



Valley Village

Aging in My Home with Mutual Support

Member of
Village to Village Network

Vol. 14, No. 1 January - February 2024

Quick Look

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

Monday, February 12, 1:00 PM

Thursday, February 29, 1:30 PM

Monday, March 4, 1:00 PM

Thursday, March 14, 1:30 PM

[Death Cafe](#)

Tuesday, February 13, 8:45 AM

[Lewis Falls Trail](#)

Thursday, February 15, 12:30 PM

[Plant-Based and Vegan Foods Workshop](#)

Thursday, February 15, 3:00 PM

[VV Movie - "The Autobiography of Miss Jane Pittman"](#)

Thursday, February 22, 1:30 PM

[Cuajada Cheese-Making and Tasting Tour-Workshop](#)

Saturday, March 2, 9:30 AM

[Annual Valley Village Members Meeting](#)

Thursday, March 7, 3:00 PM

[Living Well in Your Lifetime Home](#)

Tuesday, March 12 TBD

[Hightop Summit Trail, SNP](#)

Thursday, March 21, 3:00 PM

[VV Movie - "Fried Green Tomatoes"](#)

Thursday, March 28, 11:00 AM

[Old Order Mennonites in the Valley](#)

For details on all events visit

valleyvillagehbg.org

Newsletter

Kathie Kurtz, Editor

Earl Zimmerman, Assoc Editor

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"Just One Call"

540-209-6484

Steel Magnolias

On the afternoon of Sunday, December 3, about twenty-five Valley Village members attended the play, "Steel Magnolias," at the Court Square Theater. The comedy performance included Valley Village member Helen Nafziger in the role of Clairee Belcher. The play is set in a Louisiana town in a hair salon where a group of women share humor, joy, and grief.

Following the play, VV member attendees gathered around Helen in front of the stage for a photo, and then sixteen members met in an upstairs room of the Capital Ale House for dinner.

Wayne Kurtz



VV Leaders Retreat 2024

In early January, eighteen Valley Village board members and committee chairs gathered at the Harrisonburg Unitarian Universalist Church for a day of listening, thinking, and talking together about possibilities and questions for the future of Valley Village. Our presenter was Wendy Zenker, Executive Director of Arlington Neighborhood Village (ANV.)

ANV stands in contrast to Valley Village in that it is primarily a service provider, with a number of social activities, whereas Valley Village is primarily an Educational/Social organization. It was inspiring to hear about the 3,207 service requests filled, and the 215 active volunteers who drove 35,583 miles and donated 9,163 hours in 2022.

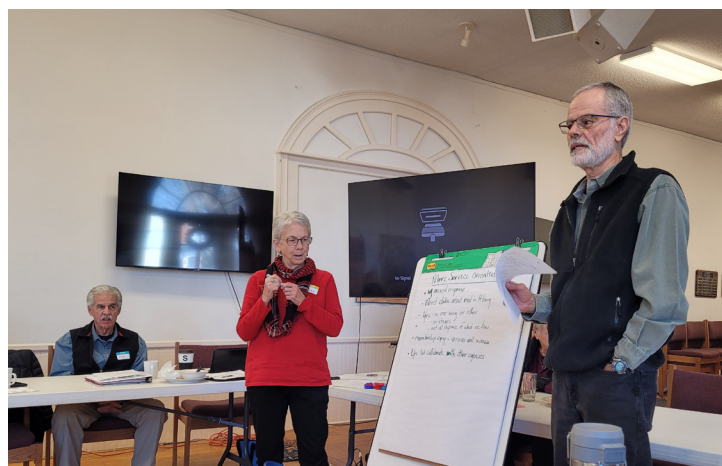
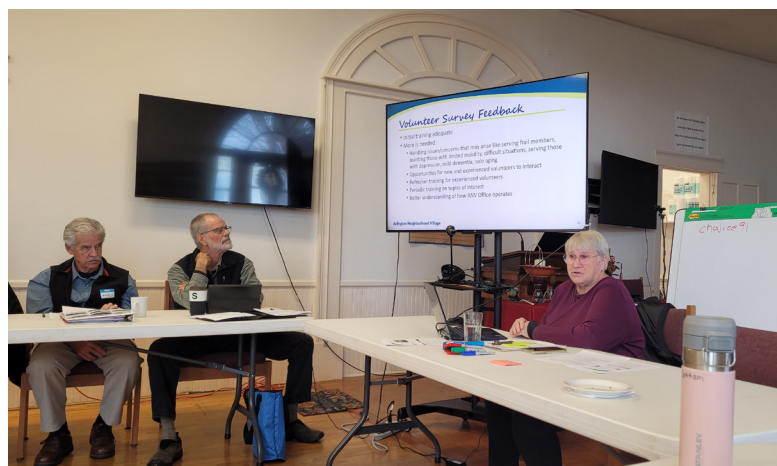
Without stating the question, Wendy's presentation called us to think about what we want for the future of Valley Village. Do we want to offer more services? Do we want to diversify our membership on a socio-economic basis? Can we help elders who can't afford a retirement community, but have enough assets to disqualify them from benefits, sometimes called the missing middle.

After the presentation, an extended Q & A, and small group discussions, the following conclusions were agreed upon:

1. We don't want to lose what we have.
2. We need data in order to understand the gaps and needs in the area.
3. We should make changes toward providing more services incrementally.
4. Such changes would require:
 - a) New outreach initiatives—marketing;
 - b) Expansion of the volunteer base beyond members;
 - c) Increased fundraising;
 - d) More paid staff.

The consideration of these questions and issues by all members is most welcome. Feel free to comment in an email to valleyvillagehbg@gmail.com. Look for a survey on these questions in the next month. Join a discussion on the topic at our annual meeting.

Lorie Merrow
President
Valley Village Board



High Knob Fire Tower Hike

On Wednesday, January 3, seventeen Valley Village members and friends hiked the High Knob Fire Tower Trail. The temperature was cold and the air crisp. We had not gone far when we discovered snow from an earlier weather pattern, making parts of the trail more treacherous than other sections. We took pictures of the amazing view from the fire tower, munched on snacks, and enjoyed great conversation.

The unexpected trail conditions reminded us that hiking comes with risks. It is difficult to anticipate trail conditions, especially on trails in higher elevations. Please check the Valley Village website for last minute changes due to the weather.

Ron Stoltzfus and Keith Gnagey
Wellness Committee-Hiking Interest Group



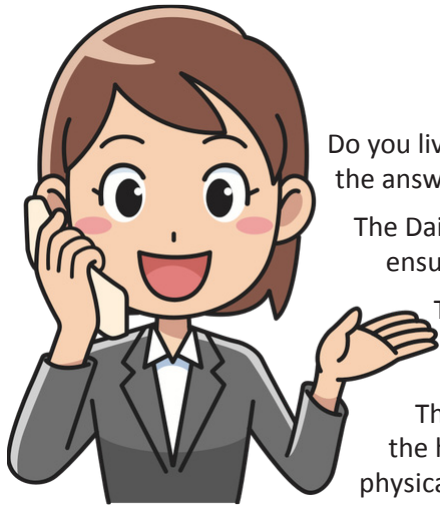
Upcoming Hikes

Tuesday, February 13, Lewis Falls-Shenandoah National Park (SNP); 8:45 AM carpooling from Park View Mennonite Church parking lot; trail is moderate, but a few segments are difficult with uneven rocks/tree roots; distance 3.3 miles roundtrip, elevation change 990 ft. For more details and updates visit the Valley Village website.
Note: The date or the trail will be changed if conditions require. Inclement Weather Date (IWD): February 16.

Tuesday, March 12 (IWD: March 14) Hightop Summit Trail-SNP. For details and updates visit the VV website.

Tuesday, April 9, (IWD: April 11) Hone Quarry Waterfall Trail. For details and updates visit the VV website.

Tuesday, May 7, (IWD: May 9) Braley Pond Loop; easy hike. For details and updates visit the VV website.



Alive and Kicking

Do you live alone, or live with someone who is unable to respond to medical emergencies? If the answer is yes, then we have a program designed just for you!

The Daily Check-In program helps pair people who then, in turn, contact each other daily to ensure each is “alive and kicking” as one member laughingly remarked.

The Check-In pair exchange emergency contact info and agree on a method of contacting each other by a given time each day. If they do not hear from their partner by the designated deadline, they then call their partner’s emergency contact(s).

The emergency contact people are then responsible to follow up by physically going to the home and ensuring that person’s welfare. Valley Village pairs are not responsible for physically checking on each other.

The Check-In program works, as one person discovered when she went off to West Virginia, out of cellphone reach, and forgot to notify her partner. Upon returning home later in the day, she “found family and friends frantically searching” for her!

One person was motivated to participate in this program when a friend passed away and wasn’t discovered until several days later. Although that person had frequent contacts with family and friends, they were not specific, daily contacts.

According to one member, “The Check-In text is an enjoyable and easy way to be assured one is OK each morning. Texting, ‘I’m ok, you, ok?’ Or just ‘Good Morning!’ takes only a minute.”

Another member commented, “Given today’s technology, a quick text and response is an efficient way to minimize that nagging concern one might have of the dreaded, ‘I fell, and no one knew until too late.’”

To enroll in this program or find out more, go to Valley Village’s website and click on the following: Services, Daily Check-In, and Daily Check-In Sign-Up Form. Complete and submit the form or call Pearl Lantz at 540-820-8309.

Pearl Lantz

Members Look to the Future

We’re pleased to report that members supported the Valley Village vision of “Aging in Community” to the tune of \$5,670 in 2023! Your contributions have made it possible for Valley Village to contract with a Care Navigator a year earlier than originally planned and to begin offering various types of support to members as they encounter challenges associated with aging at home.

We are grateful for the generosity of thirty-nine members whose 2023 contributions led to an increase of 30% over 2022 giving. While that is something to celebrate, we have set our sights higher, so we can sustain our goals. Our Fundraising Committee is engaging in many means of raising money—writing grants, approaching businesses, and getting involved with the Great Community Give.

Your contribution, appropriate to your budget, is always welcome. [Click here](#) to give online, or send your donation to PO Box 768, Harrisonburg 22803.

Thank you to everyone who cared enough to contribute and to help with the fundraising!

Lorie Merrow
for the Board of Directors

Indoor Walking

The internal public space at Valley Mall is available for walking seven days a week starting at 7:00 AM. The assisted doors to the mall near the Dick’s Sport Goods store are the only doors open at this hour. The inside perimeter is marked and each lap equals 1/2 mile. Enjoy a warm and free place to walk.

Keith Gnagey,
Wellness Committee



Annual Members Meeting

Saturday, March 2, 9:30 – 11 AM

Park View Mennonite Church

Fellowship Hall (front door)

Please join us for food, fellowship, fun, Village updates, drama, and door prizes.

We look forward to seeing you there!

Winter and Spring Movies



All vaccinated members of Valley Village, and guests, are welcome. Admission is free. All movies are shown at 3:00 PM on the third Thursday of each month.

Directions: Enter from Park Street. Take Shank Drive and turn right to park beside Park Place. Or, if you've entered Shank Drive from US 42, turn left. Go under the awning into

Park Place, where you may find a log book and name tags at the desk. Go ahead and bear right to follow the nearest of two long hallways to the movie room.

Coming attractions for early 2024:

Early this coming calendar year we will continue on a year-long theme on aging begun in the Fall. Hank Williams sang the truth with "I'll Never Get Out of This World Alive," but these films are not for the most part "depressing." Expect joys, sorrows, characters of all ages—just life.

A Man Called Otto: Jan. 18. Tom Hanks stars as a man embittered after his wife's death, who repeatedly attempts suicide (with tragicomic slapstick). Neighbors' kindnesses help him emerge from despair (2022).

The Autobiography of Miss Jane Pittman: Feb. 15. Following Ernest J. Gaines' classic fictional account, Cicely Tyson portrays "Miss Jane," recollecting events of her lifetime spanning 100 years (1974).

Fried Green Tomatoes: March 21. Women friends in Alabama (including Kathy Bates and Jessica Tandy) look back on their long, varied lives (1991).

About Schmidt: April 18. As Schmidt, Jack Nicholson feels at loose ends after retirement and his wife's death. Yet life

continues, with a fractious trip to his daughter's wedding and a correspondence, via a charity, with a boy in Tanzania (2002).

O, God!: May 16. The late George Burns, then aged 72, starred in the title role, choosing first to share his message with John Denver (1977).

Upcoming Educational Programs

from the Education Committee

Thursday, March 7 at 3:00 PM

"Living Well in Your Lifetime Home" with Occupational Therapist Amy DePoy

Thursday, April 4 at 3:00 PM

"All the Live-Long Day" – Valley Village member, Bob Harvey, will share about his career 'workin' on the railroad'

Thursday, May 2 (start time likely at 4:30 PM)

Tai Chi with Grayson Pritchard

Thursday, June 6 at 3:00 PM

Learn more about the work of Mennonite Disaster Service with Executive Director Kevin King

All are encouraged to bring a guest, and to come early for conversation over tea and light refreshments.

*See the Valley Village website for more information about upcoming programs.

Program length: usually one hour

Meeting place: Fireplace Room at Park View Mennonite Church

We welcome your ideas for future programs. Talk with any committee member: Ann Bender, Rosemary King, Keith Gnagay, Keaton Shenk, Greg Versen

Keaton Shenk

Meals on Wheels Volunteer Opportunity

Meals on Wheels is rebuilding after a major pull-back during the pandemic. They are making deliveries only two days per week now, but we have an opportunity to help expand the program.

When Valley Village representatives met with Valley Program for Aging Services (VPAS) to talk about collaborations, it quickly became clear that Meals on Wheels was a good place to start. We have offered to recruit a corps of drivers for Thursday mornings, so a third day of delivery could be added to each week.

We will handle twelve routes, which means we need twelve regular drivers to make deliveries each week. We will also need five or six substitutes to fill in as needed. If you wish to invite a second person to join you on a route, that is okay.

For most routes, we will pick up meals at A Bowl of Good on Thursday mornings between 9:45 and 10:25, depending on the route. Routes are within Harrisonburg as well as to Elkton, McGaheysville, Bridgewater, and Belmont. Three other routes begin about 10:30 in Timberville rather than at A Bowl of Good. VPAS estimates that most routes will complete in less than two hours, with some taking less than one hour.

You can read about [Meals on Wheels](#).

If you are interested in being a weekly volunteer, please call 540-209-6484 or email vvjustonecall@gmail.com.

Tom DuVal



Valley Village Volunteer Opportunities

Valley Village has openings on the following committees for the roles mentioned below. Committees generally meet quarterly or bi-monthly at most. It's a fun group, and in addition, service helps keep you sharp!

Education:

Organize Education Programs: develop concept, arrange with speaker(s); Host Education Programs.

Just One Call:

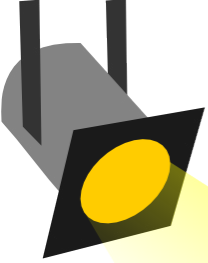
Serve as back-up for the Just One Call phone; Help organize service events.

Membership & Communications:

Recruit and work at retaining members; Develop appropriate, accurate and engaging communications.

Questions? Please contact Lorie at valleyvillagehbg@gmail.com

Vendor Spotlight



This is a good time of year to be thinking about financial planning. Four firms that offer a range of financial services have been recommended by members. You may want to consider one of these if you are looking for a new consultant. The recommended providers names, phone numbers, and contact email addresses are:

- 1) Everence Financial 540-437-7422 teresa.boshartyoder@everence.com,
- 2) Hess Financial 540-246-0122 ekibler@hess-financial.com,
- 3) Nichols Financial Group 540-438-8173 jennifer.i.duncan@ampf.com,
- 4) Park View Federal Credit Union 540-434-6444 info@pvfcu.org.

You can learn more about each of them on their website, or on Facebook. For a shortcut to their websites use the "Service Provider Search" option on the Valley Village website, and search for Financial Services. You will get a listing of all four with a direct link to the website for each, and a button to click to start an email.

Wayne Kurtz
Service Provider Coordinator
wdkurtz@outlook.com

Note: the Service Provider List by Service is updated quarterly. That means new names will not appear there immediately. You can use the Service Provider Search for new listings.

Paxlovid and You

Well-Being

by Stan Godshall, MD



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

On May 25, 2023 the U.S. Food and Drug Administration approved the use of Paxlovid for the treatment of Covid-19 in high-risk adults. This is the first Covid medication available which can be taken by mouth. A recent study by the National Institutes of Health found that about 15 percent of eligible people took the drug. Josh Fessel, a co-author of the study and a senior clinical adviser at NIH, said that if half of those eligible to take Paxlovid had used the drug, nearly 48,000 deaths (in the US) could have been prevented.

During Christmas week (2023) my wife Susan came down with a severe sore throat and the next day she tested positive for Covid. We isolated (sort of) for the next five days, wore masks and she took a five-day course of Paxlovid.

Paxlovid is an antiviral two-medication combo pack: a five-day course of two nirmatrelvir tablets and one ritonavir tablet taken twice a day. Nirmatrelvir “shuts down the virus-making factory” before the coronavirus is replicated by blocking the chemical needed to produce the virus. Ritonavir slows down the clearing process of the active drug, nirmatrelvir so that it remains in the body longer.

The FDA presented studies on people with no antibodies (not vaccinated, not previously infected with Covid): Of the 977 who received Paxlovid within five days of their Covid infection, 0.9% were hospitalized or died during the next 28 days. Those 989 who received placebo (inactive med) that number reached 6.5%. Among those who had antibodies (who were vaccinated or previously Covid-infected), of the 490 who received Paxlovid 0.2% experienced hospitalizations or deaths within the next 28 days, and in the 479 who received placebo the number was 1.7%. These results are statistically significant. The “rebound” phenomenon (where the infection/symptoms recur after a week) was seen in both the Paxlovid and the placebo groups

And the FDA also found that Paxlovid proved to be safe. Susan experienced mild dysgeusia (dis-goo’-zee-ya)—a nice word for a bad taste in your mouth—an hour or so after taking the drug, but that side effect (caused by the ritonavir) soon faded after each dose. There are a list of medications that interact with Paxlovid, including the statin drugs and Viagra, but these may be halted during your five-day course. If you have mild kidney failure (GFR <60) you should take half the amount of nirmatrelvir.

Most importantly, the drug works best if taken early. As soon as you know that you are Covid-positive, call your doctor and get a Paxlovid prescription. It is free for those at high-risk and for all who are over 65 years old. I assumed that Susan was not at high risk, until I discovered that age is the biggest risk factor for Covid complications, especially an age over 75 years.

With 1500 Covid deaths per week in the US right now, please, (for your well-being) consider using Paxlovid if you become infected.

Don't Let Harmful Stereotypes Hold You Back

I used to laugh at those Progressive Insurance commercials on television featuring “Dr. Rick,” a therapist whose mission is to “stop you from becoming your parents.” The way he coaches “clients” away from having random conversations with strangers in the hardware store, putting their cell phones on speaker, or posting too many pictures on Facebook seemed like harmless ribbing.

Then I started reading about what happens when middle aged and older adults begin believing the ageist media messages we are inundated with on a daily basis. As it turns out, it is no laughing matter. Ageism is alive and well in advertising, as it is in the workplace, or in simple conversations at the post office. Many older adults report a better quality of life than younger adults. However, the stereotypes tell us we are grumpy, set in our ways, physically and cognitively incompetent, and a burden on society. The more we internalize those messages, the more it affects our health and well-being.

Becca Levy, PhD, professor of epidemiology at Yale School of Public Health and of psychology at Yale University, calls negative stereotypes about aging “a public health issue.” Regardless of medical history, education level, or socioeconomic status, people with negative perceptions of aging have been found to have:

- Higher rates of cardiac disease
- A median life expectancy that is 7.5 years shorter
- Less chance of recovering from a severe disability
- Poorer memory and cognition
- Lower quality diet and exercise
- Less inclination to take medication as expected

Fortunately, there are ways we can continue to shape positive views about aging, despite the messages that swirl around us. Adopting a more flexible “age is just a number” mentality is a good first step. Also, frequent intergenerational contact can lead to less stereotyping between age groups and better attitudes about each other.

Jelena Sophie Siebert, a lead author of a German study called “Attitude Toward Own Aging” offers this advice, “Resist blaming age for things you can or cannot do. Stay curious and social.”

VPAS can help individuals in our community overcome the challenges that keep us from living our best lives, helping us to thrive as we do so. Explore options for healthy aging in this New Year at [Valley Program for Aging Services \(vpas.info\)](http://Valley Program for Aging Services (vpas.info)).

Leigh-Anne Lees, Community Relations Manager, VPAS



This is a regular series of articles submitted by Valley Program for Aging Services staff members. The VPAS Director of Senior Services for Harrisonburg-Rockingham County, Joyce Nussbaum, is an Advisory member of the Valley Village Board. As a non-voting Board member, Joyce'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 this series will highlight a different service offered by VPAS.

Questions to ask before choosing an assisted living facility

By [Yeganeh Torbati](#) and [Julie Zauzmer Weil](#)

The Washington Post

Choosing an assisted-living facility for yourself or a loved one can feel overwhelming. In many states, it's difficult to find reliable information about a facility's practices and track record for resident safety. . . . Based on recommendations from advocacy groups and interviews with former staff

at assisted-living facilities, the Washington Post has compiled a short guide to getting the information you need to find a home for yourself or a loved one.

Click [here](#) to continue reading on the Post website, or [here](#) if you can't access it from there.

Employee Recognition

Valley Village's Communication Specialist, Denise Sauder, was recently recognized by Virginia Association of College and University Housing Officers with an Outstanding Service Award.



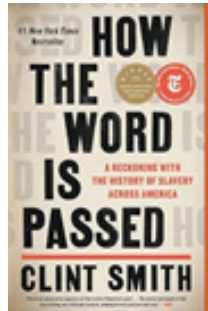
The award was given for her development of the Hall Inspection Mobile App using Microsoft SharePoint, Power App, and Power Automation. The app was initially developed for Residence Life staff to do year end inspections of residence halls. Staff can document areas that need repair, take a photo, and submit the information from their phones.

Implementation has improved communication between those doing hall inspections and office staff by eliminating the need for pen and paper to document the issues, downloading a photo, then compiling the data in an email or in a hand written note. Information is submitted to a database, allowing for better tracking of maintenance issues and damage billing. Significant time savings to do year end hall inspections has also been a benefit.

The Hall Inspection Mobile App has been in use for almost 2 years and has expanded to year round use to submit maintenance requests. Housekeepers are also using the app and soon it will be used by all Hall Directors and Resident Advisors in selected halls to submit maintenance requests. The hope is to have all hall staff using the app by next fall.

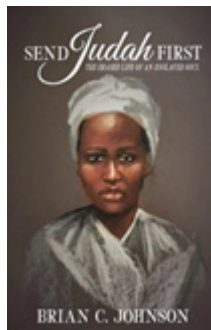


We know that Valley Village is a reading community and therefore we'd like to take advantage of this rich resource. What we are looking for—short paragraph-long descriptions of any book you have read that you'd encourage others to read. If it is easy for you to provide a picture of the cover, great. 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!



How the Word Is Passed: A Reckoning with the History of Slavery Across America, by Clint Smith, (Little, Brown and Company, 2022) is a well-researched story of the legacy of slavery across America. Clint Smith was a senior in high school when Katrina ravaged his home in New Orleans. His family escaped and he followed his heart through high school, college and now a Ph.D. program. This story of the legacy of buying and selling human beings offers a heart wrenching picture.

Anna Bender



Send Judah First: The Erased Life of an Enslaved Soul, by Brian C. Johnson, (Hidden Shelf Publishing House, 2019) is a timely book for Valley Villagers because it is set at Belle Grove, the plantation near Winchester where a tour is planned for May of this year. The book is a fictionalized account of the enslaved woman who served as cook there for many years. For an introduction, you might want to listen to [this interview](#) with the author.

Kathie Kurtz



President's Reflections

by Lorie Merrow

You are Invited to a Death Cafe

You are invited to join a small group of Valley Villagers to participate in a Death Cafe, a facilitated discussion about death and dying. You will hear what participants have planned—or not planned—for a comfortable and meaningful exit for themselves and significant people in their lives. The Valley Village Death Cafes are generously supported by a Finishing Strong Award from the Washington Area Village Exchange. And, there will be cake and hot drinks.



Here are the basics of Valley Village Death Cafes:

What: an open discussion of death and dying supported by a facilitator trained specifically for this format. Cake and hot drinks are always served. We are fortunate to have a trained facilitator in our area, Mert Brubaker, who will facilitate our Cafes. According to the Death Cafe [website](#), the concept dates back to 2011, and since then, 17,363 Death Cafes have been held in 87 countries.

Why: to increase awareness of death, and to help people make the most of their (finite) lives; to share, hear, and explore one's own and others' ideas about death.

Who: each cafe will include 8-12 Valley Village members.

Where: at Community Mennonite Church, in Room 109.

When: on different days and times for February, March, and April—two in each month. See the [event calendar](#) for specific dates and times. Each Cafe will last from one to two hours. More dates will be added as needed.

How: Register through the event calendar on the Valley Village website. There is no cost to members, and no preparation is needed beyond musing about what you may wish to discuss.

Board members and committee chairs piloted the Death Cafes last fall and found them enlightening and enjoyable, even freeing! Valley Village has offered many programs featuring presentations about aging and the end of life, but never a program that encouraged members to talk freely about death. Here are a few of the post-Cafe comments we received:

The comfort of being with others who recognize the complexities involved in navigating desires and decisions surrounding death;

A time to think with others about what one wants at the end of life, before and after death—an opportunity to hear others' ideas and to share information;

A good way to begin thinking about and planning for one's death or to revisit previous action/decisions that may need revision.

Questions? Email valleyvillagehbg@gmail.com

Welcome 2024 Board Members!

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

Joyce Nussbaum serves as the Director of Senior Services for Harrisonburg and Rockingham County at the Valley Program for Aging Services. She graduated from the Adult Degree Program at James Madison University in 2010 with a degree in Social Sciences and a concentration in Gerontology and Family Studies. Joyce has worked for VPAS in various roles since July 2010. She is a Master Trainer for several evidence-based programs including Chronic Disease Self-Management Education, A Matter of Balance, and Dementia Friends and is a certified instructor for the Tai Chi for Arthritis and Falls Prevention, Tai Chi for Memory, and Dealing with Dementia programs.

In 2007 Joyce and her husband moved from Kidron,

Ohio to Singers Glen, where they now reside. They have 2 adult sons and 2 grandchildren. Her hobbies include reading and gardening.

Annette Frantz is a retired nurse, having served in the area of women's healthcare in public health settings. She sustains her interest in health and wellness, including advocacy for wellness.

In April 2022, Annette moved from the Dallas/Fort Worth area to Harrisonburg to be near her two daughters and their families. She joined Valley Village to become a part of a community committed to Aging at Home, to benefit from the supportive activities needed for that to take place, and to learn more about living in Harrisonburg.

Annette's favorite question to ponder this past year has been, "Who wouldn't want to live here?"

Poet's Corner
Poems on aging and the passage of time
An occasional feature



NO ONE EVER TOLD ME

(Of the Glory of Growing Older)

No one told me
it would be like this—
how growing older
is another passage
of discovery
and that aging is one
grand transformation,
and if some things
become torn apart
or even lost along the way,
many other means
show up
to bring me closer
to the center
of my heart.
No one ever told me
if whatever wonder
waits ahead
is in another realm
and outside of time.
But the amazement, I found,
is that the disconcerting things
within the here and now

that I stumble
and trip my way
through,
also lead me
gracefully
home.
And no one told me
that I would ever see
an earth so strong
and fragile,
or a world so sad
and beautiful.
And I surely
didn't know
I'd have
all this life
yet in me
or such fire
inside my
bones.

Susan Frybort
in *Look to the Clearing*,
(New Leaf Distributing, 2021)

Should you wish to contribute a poem on aging or the passage of time, please email your selection
to valleyvillagehbg@gmail.com.

February

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

March

Richard Yoder
Michael Stauffer
Katherine K Lacharite
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

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

Board of Directors

Lorie Merrow, President
Daryl Peifer, Treasurer
Rich Sider, Secretary
Pearl Lantz
Ann Bender
Elaine Zook Barge
Joyce Nussbaum
Larry Miller
Katherine Cottam
Jerry Kauffman
Annette Frantz

Valley Village Committees and Members:

Education Committee

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

Tour Committee

Linda Gnagey-Chair, Wayne Hochstedler, Ruth Zimmerman, Norma Burkholder

Membership and Communication

Lorie Merrow-Chair, Nancy Faulkner, Julia Alderfer Stauffer, James Musser,
Ken Horst

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, Elaine Zook Barge,
Katherine Cottam, Annie Holland

Film Committee

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

Care Support Committee

Katherine Cottam, Jerry Kauffman, Pearl Lantz, Annette Frantz

Fundraising Committee

Larry Miller, Lorie Merrow, Leo Heatwole, Phil Helmuth

Archivist:

Wayne Kurtz

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 15 2024, for submissions to the March-April 2024 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net.