



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 11, No. 4 July - August , 2021

Quick Look

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 (for summer months)

8:30 to 9:30 am

Zoom Yoga

Monday, August 16, 4:00

Board Meeting - PVMC

Thursday, August 19, 5:30 pm

Valley Village Supper Club

Thursday, August 26, 8:30 am

Board Meeting - Zoom

Thursday, September 9, 1:15 pm

Duck Run Cemetery

Thursday, September 16, 5:30 pm

Annual Potluck Picnic - Oakdale Park

Monday, September 20, 4:00 pm

Board Meeting - PVMC

Thursday, September 23, 8:30 am

Smith Mountain Lake Boat Ride & Lunch

Thursday, October 28, 8:30 am

Skyline Drive Hike & Luncheon
Save the date! More details later.

For details on all events visit
www.valleyvillage.org.

Newsletter

Kathie Kurtz, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

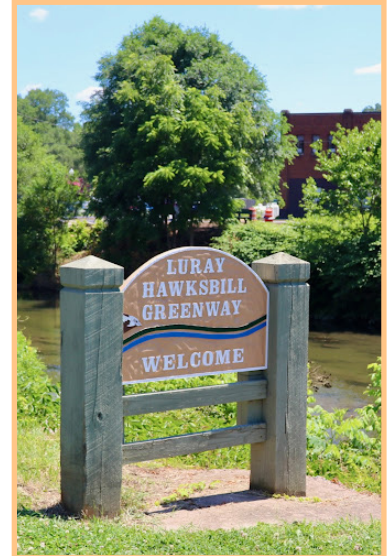
Hawksbill Run Greenway Tour

June 24, a perfect day for a leisurely tour and lunch in Luray—a beautiful walkway along a creek flowing through sun and shade, interesting water birds, and fifteen people from Valley Village, enjoying each other's company.

As we arrived in the parking lot at the Greenway, the manager of Main Street Grill met us to take lunch orders. Once everyone had arrived, we began our walk singly or in small clusters, free to pace ourselves and to head in either direction along the path that followed the water. Some people paused to identify birds. Others spent time sitting on benches and watching the water bubbling and gurgling by.

An hour later we came together again and made our way up the hill to the Grill where our take-out, bagged lunches were ready for us. We ate our lunch under umbrellas at outdoor tables, none of us in a rush to head home again.

Pictures by Stan Godshall
Lowell Wenger with Kathie Kurtz



Just One Call

The Just One Call program is now back in action after a pandemic hiatus and a program review. Click [here](#) and log in to access Valley Village Services, where you will find information and online forms for Just One Call, as well as Daily Check-In and the Service Provider List. You can submit a Just One Call Service Request and/or sign up to volunteer, either online (preferred method), by email or by phone.

The purpose of Just One Call is to provide occasional assistance to members who are not able to manage certain tasks well on their own. Please allow at least 48 hours for services to be arranged. The services to be offered include:

- Cleaning/Organizing
- Computer Use Assistance
- House Check While Traveling
- Laundry
- Light Home Maintenance
- Light Snow Removal
- Light Yard Work
- Meal Preparation
- Shopping & Errands
- Transportation
- Vehicle Advice – 2nd Opinion (not a professional assessment)

Just One Call can be a valuable aid to help members age in place. We hope you will take advantage of the program as a user and/or a volunteer.

Tom DuVal, Just One Call Coordinator
Valley Village Service Pages
vvjustonecall@gmail.com
540-209-6484 (please leave a message)



Friday Walkers

Progressive Dinner in Bridgewater



Twenty-four Valley Village members participated in the Bridgewater Progressive Dinner served in three locations on Tuesday, July 27th.



Appetizers were enjoyed at Wildwood Park along with Bridgewater Trivia and an interactive exercise, . . .



main entrees were selected at Cracked Pillar, and just in case anyone was still "hungry" . . .



the group ended the evening at Smiley's Ice Cream. It was a lovely evening blessed with fun, fellowship and feasting!



Supper Club

In spite of more than a year of COVID lock down, the Valley Village Supper Club is still alive and well. A group of nine met at the home of Michael and Mattie Marie Mast for a supper gathering on Thursday, July 15. The largest sign of life moving toward normal was that we met in the Mast living room without masks. As hosts, Michael and Mattie Marie identified three questions to choose from as “story prompts” for response by the folks around the circle: (1) What was your first significant job?; (2) What has been your favorite trip and why?; (3) What learnings can you offer from a difficult life experience? We laughed and cried together as folks told their stories: a first-job



move from small-town Park View to major-metropolis New York City, a honeymoon train trip across Canada scuttled for lack of available tickets, a long-distance flight with layover as an eight-month-pregnant mother-to-be, telling jokes in Pennsylvania Dutch on a multi-cultural New Mexico construction crew, profound grief over the loss of an adult child, a poetic tribute to the world of rocks, and more . . . We “transgressed” our 7:00 PM closing time as we listened to and engaged with each other. And as we left, Mattie Marie gifted each of us with a single bag of ginger tea. It was a lovely evening.

Dorothy Jean Weaver

Service Provider Update



Matthew Sunderlin was added to our recommended service provider list about six months ago, after being recommended by Keith & Linda Gnagey. He is with the law firm of Clark & Bradshaw in downtown Harrisonburg. Attorney Sunderlin gave a presentation to our members more than a year ago about Medicaid eligibility rules, displaying an impressive knowledge of a complex issue. His expertise in this area would be of particular value to members who could be facing a situation of severely depleted resources because

of unusual long-term care or other expenses.

Attorney Sunderlin and his firm offer a full range of legal services including real estate transactions, wills, advanced directives, and power of attorney designations. He can be contacted at 540-433-2601 ext. 266, or by email at sunderlin@clark-bradshaw.com.

Wayne Kurtz, Service Provider Coordinator, wdkurtz@outlook.com

Introduction to Friendly Neighbor Gardens

Stefan Hess and his wife Anna operate extensive greenhouses and gardens on South College Avenue, just two blocks from EMU. Friendly Neighbor Gardens has CSA shares available for regular deliveries of vegetables, and they also sell vegetables at their house on Tuesdays and Wednesdays. They are looking for volunteers to help with the garden and to prepare CSA boxes for delivery on Wednesdays in exchange for vegetables.

They can be contacted at friendlyneighborgardens@gmail.com. Their web site is friendlyneighborgardens.com and they are on Facebook. Friendly Neighbor Gardens is one of our recommended service providers.



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.

The Heat is ON!

On a hot day in 1974 I ventured outdoors around noontime to cut some aging apple trees into firewood. I was 30 years old, strong and healthy. After my second hour of work, I began feeling like I was about to pass out, and I queried myself, “What is going on? I am young—is this heat actually affecting me?” It turned out that I was dehydrated and was experiencing heat syncope. This was a wake-up call for me: Do not ignore the heat! ...even if you are young.

As we get older, we become more vulnerable to heat illnesses. Our bodies sense heat differently, our brain signaling slows down so that we may not even be aware that we have an elevated body temperature. Also, our thin aging skin is less able to cool us down. So heat illness can creep up on us and cause our sudden collapse. Here are some suggestions to prevent heat illnesses:

- 1) Be aware of the outdoor temperature and relative humidity. The “heat index” tells us what the outdoor temperature actually feels like to our body. It is calculated with this formula: https://www.weather.gov/epz/wxcalc_heatindex. For example, if the ambient temperature is 82 F and the relative humidity is 90% your body feels like it is 91 F. Do not work/play/exercise outdoors if the ambient temperature is 90 F or greater or if the heat index is greater than 90.
- 2) Drink lots of water: 8 glasses a day. Especially load up if you are spending time outdoors. Do not use alcohol or caffeine for rehydration.
- 3) Avoid spending time outdoors between noon and 4:00 PM.
- 4) Wear sunscreen (SPF 30+). Apply every two hours when outdoors in the sun.
- 5) Dress appropriately with lightweight, loose-fitting, light-colored (not black) clothing.

If you are outdoors and you experience hot and dry skin, dizziness, headache and cramps, nausea or vomiting, you may be developing heat exhaustion and you should seek medical help—to lower your temperature.

Be aware of the heat, drink lots and please be well!

New Approach Reduces Unwanted Medical Treatments at End of Life

While advance directives or “living wills” provide general guidance on what type of care a patient would like, they are not consistently followed, in part because they don’t give health care professionals explicit instructions for making critical decisions about a patient’s care. Studies show they often have little impact on end-of-life decision making.

An alternative has emerged in recent years and has been implemented or is being developed in 32 states: the Physician Orders for Life-Sustaining Treatment (POLST).

[Click here to read the full article.](#)

Board President's Letter

I am pleased that Kathie Kurtz is providing leadership for the Valley Village Newsletter. She has met with the MemCom Committee, Chris Edwards and Lorie Merrow and has agreed to serve in a co-editor capacity. Many thanks.

Fifty-four members responded to our Annual Survey. Thanks to all who shared their views. This information will help the board make decisions in the year to come.

Valley Village Committees have planned very exciting events for the upcoming months. Among them are the August 26 Greenbrier Resort Tour and Lunch hosted by Vi Miller (registration due by August 19) an August 19 Supper Club gathering, and a September 9 tour of Duck Run Cemetery in McGahesville. For more information check the Village Happenings email each week or visit the Valley Village website.

Eight members of the board plus a number of others will attend the Annual Conference held October 5-7. This is a virtual Zoom event, which eliminates travel, meals and lodging. The conference is an excellent opportunity to network and to learn about the work of other villages.

We are pleased to host the Valley Village Summer Potluck Picnic on Thursday, September 16 5:00-8:00 PM. We have reserved Shelter #1 at the Bridgewater Oakdale Community Park, 118 Mount Crawford Avenue, Bridgewater, VA 22812.

Keith Gnagey, President
Valley Village Board Members

Ann Bender	Keith Gnagey 540-383-9771	Stan Godshall
Pearl Lantz	Lorie Merrow	Daryl Peifer
Rich Sider	Julie Alderfer Stauffer	Clara Yoder

New Valley Village Newsletter Editor

Our special thanks to Kathie Kurtz who has agreed to serve as editor for our newsletter. Kathie and her husband Wayne Kurtz moved here four years ago. She grew up in this community, but has since lived in a number of places, the most recent being Manassas, Virginia. There she worked as a pastoral counselor for more than twenty years. Her memoir, *The Blistering Morning Mist*, published by Wipf and Stock, will come out later this summer or early fall. Kathie has a wide range of interests including gardening, pottery, cooking, reading, and traveling, of which there has been too little in the past year.



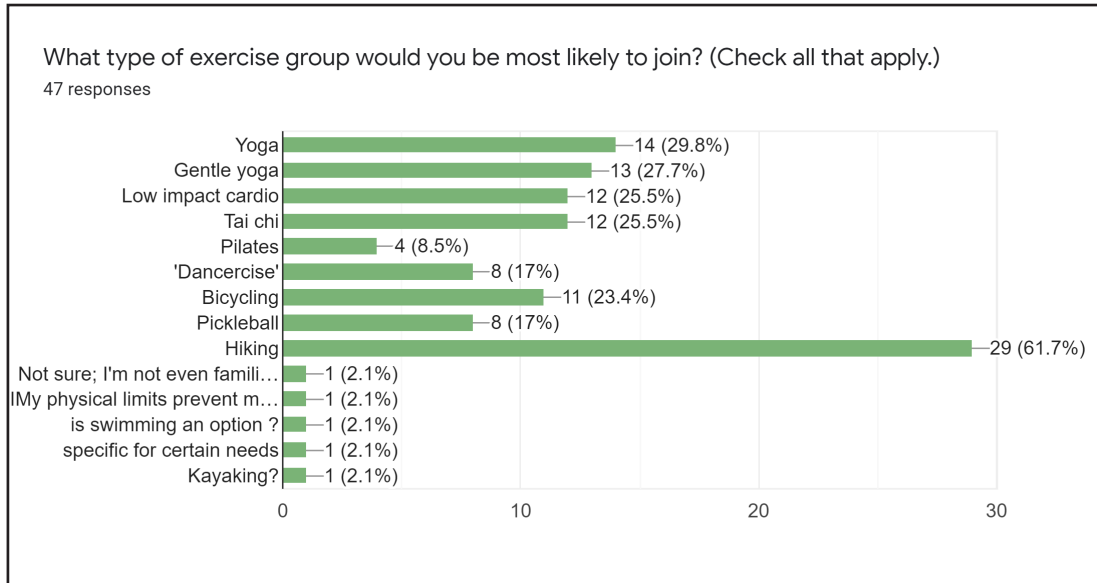
Kathie, while willing to work on the newsletter, wishes to serve in a co-editor capacity. If you want more information or would enjoy working with her, please contact Kathie Kurtz, Lorie Merrow, or Keith Gnagey. Lorie Merrow is stepping in as co-editor this month until we recruit a co-editor to collaborate with Kathie.

The newsletter purpose statement is: 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.

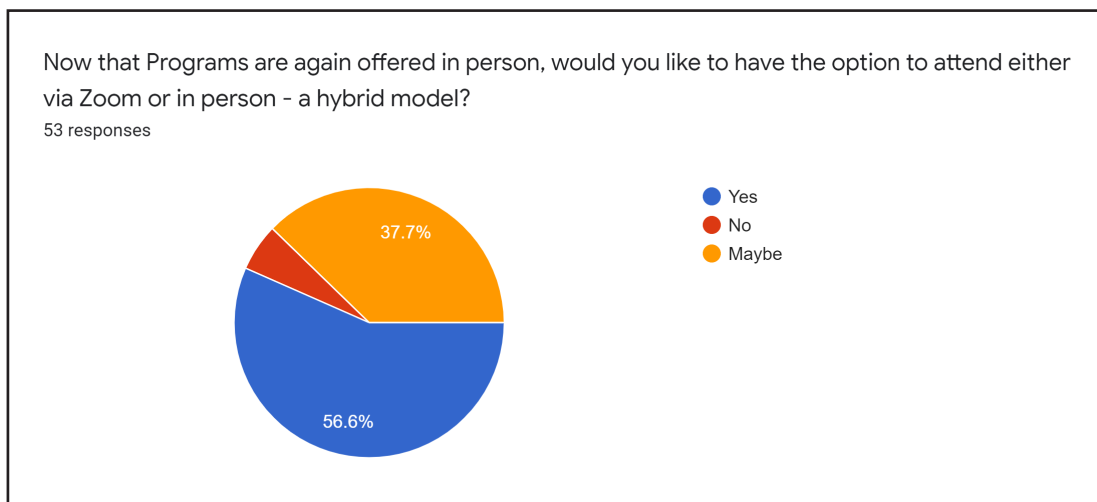
Survey Results

Thanks to everyone who completed our annual survey! The information we garner will offer guidance in so many areas. See below to read the response from one section and get a sense of how the survey helps us with directions and planning.

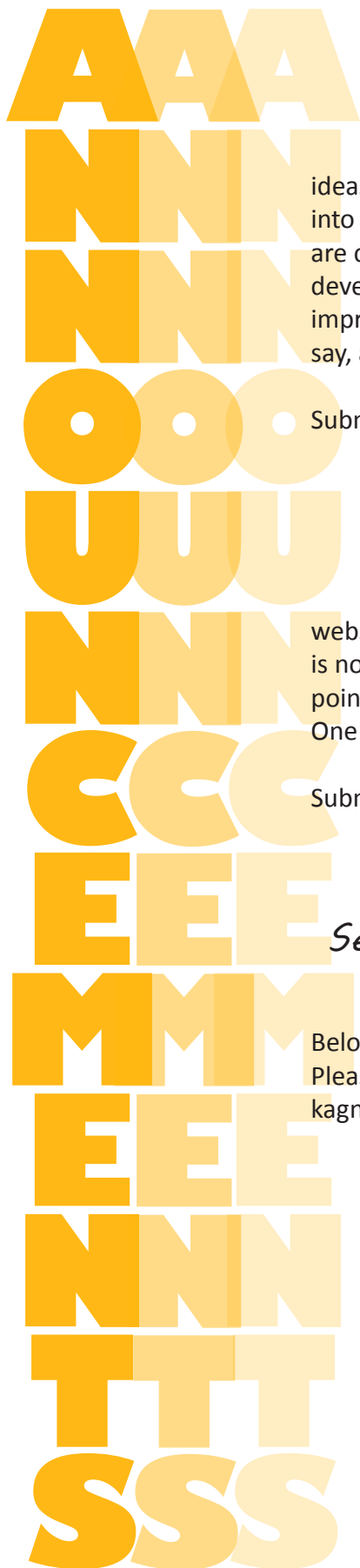
From the Wellness section, about new possibilities for classes:



From the Education section, about future use of Zoom:



This is just a sampling. Full survey results are available on our website (no respondent names included) – click Resources on the top menu, and scan for the 2021 survey.



Strategic Planning Update

In June, the Strategic Planning Committee finished assembling ideas and dreams for Valley Village. Much of their work was integrated into the annual survey for members to consider. Once survey responses are complete, the committee will consider member preferences while developing a strategic plan that will enable Valley Village to grow and improve in the near future. The board of directors will then have their say, and finally, the plan will be presented at our Annual Meeting.

Submitted by Strategic Planning Committee

Website Update

We've added content about two Valley Village services to the website. Where the homepage menu listed "Service Providers" there is now a link for "Services". There you will find information and access points for Just One Call, Daily Check-In, as well as Service Providers. One needs to log in to get full information. valleyvillagehbg.org

Submitted by MemCom

Seeking Co-Editor and Committee Members

There's more fun to be had with Valley Village!
Below is a list of committees that could use another member or two. Please consider where you might help out and contact Keith Gnagey at kagnagey@gmail.com or 540.383.9771.

- Newsletter (co-edit or be a regular contributor)
 - Tour Groups (organize day excursions)
 - Just One Call (coordinate volunteers to serve other members)
 - Socials (coordinate 2 annual Potlucks and Monthly Suppers)
 - MemCom (communications and member recruitment)
 - Wellness (coordinate wellness activities)
 - Education (organize monthly educational programs)
 - Board of Directors (oversight of the organization)
-

August

Denise Sauder
Peggy H Landis
Larry Miller
LaVerne Yoder
Viola Miller
Rosemary King
Hope Lind



September

Vi B Miller
Christine Edwards
John Spicher
Lois V Wenger
Lourene Bender
James Musser
Louise O Hostetter
Richard Sider
Annetta Miller

Find Valley Village on Facebook!

Valley Village Page: facebook.com/ValleyVillageHarrisonburg

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

Board Members

Keith Gnagey, President
Pearl Lantz, Vice President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Ann Bender
Stan Godshall
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, Vi Miller, Faye Yoder, Paul Yoder.

Tour Committee

Pearl Lantz-Chair, Vi Miller, J. Lowell Wenger

MemCom (Membership and Communication)

Nancy Faulkner, Lorrie Merrow, Daryl Peifer.

Just One Call-Volunteer Program, Tom DuVal, coordinator

Service Provider Program, Wayne Kurtz, coordinator

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 September 21, 2021, for submissions to the September - October, 2021 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net. 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 Kathie Kurtz. Thanks!!