Please email your responses to Chris Edwards, chrisedwardshburg@gmail.com, by May 21. (Also, please share any ideas you have for future Q&A's.)

Congratulations to the winners of the VV Website Scavenger Hunt!

Betty Shenk
Roveen Yoder
Linda Gnagey
Faye Yoder
Martha Sider
Sarah Myers
Paul Yoder
Karen Moshier- Shenk

To play, look for the Scavenger Hunt email in your inbox on Monday morning and be the first or second to email the correct answer in! The contest is almost over. Lorie Merrow



Find Valley Village on Facebook!

Valley Village Page: facebook.com/ValleyVillageHarrisonburg

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

Board Members

Keith Gnagey, President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Ann Bender
Stan Godshall
Pearl Lantz
Lorie Merrow
Julie Alderfer Stauffer
Clara Yoder

Valley Village Committees and Members:

Education Committee

Greg Versen-Chair, Ann Bender, Keaton Shenk and Keith Gnagey.

Film Committee

Steve Shenk-Chair, Virginia and John Spicher, Chris Edwards and Robin McNallie.

Social Committee

Clara Yoder-Chair, Julie Alderfer-Stauffer, Sam and Vi Miller, Faye Yoder, Paul Yoder.

Tour Committee

Pearl Lantz-Chair, Jean Smucker Fisher, Vi Miller, J. Lowell Wenger

MemCom (Membership and Communication)

Nancy Faulkner, Lorrie Merrow, Daryl Peifer.

Volunteer Coordination, Keith Gnagey, coordinator

Service Provider Program, Wayne Kurtz, coordinator

Valley Village newsletter is published bimonthly (every two months). Deadline is May 21, 2021, for submissions to the May-June, 2021 newsletter. Send items to Chris Edwards, editor, chrisedwardshburg@gmail.com; 540-434-0457. New and recently new members: May we please put you in the New Members' Spotlights?? As you'll see from the two articles above, you can be flexible in length. Please include at least one digital photo, and send to chrisedwardshburg@gmail.com. Thanks!!