



Valley Village

Aging in My Home with Mutual Support

Member of
Village to Village Network

Vol. 14, No. 2 March - April 2024

Quick Look

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

Tuesday, April 9, 8:45 AM

[Hone Quarry Waterfall Trail Hike](#)

Wednesday, April 10, 1:00 PM

[Death Cafe](#)

Thursday, April 18, 3:00 PM

[VV Movie - "About Schmidt"](#)

Saturday, April 27, 2:00 PM

[Dolly Parton's 9 to 5: The Musical](#)

Thursday, May 2, 4:30 PM

[Tai Chi for Health, Strength, Balance,
and Mental Clarity](#)

Tuesday, May 7, 7:45 AM

[Braley Pond Loop Hike](#)

Thursday, May 9, 1:30 PM

[Death Cafe](#)

Thursday, May 16, 3:00 PM

[VV Movie - "O, God"](#)

Saturday, May 18, 5:00 PM

[Potluck Picnic](#)

Thursday, May 23, 9:00 AM

[Belle Grove Tour](#)

Thursday, June 6, 3:00 PM

[Mennonite Disaster Services:
Responding, Rebuilding, Restoring](#)

For details on all events visit
valleyvillagehbg.org

Newsletter

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"Just One Call"
540-209-6484

Annual Meeting

Over seventy-five members and guests gathered for the Valley Village Annual Members Meeting on the morning of March 4 at Park View Mennonite Church. A beautiful spread of fruits, meats, cheeses, and cakes welcomed us.

We had two big firsts at our meeting. One—Pearl Lantz and Helen Nafziger performed a sketch titled "Care Support Committee in Action," giving us a sense of how the Care Support Committee works and what it can do for members. Two—our three Gold Sponsors, Everence, Park View Federal Credit Union, and VMRC gave brief presentations about what their organizations offer Valley Village members. Each also set up a table with generous giveaways.

We learned what Valley Village accomplished in 2023. We offered eighty-two events, organized by our forty-one volunteers, fulfilled sixty-seven service requests, and finished the year well within our budget. At the time of the meeting, we had a record 162 members!

We also learned about plans for 2024. We:

- plan to engage a Care Navigator to start September 1, almost a year ahead of plans, thanks to the generosity of members.
- will offer Death Cafes—a chance to talk about death in an open, facilitated setting—on an ongoing basis this year. Please take advantage of this rare opportunity.
- have set a first-time fundraising goal of \$10,000, which we plan to raise from business sponsors, members, and grants.
- hope to start interest groups, using the forums offered by our website provider.
- will pull together a group to volunteer as Meals on Wheels drivers in order to enable Valley Program for Aging Services to offer a third delivery day each week.

Finally, we thanked our volunteers, heard about upcoming events, and gathered for a group photo. Thanks to everyone who helped make the Meeting a success!

Lorie Merrow



A bird's eye view



Members enjoying conversation



Pearl Lantz and Helen Nafziger
mid-sketch

An Invitation to Discuss Death

All Valley Village Members are invited to participate in a Death Cafe—an open, facilitated discussion about death and dying. You will hear how other participants are thinking about or planning for a comfortable and meaningful exit for themselves and significant people in their lives. There will be cake and hot drinks.

Valley Village is all about healthy aging and realistic consideration of death. These conversations about dying are a special bonus for our members. This is the first time we've been able to offer this opportunity.

The next Death Cafe is on Wednesday, April 10 at 1 PM. You may sign up to participate in a Death Cafe [here](#).

Various Valley Village Death Cafe participants have commented about their experience:

It was good to have a conversation about the reality of death as part of our living. Being in touch with that reality, can positively impact our living—savor the gift of each day!

. . . an opportunity to hear others' ideas and to share information.

I am very impressed with [Mert's] ability to be "tuned in" to the group and what we needed to discuss. She did a great job of getting us to think and talk without saying a lot herself.

[I have] more determination to ensure that our advanced directives are followed for both myself and my husband.

The discussion concerning dementia prompted me to research further about preparation for that outcome.

I will give thought to more intentionally engaging a small group of people beyond family who agree to walk with me through times when significant medical decisions need to be made and to be there when death is imminent.

Valley Village Death Cafes are generously supported by a Finishing Strong Award from the Washington Area Village Exchange.

Lorie Merrow, co-coordinator



Poet's Corner

Poems on aging and the passage of time

An occasional feature



When death comes
like the hungry bear in autumn;
when death comes and takes all the bright coins from his purse
to buy me, and snaps the purse shut;
when death comes
like the measles-pox
when death comes
like an iceberg between the shoulder blades,
I want to step through the door full of curiosity, wondering:
what is it going to be like, that cottage of darkness?
And therefore I look upon everything
as a brotherhood and a sisterhood,
and I look upon time as no more than an idea,
and I consider eternity as another possibility,

and I think of each life as a flower, as common
as a field daisy, and as singular,
and each name a comfortable music in the mouth,
tending, as all music does, toward silence,
and each body a lion of courage, and something
precious to the earth.
When it's over, I want to say all my life
I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.
When it's over, I don't want to wonder
if I have made of my life something particular, and real.
I don't want to find myself sighing and frightened,
or full of argument.
I don't want to end up simply having visited this world.

Mary Oliver

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

Aging In Your Lifetime Home



Amy DePoy presenting

Villagers met with Amy DePoy, founder and owner of Cardinal Care, LLC, on March 7 to learn more about services that can enhance our ability to live in the place we call “home” for the rest of our lives. Amy identified changes in the structure of a home that will make it possible to navigate anywhere in your home, even when you experience physical changes that limit your ability.

Amy showed us pictures and also gave demonstrations with devices that make our homes safer, some of them available on line and some in local stores such as Lowes or Ace Hardware. She reminded us that falls happen more often when we move more slowly and have limited eyesight, and that eighty percent of those who fall may not be able to return home. Furthermore, since most falls occur in the bathroom, we

spent time looking at adaptations that can make this much-used place safer.

Amy’s presentation made us aware of the value of having a caring, experienced person who is ready to work with us in our current homes. The visions and ideas of Cardinal Care staff along with the assistance of an architect or carpenter, can make your home a safe place where you can live out the rest of your life.

Ann Bender
Education Committee



Demonstrating use of a device

Chair Yoga for Strength, Flexibility and Balance

Lisen Reichenbach led a yoga demonstration class for a group of fifteen on February 1 in the foyer at Park View Mennonite Church. Chairs were used in various ways as supportive props. Lisen’s gentle, encouraging approach and warm personality guided our group of people with varied levels of flexibility and experience in a wonderful hour together!

Lisen has been teaching yoga for many years. She currently leads yoga in a variety of settings including in the Wellness Center at VMRC, and for retreats.

Betty Shenk
Wellness Committee



Cheese-Making and Cheese-Tasting Tour

On February 22 a group of twelve Valley Village friends gathered at the home of Jennifer and John Murch, to learn about the process of making cuajada cheese, start to finish. We learned about the “personalities” of cows during the milking process, and got our hands messy, kneading and forming cheese balls.

We had the opportunity to taste a variety of other cheeses made by Jennifer. As her husband John said, “When Jennifer gets into something new, she goes all out.” We came away from this fun event with the consequences of her “all out” commitment—handfuls of cheeses and more than a little bit of information about how to create them.

Linda Gnagey
Tour Chair



Post Christmas Tea

On January 25, Valley Village folks and their guests enjoyed a Post Christmas Tea at Back Home on the Farm. Our host, Lynn Hess, served us soup, sandwiches, sweets, and savories, plus a wide variety of teas. In addition to attractively set tables, we were surrounded by Christmas trees adorned with antique ornaments. Other decorations included miniature village houses and a toy train which made its rounds as we ate. We had a great time making new acquaintances and connecting with old friends.

Norma Burkholder
Event Coordinator



Plant-based and Vegan Foods Workshop

On February 15, Julia Alderfer Stauffer and Teresa Boshart Yoder prepared various healthy foods for the Plant Foods/ Vegan workshop.* The group of 15 participants enjoyed listening to Teresa's presentation and asking questions. We watched Teresa prepare two dishes—vegetable-studded [Tofu Scramble](#), and [Sweet and Savory African Peanut Soup](#), both of which we got to sample. Julia Alderfer Stauffer served us slices of vegan banana bread as dessert.

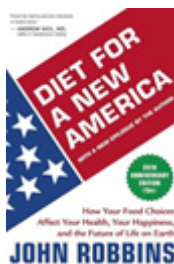
Teresa shared her personal journey with adopting a Whole Foods Plant Based (WFPB) food plan after she was diagnosed with an aggressive cancer twenty years ago. She said, "Being a medical professional, I began looking at research-based articles as to how I can move forward in the healthiest life possible . . . I found that going WFPB decreased my probability of a recurrence by over sixty percent. She also told us that this diet took away the pain and swelling she had experienced due to arthritis. A third benefit of Whole Foods Plant Based eating is that it [reduces one's impact on the environment](#). "It is a journey—most people don't do it overnight, Teresa stated. "I will support and help anyone interested."

Betty Shenk
Wellness Committee

*See "What We're Reading" for books on this subject.



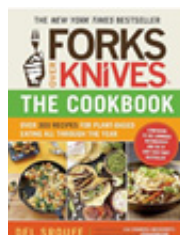
We know that Valley Village is a reading community and therefore we'd like to take advantage of this rich resource. What we are looking for—short paragraph-long descriptions of any book you have read that you'd encourage others to read. If it is easy for you to provide a picture of the cover, great.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



Diet for a New America, by John Robbins, (HJ Kramer, 2012). This book offers a startling examination of the food we currently buy and eat in the United States and the astounding moral, economic, and emotional price we pay for it.



The Blue Zones; Secrets for Living Longer, by Dan Buettner, (National Geographic, 2023). Buettner has traveled the globe to uncover the best strategies for longevity. He found them in the blue zones—places where higher percentages of people enjoy remarkably long, full lives. Note: He also has a book *The Blue Zone Challenge*. I would be willing to lead a group based on it if people are interested.



Forks Over Knives; The Cookbook, by Del Sroufe, (The Experiment, 2012) is a cookbook I really enjoy. It has easy recipes that are whole food plant based.

All suggested by Teresa Boshart Yoder



Hightop Hike

March 12 was a beautiful day to visit Hightop Overlook and Summit. Led by Ron Stoltzfus and Keith Gnagey, 13 Valley Villagers hiked four and a half miles on the Appalachian Trail in Shenandoah National Park. We found a bubbling spring high on the mountain, as well as the base of an old smoke fire tower. We ate our packed lunches at a 3-sided hut provided by the local trail Ccub for overnight hikers.

In addition to the wonderful conversations and enjoyment of nature, the group had front row seats to the “emergency shoe surgery” which was performed by Ron on Ruby Sawin’s flopping sole. Thanks to his years of experience with trail maintenance, Ron has learned to always carry duct tape—a length rolled onto his trekking pole.

Betty Shenk
Wellness Committee

Madison Run Hike

On February 16, ten Valley Villagers drove to the trailhead just beyond the town of Port Republic. It was a perfect day to hike the Madison Run trail, which used to be the carriage road that connected the Shenandoah Valley with Charlottesville.

Since it was a road for horse-drawn carts and early autos, the grade was gentle, and the road is still well-maintained. Hiking in the winter allowed us to see through the bare trees to the Valley behind us, to ridges across the hollows, well as down to a rushing stream below the road. We were told that people in the Valley were very upset when the formation of the National Park closed the Madison Run Road, requiring a much longer drive to Charlottesville.

We stopped to eat our packed lunches on the side of the road, and then we sang “Happy Birthday!” to Stan Godshall, who was turning 80 the next day. Four of us decided to keep hiking up rather than starting the descent with the others. It took us just forty-five minutes of additional hiking to reach the Browns Gap parking lot on Skyline Drive.

I’ve lived in Harrisonburg for many years, but I never knew that a person could do a “gentle hike” from the Valley to Skyline Drive. Thanks to Ron Stoltzfus and Keith Gnagey for introducing us to many great new trails over the past two years!

Note:

Accommodation can sometimes be made for various hiking abilities/ interests. If you have questions or concerns about a planned hike, please contact Keith or Ron. Safety is a priority. Also, please note that good footwear is essential and trekking poles are very helpful. While registration for hikes is not required, it is recommended. This helps Keith and Ron to know how to plan, and who to contact if there are last-minute changes.

Betty Shenk

Wellness Committee



Ready to go.

Valley Village Volunteer Opportunities

Your participation on the any of the committees below will strengthen Valley Village. Volunteering also helps us keep sharp as we age. Committees generally meet quarterly or bi-monthly at most, with some emailing in between. We strive for fun and efficiency!

Just One Call:

External Volunteer Coordinator: recruit and orient volunteers from outside our membership (students, extended family members); Serve as back-up for the Just One Call phone

Membership & Communications:

Recruit and retain members; Develop appropriate, accurate, and engaging communications

Education Committee:

Develop concepts for programs; Arrange with speaker(s); Host Education Programs

Movie Committee:

Select and obtain films; Host movie screenings

Wellness Committee:

Develop concepts for Wellness activities; Arrange location and presenters; Host activities

Tour Committee:

Develop concepts for half to full day excursions, including destinations, eating options and transportation; Check all details; Host excursions

Fundraising Committee:

Develop and implement strategies for raising money needed for Valley Village programs.

Questions? Please contact Lorie at valleyvillagehbg@gmail.com

Vendor Spotlight



With spring coming, some Valley Village members may be looking for help with lawn and property work. A Village member recently recommended Platinum Property Care. They are located in Hinton and offer lawn care and junk and debris removal services. The contact person is Landon Driver, who can be reached by cell phone at 540-435-7959 or by email at info@plantinum-propertycare.com. You can also request services at their web site.

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.

I have little time left. I hope my goodbye inspires you.

This past summer, at age 49, I was diagnosed with a rare, incurable cancer called leiomyosarcoma. Doctors predicted I had just a few months to live. I wrote about my experience

and heard from hundreds of readers from around the world. Their stories helped me get through the last six months.

To continue reading click [here](#).

Three Words, Three minutes... and a Clock Face

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.

A few weeks ago, I became an octogenarian. As if on cue, I totally forgot my commitment to transport a friend to school at 7:30 AM on Thursday morning. I did remember it, but not until 9:00 AM. I wondered, am I heading toward a diagnosis of minimal cognitive impairment (MCI) or Alzheimer's Disease (AD)? There is a lot of media buzz these days about memory and mental capabilities at my extended age of life.

So last week, after my third memory lapse of a name that day, I searched for a test to check if my mind is functioning OK. I found a quick, short mental screening exam, the Mini-Cog* instrument, which is more than seventy-five percent accurate in detecting MCI. I asked my wife, Susan, to give me the Mini-Cog memory screening exam: she gave three words for me to remember for three minutes. During the wait I printed the twelve numbers on a clock face and set the time to 11:10. I received one point for each of the three words that I recalled and one point for correctly writing the twelve numbers on the clock and one point for setting the time correctly. I scored a 5! So, I feel reassured—for the moment.

More reassuring ideas came from Dr. Lisa Genova, a fifty-three-year-old memory specialist and author of the 2007 book, *Still Alice*. In a recent TED Radio Hour discussion, she pointed out that most of our "memory loss" is merely an issue of distraction. She described an incident where she drove to a city to give a lecture, and afterward she forgot where she had parked her car. To remember something, we need to be attentive and make associations, such as the lot number and garage level where the car is parked. When we are distracted and rushed, we often do not make such associations, and we can easily forget where we placed our iPhone, our glasses, or our false teeth. She stated that the daily routines of life are generally not remembered in detail. We tend to remember only "the meaningful, the emotional, the surprising or the new."

She then stated that lifestyle issues are still considered a major factor in reducing the risk of MCI and AD: sleep, diet, exercise, managing stress, staying socially active—being around people and learning new things. To that I will add, joining in with Valley Village activities!

*The Mini-Cog exam was developed by Dr. Soo Borson and her team at the University of Washington's Memory Disorders Clinic. A score of three or more is good. You can access it [here](#).

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities. Their services include counseling and advocacy, educational programs, and public policy initiatives. They are here to help us understand and navigate Medicare. To subscribe to the Medicare Watch Newsletter, go to their [website](#) and scroll down to "Add Medicare to Your Inbox" toward the bottom of the page where you can submit your email address to subscribe.



Upcoming Events

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 at VMRC.

Directions: If entering from Park Road, take Shank Drive and park along Shank Drive in front of Park Place. Or, if you are entering VMRC from US 42, turn right on Heritage Drive and then left on Shank Drive. Walk 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 Spring 2024:

We are continuing our yearlong 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.

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).

Movie Committee:

Steve Shenk, Robin McNallie, Chris Edwards, Vi Dutcher, and Paul Yoder.

Upcoming Educational Programs

Thursday, May 2 at 4:30: Learn about Tai Chi for balance, strength, mental clarity, and overall health with Grayson Pritchard who received his early training in the internal arts when he was working and studying in Asia. He has been teaching in Harrisonburg for the past 15 years.

Thursday, June 6 at 3 PM: Find out more about the work of Mennonite Disaster Service (MDS) with Executive Director Kevin King. The mission of MDS is "to restore hope for survivors of disasters . . . by recruiting, organizing and empowering volunteers to repair and rebuild the homes of those impacted by disasters in Canada and the U.S."

Upcoming Valley Village Tours

Saturday, April 27: "9 TO 5 The Musical" (live theater) at the Wayne Theater in Waynesboro, followed by lunch at the Heritage on Main Street. Register ahead.

Thursday, May 23: Guided tour of the Belle Grove Plantation, followed by lunch at Shaffer's Barbecue close by. Register ahead.

Linda Gnagey
Tour Committee

Potluck Picnic

Join us in Hillandale Park for another Potluck Picnic in the Park on Saturday, May 18 at 5:00 PM, Shelter #7. Guests are very welcome and there is no registration. Please bring a dish to share and your own drink and table service. The shelter and restrooms nearby are handicapped accessible.

If desired, the food you bring could have a "story" to go with it—an ethnic dish, an old (or new) family favorite, a plant based/vegan dish, something gluten free, the best chocolate ever, or even fast (no time to cook today) food. Cards will be available to label your dish.

Come earlier if you would like to walk in the park or hang out at the shelter. Feel free to bring lawn chairs or games to play. We hope to see you there!

Betty Shenk
Wellness Committee

Lifelong Striders Update

Lifelong Striders meets Monday through Friday at the locations shown below. We gather at 9:30 AM and begin to walk at 9:35. If you are late, we are usually pretty easy to catch as we have varying paces. On Monday, April 1, the start time will change to our summer hours of gathering at 9:00 AM and begin to walk at 9:05.

Monday – Edith Carrier Arboretum (Parking lot above the bridge/pond) The small parking lot is often full, but it is legal to park in the JMU Lot R5 which is just off University Blvd., between Costco and the Arboretum. We meet in the parking lot at the bottom of the hill, just above the bridge.

Tuesday, Wednesday, and Thursday – Hillandale Park (First parking lot coming into the park)

Friday – Purcell Park (Parking lot off Miller Circle) Turn off Main Street onto Miller Circle and turn right in front of the skating rink and follow the road around.

The walks usually last sixty to ninety minutes. The longest walk is currently Hillandale to Westover Park and back which is about 3.2 miles. People are welcome to come for whatever days fit your schedule. The group does a head count at the beginning to make sure no one is left behind, so if you need to leave early, please let someone else know. If you have any questions, please call Katherine Cottam at 307-262-6976. We love meeting newcomers.

Due to liability issues, membership in Lifelong Learners (LLI) is required in order to walk with the Lifelong Strider group. New members are able to join LLI free for the first year. People who have been members in the past or are renewing their membership following the first free year will need to pay the membership fee and sign the liability waiver. Lifelong Striders invites those interested in joining the group to come for a trial walk or two before signing up with LLI or signing the waiver.

Katherine Cottam
Wellness Committee

Beyond Grab and Go: The Benefits of Dining with Others

According to the National Academies of Sciences, Engineering, and Medicine, more than one quarter of adults sixty-five and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because we are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

What's lesser known is the impact of social isolation on nutrition. Many older people who live alone are at risk for malnutrition because, not surprisingly, there is less incentive to prepare a nutritious meal. This problem may be especially acute in women, says Chris Rosenbloom, PhD, associate professor of nutrition at Georgia State University in Atlanta. She conducted a study on the effect of widowhood on nutrition. "Women in particular, as caregivers, don't see the value in taking care of themselves," she says. "In my study, a lot of [widowed] women didn't prepare meals. They'd grab whatever is available."

Not only does eating with others improve physical health, but it can also improve well-being and lead to stronger relationships. Coming together over a meal can lead to rich discussion over shared beliefs and cultural interests. Here are some ideas to try:

- Join (or form) a lunch or supper club with neighbors. One individual can provide the main course, while others bring appetizers and side dishes to share meal preparation.
- Visit a congregate meal site like a VPAS Cafe. (For locations, click [here](#) or call 540-615-5341.) Participants enjoy a nutritious lunch at no cost, as well as socialization, light exercise, and games or educational programming.
- Have a simple lunch with a younger relative for some intergenerational bonding.
- Hire a meal companion. Caregivers can help shop for groceries, prepare the meal, and provide companionship during mealtime.
- Use tech. If loved ones live far away, eat together over Zoom, FaceTime or other videoconferencing platforms.
- Attend church potlucks or special food fundraisers to connect with the community.

No matter how you choose to dine with others, doing so can boost your nutrition, wellness, and social connections, leading to a longer, more independent life.

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 Harri-sonburg-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.

Meals on Wheels Volunteer Opportunity



Keaton joins volunteers from the Police and Fire Departments to do a Meals on Wheels route

Valley Village members are stepping up to bring hot meals to homebound seniors. Meals on Wheels, a service of Valley Program for Aging Services (VPAS), is rebuilding after a major pull-back during the Covid pandemic. They are making deliveries only two days per week now, and we are creating the opportunity to add a third day starting in early May.

We will be responsible for Thursday deliveries along twelve routes in the city and county. Most of the routes originate at A Bowl of Good, and end at the VPAS office on South High Street. VPAS estimates that most routes can be completed in less than two hours, with some taking less than one hour. You should be finished by noon or even earlier.

So far, we have enough members signed up to cover most of the routes, and several more have said they could drive alternate weeks

or serve as substitutes. We are looking for five or six more volunteers. Perhaps you would like to pair up with someone to make the trips a little quicker and easier, or share alternating weeks with another volunteer. You can also sign up as a substitute to be called on as needed. The more volunteers we have, the easier it will be to fulfill our commitment each week.

Please contact Just One Call if you would like to volunteer, or to get information about what the work entails and where the routes go. Email vvjustonecall@gmail.com or call 540-209-6484 and leave a message for a call-back.

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

Tom DuVal
Just One Call Coordinator



President's Reflections

by Lorie Merrow

There were many good things to note about the Annual Members Meeting—the big turnout of members, our first sketch ever, the great food, the beautiful table set ups, and the generous sponsors! Our Fundraising Committee is pursuing several strategies. Thanks to our members, the 2023 Valley Village Cares solicitation was very successful. Thanks to our Annual Meeting sponsors, we have taken a big step toward our annual goal. Yes, Valley Village has its first ever annual fundraising goal of \$10,000 for 2024.

The Great Community Give (GCG) on April 17 is our next project. It rustles up a lot of fun while raising money for local organizations. Last year donors gave a total of \$2,000,000 to all the non-profits involved in the GCG.

This is how it works: on April 17, during each hour, non-profits can compete for extra prizes. Valley Village will be competing for the Sunrise Special Power Hour Prize between 7 and 8 AM. If we are the small non-profit with the greatest number of donors who contribute between 7 to 8 AM, we can pick up an extra \$1,000. The donation can be made on our GCG [webpage](#), and it can be as small as \$7, or as large as you want. Here's what we want our members to do.

- Plan to contribute on our GCG [webpage](#) during the Power Hour, 7 to 8 am on April 17.
- If you aren't an early riser, set your alarm.
- If you are a couple, double the number of donations by each making a contribution.
- Share information about the fundraiser with adult children and ask if they'd like to help. We will send a few reminder emails you can easily forward to your children.
- Talk it up ahead of time with other Villagers.

Valley Village is small, but we're mighty! Member support will give us a clear edge in this fundraising competition. Questions? Email me at valleyvillagehbg@gmail.com

Welcome New Members

Susan Bender
Sharon S Bowers
Deborah Boyle
John Fairfield
Shirley Hochstetler
Linda Hotinger
Ronald Hotinger
Brenda J Kepner
Abbas Rawoot
Jane E Reid
Sarah F Rose
Betty E Sheriff
Bruce Stambaugh
Neva Stambaugh
Bonita Stutzman
Ervin R Stutzman
John Waidelich
Sher Waidelich
Lois Wettstone
Richard Wettstone

Board Notes

At the February meeting, the Board of Directors:

- Signed Conflict of Interest forms;
- Accepted the report that contact with prospective Care Navigator candidates has begun;
- Agreed that only VV members may participate in the VV-sponsored Death Cafes at this time;
- Approved a contribution to both Harrisonburg Unitarian Universalists and Park View Mennonite Church for the use of their facilities;
- Discussed VV participation in the Great Community Give April 17;
- Discussed plans for the Annual Meeting.

At the March meeting, the Board of Directors:

- Debriefed on the Annual Members Meeting;
- Heard updates on the Death Cafe and Meals on Wheels initiatives;
- Agreed to order more notecards, brochures, magnets;
- Discussed forums and texting through Club Express;
- Discussed our Great Community Give strategy to compete for the 'Most Donors' prize between 7 and 8 AM on April 17.

The minutes of the Valley Village Board Meetings are available upon request to valleyvillagehbg@gmail.com

April

Elaine Dunaway
Linda Gnagey
Gerald L Kauffman
Elaine Z Barge
Annie Holland
Don Yoder
Bonita Stutzman
Helen J Rosenberger
Linda Gnagey
John Fairfield
Ervin R Stutzman
Susan Bender



May

Elizabeth Hunsberger
Nathan Barge
Elaine Z Barge
Tom DuVal
Bonita Stoltzfus
Violet A Dutcher
Meriel D Steines
Marvin Stutzman
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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 May 17, 2024, for submissions to the May-June 2024 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net.