



# Valley Village

## Aging in My Home with Mutual Support

Member of  
Village to Village Network

Vol. 12, No. 4 August - September, 2022

### Quick Look

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

**Thursday, Aug 18, 2022, 5:30 PM**

[Monthly Supper Club](#)

**Tuesday, Aug 25 2022, 9:30 AM**

[Tour of Simple Hill Farm and Two Local Woodshops](#)

**Tuesday, Aug 25, 2022, 6:30 PM**

[Walking Life's Journey Six Week Series](#)

**Thursday, Sept 15, 2022, 10:00 AM**

[Dementia Friendly Training](#)

**Thursday, Sept 15, 2022, 5:30 PM**

[Monthly Supper Club](#)

**Thursday, Sept 22, 2022, 8:30 AM**

[Museum of the Shenandoah Valley](#)

**1st Thursday, 10:00 AM**

**3rd Tuesday 7:00 PM**

**August & September**

[Valley Village Member Orientations](#)

[Weekly Yoga](#)

[Weekly Pickleball Practice](#)

**For details on all events visit**

[valleyvillagehbg.org](http://valleyvillagehbg.org)

### Newsletter

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**"Just One Call"**

**540-209-6484**

## El Camino Trail

On Thursday evening, July 21 a group of twenty-eight Valley Village members met at Oakdale Park in Bridgewater to hear Pearl Lantz share about her recent walk on the Camino de Santiago in Spain. In usual "Supper Club" format, we brought our own food and drink. We sat in groups around picnic tables under the shelter where a light breeze made it comfortable even though it was a hot day.

Pearl had walked with three friends, Louise Hostetter (who is a Valley Village member) as well as Mindy Morrison and Sarah Rose from the Harrisonburg area. She showed us her backpack, walking poles and other items that were essential to the walk. Using her computer, she shared photos of the walk.

Climbing over the Pyrenees with steep ascents and ever-increasing altitude required physical endurance. In addition to the five-week walk they added two weeks for resting and sightseeing. While summer temperatures reached into the nineties, the high altitude helped defray the heat. Blisters were her only real physical problem. Walking twelve to fourteen miles per day was comfortable but more than that left them drained. Walking in light rain felt comfortable and their sense of endurance kept them going rain or shine.

Locals were very friendly and accommodating. Drinking water was available along the way and they didn't have to carry their luggage as it was transported from one lodge to the next. They carried no sleeping bags but used sleeping bag liners when linens weren't available at the lodges. Sleeping in a room full of people could be a challenge, especially when someone was snoring.

Finally, the large Santiago Cathedral welcomed them at the end of the trail. The pilgrims gathered there for a service commemorating the completion of their journey.

People enjoyed Pearl's report and some may now be inspired to attempt this adventure. She told us that there were even people in their nineties walking the Camino.



**Pearl with her walking sticks**

Paul Yoder





**Left: Along the Camino de Santiago**

**Below: Pearl showing her worn out sandal**

**Bottom: Monthly Supper Club listening to Pearl's presentation about her El Camino Trail experience.**





# Zimmerman House and Garden Tour



Earl explaining the energy-saving features of their house



Ruth telling about her perennial beds



Enclosed, no-till garden



A green and welcoming back yard

On a sunny June day, thirty-five Valley Village members gathered at the home of Earl and Ruth Zimmerman for a tour of their aging-in-place, energy efficient house. Eric Beck, the builder, spoke to the group about designing a house to be Net-Zero—producing as much energy as it uses. He also talked about various design features that facilitate aging-in-place.

Ruth and Earl then each led tours of the house and gardens. Their gardens feature native plants that benefit pollinators such as bees and butterflies. They have an edible landscape that includes a no-till vegetable garden, fruit trees, blueberries, and brambles. Together, this creates a natural beauty to be enjoyed.

We enjoyed fresh mint lemonade, coffee, muffins, fresh fruit and good fellowship. It was nice to have four new members attend a Valley Village event for the first time. We thank Earl and Ruth for their hospitality.

Keith Gnagey  
Education Committee



# White Oak Lavender Farm Tour

On the morning of June 10, a warm and sunny day, ten members of Valley Village visited the White Oak Lavender Farm at Cross Keys Road, Harrisonburg. Lavender was in full bloom, creating a lovely view and smell. The owner, Julie Haushalter, gave us a tour and explained how to grow and dry lavender for different uses. We were each given a small scissors and ribbon to cut our own small bunch, choosing from the various plants ready for picking.

The farm grows various culinary cultivars of lavender in shades of purple, blue, white, and pink. As a long-time gardener, I was surprised to learn how dry the desired conditions for growing lavender are. That's why they're experimenting with growing it in limestone gravel. An established plant will keep flowering for a lifespan of about ten years.

Julie told us about starting this lavender farm and her desire that it be a meditative and healing place. For a small fee, one can stroll the beautiful grounds, which hold many flowers along with sheep, goats, lamas, and other animals. There's a human size checkerboard and a labyrinth. Following our learning tour, we ate lunch at the food truck that's regularly parked at the farm. For more information on using lavender and for items that can be purchased at their shop, see their [website](http://whiteoaklavender.com).

Ruth Zimmerman





# *To Enjoy Life More, Embrace Anticipation*

## **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.

Are you still stuck in an isolated survival mode after 28 months of Covid precautions? Are your relationships still all about managing household tasks, and little more? Have you forgotten how to have fun, or how important it is to have spontaneous interactions with the outside world? Well...check out the Valley Village event calendar and begin to experience anticipation!

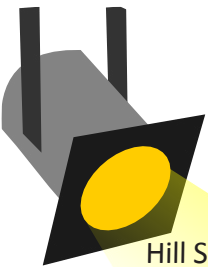
Anticipation of an event can bring as much joy as experiencing the event itself. There are even health benefits that come from anticipation. Numerous studies show that having something to look forward to boosts your mood and lowers your stress. Even small things, like attending a lecture, reading a book, visiting with friends, driving the Skyline Drive for a wonderful view (and a hike, if you are able.), or attending a concert can fill you with anticipation and enjoyment before the fact. Imagining good things ahead can make us feel better in the now. At bedtime, think of what tomorrow holds and write down one thing that excites you about tomorrow's schedule. Several studies have suggested that we get more pleasure from anticipating an experience with people than from awaiting the arrival of material goods.

Anticipating the end of Covid-19? Well, the Omicron BA 5 variant is here now and it is really contagious, but it does not appear to cause severe disease in those fully vaccinated and boosted. As I write, President Biden is demonstrating to the country what it means to be infected and what steps to take. He is on Paxlovid, which is available at our local pharmacies. I recommend that you get fully vaccinated and boosted, continue to take Covid precautions such as masking in indoor crowded spaces and restaurants, and take a home-Covid test when you have a fever or cold symptoms. If your test is positive, check with your health care provider about taking Paxlovid, and isolate for five days.

And...let's enjoy the anticipation of our future life without Covid!

Stan Godshall

## **Vendor Spotlight**



Green Hill Solar is a local solar installation company with offices in downtown Harrisonburg. Green Hill Solar is a sister company to Beck Builders and is headed by Jonathan Lantz-Trissel.

If you want to contribute towards a greener environment, save on your monthly electricity bill, and make an investment that will raise the value of your home, consider Green Hill Solar for installing solar panels on your home. They have a 5-star rating at Google.com and are highly recommended by several Valley Village members.

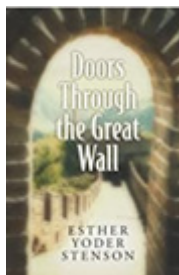
You can learn more about them on their [website](#) or [Facebook](#) page. You can contact them at 540-383-9741 or by emailing [Jonathan@greenhillsolar.org](mailto:Jonathan@greenhillsolar.org).

Wayne Kurtz  
Service Provider Coordinator  
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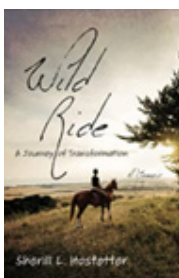


Welcome to what we hope will become a new column in the newsletter. We know that Valley Village is a reading community and therefore we'd like to take advantage of this rich resource. What we are looking for—short paragraph-long descriptions of any book you have read that you'd encourage others to read. 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. Please contribute!

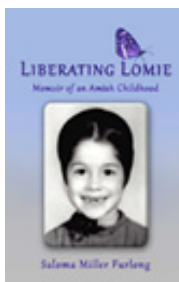
For this issue, we are featuring three books that have come out in the past several months by local authors.



*Doors Through the Great Wall* (Masthof Press, 2022) by Esther Yoder Stenson recounts the author's experiences teaching and traveling in post-Mao China. Coming from an Amish Mennonite background she finds both similarities and great disjunctions in her new environment. Her spirit of adventure pervades the story.



*In Wild Ride* (Resource Publications, 2022) author Sherill L. Hostetter discovers through difficult experiences that her understanding of God needs to enlarge. Her courageous struggle leads her to grow into a confident and creative woman who finds the spaces she needs to thrive.



*Liberating Lomie* (Memory Pages Press, 2022) by Saloma Miller Furlong is the story of a young Amish girl growing up in an abusive family. Not only that, she found herself wanting more education and chafing at the restrictions of her church. She finally makes the difficult decision to leave her home and community.

Although the first class was rained out, the Valley Village Beginners Pickleball class met again on May 31st and was a great success. Nine Valley Villagers who had never played joined veteran players Lynn Roth and Elaine Dunaway for the early morning class. Lynn and Elaine taught scorekeeping and gave encouragement and helpful suggestions. Their affirmation and patience were much appreciated! (Lynn and Elaine, along with their spouses, have recently joined Valley Village).

Pickleball is one of the fastest growing sports in the United States. This is reflected in Harrisonburg where limited courts make it necessary for players to arrive by 7:00 or 7:30 am to find empty courts. The cool morning air is an added benefit. Several enthusiastic beginners have continued to practice at the pickleball courts next to Waterman Elementary every Tuesday morning at 7:00 am, provided the courts are dry. We have several extra paddles, so if you are interested, [come join us!](#)

Betty Shenk

## Pickleball Lesson for Beginners





# Welcome New Members



## Annie Holland

Annie Holland comes from a military background. Her father was a military chaplain and she later married a fighter pilot. During that 40-year span as part of a military family she lived in many parts of the United States as well as in Germany, Japan, and France. She attended Madison College in Harrisonburg when it was still a women's college to major in foreign languages and earn her teaching degree.

Throughout her life, Annie has loved music and playing piano and guitar. She also has interests in architecture and design. Most important to her has been being a mother to her two children and using her training as a teacher. After her marriage ended in divorce, she chose to move to the the Shenandoah Valley because she felt like she was "coming back home."

Annie enjoys growing some of her own food, reading extensively, and listening to music. She also enjoys animals and pet sits on a regular basis for a number of clients to supplement her income. She tries to keep a healthy balance between drawing on things from the past that brought her joy and keeping a lookout for those things she can most enjoy now.

Marcia Moshier



## Ronald and Bonita Stoltzfus

Ron and Bonnie grew up four miles apart in Lancaster County, PA. They met through common friends and were married in November 1978. Bonnie knows a lot about downsizing because she has recently helped her 89-year-old Mother in her second two-day estate yard sale. After graduating from Raven Crest Bible School, a college in the Rocky Mountains near Estes Park, CO, Bonnie worked for Goodwill Mutual in underwriting for several years.

Ron graduated from EMU and was employed by C.B. Hooper & Son as controller. Some years later his favorite professor at EMU, Al Keim, asked him to teach accounting in the Business Department at EMU. They moved to Harrisonburg as a young couple in 1984.

After their two sons and daughter were grown, Bonnie returned to the insurance industry, presently working for Retina of VA as practice coordinator. She takes time for gardening and sewing hats for their eight grandchildren. Ron enjoys being employed part-time in tax accounting for Attorney Michael Layman.

Hiking in Grand Canyon is an annual event for Ron and Bonnie. Two grandsons, ages 14 and 15, plus their father Todd, joined Bonnie and Ron in hiking the Grand Canyon in October 2021. Ron and Bonnie are members of the Potomac Appalachian Trail Club, with Ron certified as a cross-cut sawyer and in wilderness first aid. His maintenance skills help keep Buck Mountain Trail on Shenandoah Mountain ready for hikers. Bonnie and Ron have responded to friends' invitation to join Valley Village: "We are in a position to help others, and some day we might need it."

Hannah Lapp

# Asking For Help



## President's Reflections

by Lorie Merrow

"...it is one the most courageous things you'll ever do and will lead to greater connection with those around you." - Laura Lane, author

Valley Village was designed from the beginning to do a few things: one, to strengthen social connections; two, to educate; and three to organize mutual support – members helping members. Our social activities and educational programs have been tremendously successful over the years. The area where we lag is in mutual support, which is mostly provided through our Just One Call service.

Are we lacking volunteers? No! We have a good list of great people ready to offer assistance, but we have very few people who ask. Part of our mission is to be of service to each other. This is a key way in which we help each other age in our homes for as long as possible.

It can be hard to ask for help. We like to be self-reliant. Our society encourages it. Just now, I'm visiting with grandchildren, and I see how from the earliest age when they learn to do something by themselves, they don't want anyone else to help with that something. We older folks also want to continue to do for ourselves in our accustomed way. Indeed, this can help us keep fit.

Nevertheless, most of us will need help eventually. How can we prepare to request help when we need it? We can recognize that it's smarter to ask for help than to take a risk or to let things deteriorate; that it's a blessing to allow others to help; and that just as we help others, it's OK to receive assistance. Mutual support is integral to Valley Village, and yes, to living a good life.

Your Valley Village Just One Call makes it simple to ask for help. [Click here](#) to check out our volunteer services. On the same webpage, you'll find links and instructions for making your service request. Alternatively, you may contact Just One Call by email at [vvjustonecall@gmail.com](mailto:vvjustonecall@gmail.com) or phone at 540-209-6484. We'd like this part of Valley Village to become just as robust as our other areas. Please think of Valley Village next time you need a little or a lot of help. Check out our [webpage](#) now, see what we can offer you. We hope to hear from you soon!

## Valley Village Board Notes

### June Meeting:

The Board did not meet in June but voted by email to approve a \$1 an hour raise for our contractor, Denise Sauder.

### July Meeting:

The Board met via Zoom on July 18 and made the following actions.

- accepted an updated title, Position Description and Independent Contractor Agreement for our Communications Specialist, Denise Sauder.
- approved the Social Committee planning form as presented. The Executive Committee hopes to meet with each VV committee before year's end, to renew committee purpose and responsibilities.
- approved giving program presenters a \$10 Merge Coffee gift card to thank them for their contributions to Valley Village.
- reviewed progress in meeting Strategic Planning goals. Membership has already increased by 30%, with another 20% needed to meet our goal. The Wellness Committee

has been formed and has implemented dementia training, among other accomplishments. We still want to establish a Care Committee to provide better support to members in unusually difficult times.

### VV Volunteer Needs:

Please step up to volunteer for a position with the great folks at Valley Village! We need people in the following roles and committees.

- Media: provide content on our Facebook page and group
- Social Committee: plan events and activities to enhance social connections
- Tours Committee: plan half to full day excursions
- Movie Committee: select movies and run the projection equipment
- Archivist: upload documents and photos to our website (training provided)
- Board of Directors: guide Valley Village to be a strong organization and responsive to member needs.



## Walking Life's Journey

Walking Life's Journey is a six-week on-line series about faith values, memories, and legacy. Everence has invited members of Valley Village to join them in this innovative and interactive series designed for people of all ages. The focus of the series will be on helping you think and talk about important and complex decisions around your final acts of love and legacy. The series will be presented weekly, on Thursday evenings from 6:30-8:00 pm, beginning August 25th and ending on September 29th. The weekly topics are as follows:

- Aug.25: Benefits of planning well
- Sept. 1: Tame and wild dying
- Sept. 8: Advanced care planning for a peaceful departure
- Sept. 15: What to do with my body
- Sept. 22: Necessary family conversations
- Sept. 29: Making your wishes known

Deadline for the required registration is August 12. To register you can either contact Everence at 540-437-7422 or go to the Valley Village [website](#) and click the Register Now button (you will need to login to see the event), this will take you to the Everence site where you can register. Once registered you will receive an email from Everence with further information and a set of materials to help you develop a strategy for your legacy. There is no registration fee, but Everence does strongly recommend buying three books that deal with the topic, each approximately \$10.00.

### Movies Return !

Valley Village Movie Nights are Back

Beginning in September, movies will again be shown at the VMRC Park Place cinema room. They will be scheduled for once a month on Thursday afternoons at 3 pm. Admission will be free to VV members and their guests, plus VMRC residents.

#### The tentative schedule:

Sept. 8 — "Some Like It Hot." Comedy/musical, 1959. Tony Curtis and Jack Lemmon portray Roaring '20s musicians on the run after witnessing a gangland crime. Disguised as women, they join an all-female band whose lead singer is Marilyn Monroe.

Oct. 13 — "A Raisin in the Sun," 1961. Sydney Poitier stars in this adaptation of Lorraine Hansberry's explosive drama of a Black family from the South, starting a new life in a crowded Chicago apartment while dreaming of an ideal home.

Nov. 10 — "Walkabout," 1971. Two British youth, stranded by a disaster in the Australian outback, meet an aborigine whose skills enable them to survive. Their adventures, fun, and growing friendship are troubled by cultural misunderstanding.

Dec. 8 — "Elf," 2003. Comic Will Ferrell's character was as an infant mistakenly transported to the North Pole. Raised among kindly elves but never sure he fit in, he eventually travels to New York in a clumsy, uproarious search for his roots.

Selections and scheduling details may be subject to change. Watch for new announcements, and we'll look forward to sharing movies again after the long Covid hiatus. Have a great summer!

Everyone attending the movies should be vaccinated against Covid-19. Please enter by the front door of Park Gables in VMRC and sign in at the front desk.

Chris Edwards

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### Retirees, Declutter for a Profit

by: Katherine Reynolds Lewis

Nearly 40 million Americans over age 50, about 60% of that cohort, say they have too much stuff, according to a survey by University of Kansas professor David J. Ekerdt. "It's quite stressful," especially when you think about the possibility of moving, says Ekerdt, author of *Downsizing: Confronting Our Possessions in Later Life*. "Almost every move in later life is going to be to smaller quarters."

Fortunately, a whole cottage industry has sprung

up online to help you shed possessions and make a tidy profit in the process, but forget eBay. That's so 1990s. Today, most new selling sites work in connection with a smartphone app, and different apps are better for selling different things. For instance, [Decluttr](#) is great for selling electronics, whereas [Mercari](#), [ThredUp](#), [Poshmark](#) and [The RealReal](#) are better for clothes.



<https://www.kiplinger.com/retirement/601800/retirees-declutter-for-a-profit>

accessed on July 26, 2022

### Transitions

This past month Hope Lind moved into an apartment in a retirement community in Lititz, Pennsylvania. We'll miss her and wish her the best!





### 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)

### 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 Committee

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 September 22, 2022, for submissions to the September - October 2022 newsletter. Send items to Editor, Kathie Kurtz at [kathiekurtz@verizon.net](mailto:kathiekurtz@verizon.net).