



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 9, No. 1 January-February, 2019

Quick Look

Wednesday, Feb. 13, 7 pm,
Park View Mennonite Church
Fellowship Hall (upstairs): "Just
Desserts and Jazz," Royce Camp-
bell and Bob Bowen. Bring your
favorite Valentine dessert.

Friday, Feb. 15, 7 pm, Movie
Night, Park Place Theater Room.
"To Kill a Mockingbird"

Monday, Feb. 18, 4 pm
Board meeting

Tuesday, Feb. 26, 7 pm
Sentara Home Health
and Hospice (Series #3)
by Ed Glover.

Board Members

Keith Gnagey – President
Daryl Peifer - Member Recruitment
& Treasurer
John Spicher – Vendor Services Chair
Clara Yoder – Secretary
Paul Yoder – Volunteer Prog. Chair-
Pearl Lantz
Stan Godshall

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

Valley Program for Aging Services (VPAS) Responds to the Grey Wave

Beth Bland, VPAS director, presented part 2 of the Valley Village Community and In-Home Healthcare Services Series on Jan. 15, as follows:

Valley Program for Aging Services (VPAS), is a non-profit established in 1974, serving Planning District 6 (Augusta, Bath, Highland, Rockbridge, Rockingham and cities of Harrisonburg, Staunton, Waynesboro, Lexington and Buena Vista).

Ann Bender, member of Valley Village, was the director of VPAS for many years. The organization is funded by the Older Americans Act (federal), state of Virginia (Department of Aging and Rehabilitative Services), ten local governments, grants, donations and fundraisers. It serves adults age 60 and older, their families and caregivers.

The Baby Boomers (born 1946-1964) desire different services from previous generations. Between 2011-2029, 10,000 people will turn 65 every day in the United States. Services Provided by VPAS:

Senior Centers provide exercise, health promotion, disease prevention, social activities and meals, with transportation available.

VICAP (Virginia Insurance Counseling and Assistance Program) provides Information about Medicare and Medicaid and assists with Medicare-related issues.

Transportation (last resort) for people without access to other transportation options, frequently for medical appointments. Sentara has provided a grant of \$60,000 over a 2 year period to assist with transportation for people with chronic conditions to get to post-discharge follow-up appointments. Funding for transportation is also received from RMH Foundation and the Department of Rail and Public Transportation.

Health and Wellness Programs

- Chronic Disease Management includes diabetes and chronic pain management.
- Matter of Balance (fall prevention)

Information and Referral includes telephone assistance as well as case managers who go to homes of older adults to complete a full assessment of needs.



Meals on Wheels

Meals are prepared by VMRC for the Harrisonburg Rockingham region. Served 106,581 meals last year VPAS-wide, and in H/R region, 39,067 meals were served.

Volunteers deliver meals and make contact with older adults who are homebound.

Contracts with a home health provider for personal care up to 6 hours /week.

Limited emergency funds for service

Partners with JMU to provide weekly respite visits for family caregivers through Care Givers Community Network. Respite is provided by students through a 1-credit elective course. This is a social model, not a medical model.

New Programs:

- Dementia Friends is an awareness training to better understand and communicate with people with Alzheimer's Disease.
- Virtual Dementia Tour – simulation of having moderate cognitive decline.
- Dementia Friendly Community, launched in Lexington, VA.
- Community Ambassadors, community members who have information on VPAS services and other community resources to share with friends, family, co-workers, etc. when they are struggling with aging-related issues.

Recorded by Arlene Wiens

Upcoming: "Just Desserts & Jazz" Program February 13

The history of Valentine's Day is interesting and varied depending on the source of information. Possibly we can simply enjoy the day as one of kindness and appreciation for others. Although it is promoted and "marketed" as a day to convey one-to-one romantic inclinations, let's just take it as a time to be more tolerant, understanding, and appreciative of all of those who touch our lives in one way or another.

There is a very special event on February 13 at 7:00. Royce Campbell (www.roycecampbell.net), professional Jazz guitarist will join us for an evening of "Just Desserts and Jazz". Royce will have with him Bob Bowen to perform for us.

Campbell is a jazz guitarist from Indiana who was a member of the Henry Mancini orchestra for 20 years. Royce Campbell on guitar (left), Bob Bowen on string bass. From

a YouTube video When he was five, his mother married a career Navy man, and Campbell grew up in cities throughout the U.S. and the world. A variety of genres contributed to his musical style. A love for rock-and-roll marked his first connection with the guitar, at the age of nine, when he discovered Chuck Berry. Like many guitarists of his generation, he was influenced by Jimi Hendrix and Eric Clapton.

By the time he finished high school in Spain in the early 1970s, he had decided to pursue a career in music. At 21, he toured with rhythm and blues singer Marvin Gaye before spending twenty years as a member of the Henry Mancini orchestra. He held the job until Mancini's death in 1994.

Bowen is a musician in his own right. Originally from McLean, VA, he has a music business degree from Radford University, where he studied string bass. He has always been fascinated with the power of music and how it affects people. Bob is currently free-lancing in Virginia, West Virginia and North Carolina with a variety of groups.

Watch for further notices via email. Bring a dessert to share with the total group. A very special evening is in store for us to "share a little of the love."

A RSVP is NOT required, but very helpful. If you miss sending your RSVP, or decide at the last minute, know you are still invited with no notice (as long as you bring a dessert to share). Consider inviting a neighbor or friend, as this invitation is open to non-members.

Please RSVP to Greg Versen at gregversen@gmail.com



Royce Campbell on guitar (left), Bob Bowen on string bass. From a YouTube video

Upcoming Educational Workshops

Members recently experienced the second in the series of five presentations on “Community Services” and “In-Home Health-care”. The series of workshops are designed to help members strategize effective ways to “Age-in-Community”. The first two presentations, Valley Association for Independent Living (VAIL) held November 14, and Valley Program for Aging Services (VPAS) held January 15, reviewed just two of existing services available in the community.

The series now turns to exposing and educating Valley Village Members to “In-Home Healthcare”. This is an important step in understanding alternatives if in-home healthcare is needed.

On February 26, Ed Glover with Sentara Home Health will make the evening’s presentation. The 4th workshop will be presented by Donna Selby from 1st Choice Home Health and Hospice. The series will be concluded by Jeanette Suter from Home Instead. These three evenings will provide us with important detail and information to access services.

Mark your calendars:

February 26, 2019 -- Sentara Home Health - Ed Glover

March 19, 2019 -- First Choice Home Health & Hospice - Donna Selby

April 9, 2019 -- Home Instead Senior Care - Jeanette Suter

Daryl Peifer



Our December potluck at Park View Mennonite Church drew a sizeable crowd, entertained by Christmas music and more tunes from the Walking Roots Band. Band members pictured, from left: Seth Crissman (banjo), Greg Yoder (guitar), Rachel Yoder (vocals), and Jackson Maust (upright bass).

Little Grill Breakfast Time

Attendance has been growing at our monthly breakfasts! All VV'ers welcome. New and “old” members gathered at Little Grill Collective the morning of Jan. 23: From left; Teresa & Lonnie Yoder, Paul A. Yoder, Greg Versen, David Alleman, Mike & Mattie Marie Mast, Ed Yoder, Ann Bender.



Board President Update

Since the launch of our strategic plan known as “Project 2.0” in September 2018, Valley Village membership is growing. As of the January board meeting we had 88 members, the highest since launching the organization in 2011. Thirty-five new Valley Village members, board and committee members met on January 22 for the orientation. While we are growing, you are needed to spread the word to friends and neighbors about Valley Village.

Pearl Lantz and Stan Godshall have been elected to the board. I look forward to their contribution to the board. Their bios and photos are included below.

I hope you will attend and invite prospective members to join you for the upcoming “Just Jazz and Desserts” on Wednesday, February 13 at 7:00. We have very special musicians joining is that evening.

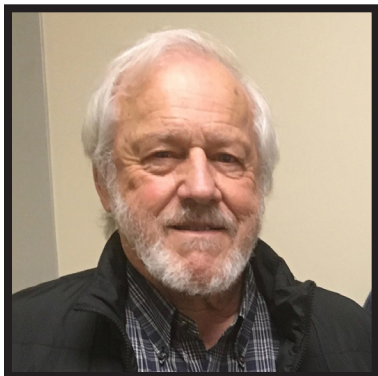
Keith Gnagey
Board President

OUR MEMBER ORIENTATION evening was hosted by Daryl Peifer and attended by 35 VV members.

Valley Village Movers and Shakers,
Thanks for an excellent orientation session on Jan. 22 with 35 attending. Lee and LaVerne Yoder brought their application, so we continue to grow. Special thanks to Daryl, Membership, for hosting/facilitating the evening. Positive sign is the way new members stayed around and got acquainted with other members after the presentations...a wonderful evening. Also, thanks to Denise for a very thorough and easy to understand demonstration on using the website. Hats off to each one of you.
Keith Gnagey and Paul A. Yoder



Welcome New Board Members



Stan Godshall:
I grew up on a small dairy farm in Harleysville, PA. Attended Mennonite schools, from first grade through college at EMU in 1965. Two weeks after graduation, I married my EMU choir-mate, Susan Weaver, from East Earl, PA. I trained in medicine

at U of Penn and residency in New Jersey before serving two years in 1-W service in Aibonito, PR. In 1973 I helped establish the Norlanco Family Health Center in Elizabethtown, PA where, except for five years in Shirati, Tanzania, I worked 40 years in family practice. I retired in 2013 and moved to Harrisonburg in 2017. I believe that community is an essential part of happy living. I look to Valley Village as part of that support.



Pearl L. Snader Lantz:
I grew up on a small farm in Lancaster County, PA, and was one of 12 children. My first “job” was driving a tractor at age five, and my most recent job was operating an apartment business with my husband. Sandwiched between were LPN jobs, a mission assignment in Honduras, full-time parenting, and later working as

Resident Services Manager at VMRC. I am a graduate of JMU, with a major in social work and minor in gerontology. My interests include my family and four amazing grandchildren, volunteering, walking, yoga, reading, traveling, playing games, movies, and small groups. I am excited about the future of VV and dream about expanding member services, developing grandparent/grandchildren outings and service projects, and pursuing collaborative relationships with local college students.

MAY WE “PROFILE” YOU?

With all the happy arrivals of many new faces, we could use more help with getting to know each other.

Can you send us your profile? Just a small digital photo, plus about 100 words, telling about yourself (like Stan and Pearl did in their profiles, above). Email it to me for publication in the VV March-April newsletter, by March 18 (but if you get it in late, or we run out of space, we can hold it for a future issue). I'd love to hear from you!

-- Chris Edwards, newsletter editor, chrisedwardshburg@gmail.com.



Vendor Spotlight

Revive Home Services: Customer Satisfaction

A number of VV members are well satisfied with the handyman services provided by Revive Home Services.

Proprietor Joseph Ropp has a wide range of experiences in the areas of home repairs and maintenance. He is willing to apply his remodeling and maintenance skills inside and outside of the home.

Mr. Ropp's cell phone number is 540-246-5998, e-mail is revive.ropp@gmail.com.

-John Spicher

Vendor Services Chair

Need A Volunteer? Just one call --

If you need a volunteer for short-term assistance such as transportation, light home maintenance, snow removal, or house check-in while traveling, we encourage you to call Just One Call, 209-6484.

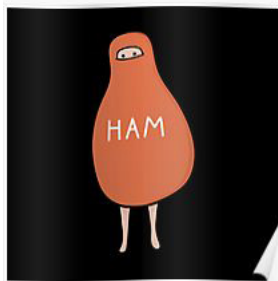
Leave a message if no answer, and I will return your call. We have lots of volunteers who have signed up to provide assistance; however, very few people have called to ask for these services!

If you trade any of these activities with your Valley Village friends on your own, that's great. We would like the person who receives the service to let me know, so we can track (without naming persons or specifics) what is really happening within our Village membership. We know there are other volunteer services being provided, but not reported.

You can call or email me: yvonstutz@gmail.com.

Yvonne Stutzman, Valley Village Volunteer Coordinator

Movie Nights



"To Kill a Mockingbird"
Feb. 15



"Hoosiers"
March 15



Movie Committee, Steve Shenk (chair) and Robin McNallie (introducing "Show Boat" last month—photo by CE). Other committee members are John and Virginia Spicher, Karen Shenk and Chris Edwards.

February

Janet Wenger
Stanley Godshall
Ann Bender
Fred Moshier
Mattie Marie Mast

March

Arlene Wiens
Michael D Stauffer
Lee M Yoder
Karen Moshier-Shenk
Mary Kauffman
Julia D Stauffer
Clara Yoder



HAPPY BIRTHDAY, VV MEMBERS!

Upcoming Events

Wednesday, Feb. 13, 7 pm, Park View Mennonite Church Fellowship Hall (upstairs): "Just Desserts and Jazz," Royce Campbell and Bob Bowen. Bring your favorite Valentine dessert.

Friday, Feb. 15, 7 pm, Movie Night, Park Place Theater Room. "To Kill a Mockingbird": Based on Harper Lee's novel about childhood, racism and the human spirit in 1930s, small-town Alabama.

Monday, Feb. 18, 4 pm, Board meeting**

Tuesday, Feb. 26, 7 pm, Sentara Home Health and Hospice (Series,*** #3) by Ed Glover.

March 15, 7 pm, Movie Night, Park Place Theater Room. "Hoosiers": The story of a small-town basketball team winning Indiana's state championship.

March 18, Board meeting**

March 19, 7 pm, VMRC First Choice Home Health Care (Series,*** #4), with Donna Selby.

March 21, 9 am to 3 pm. Day trip to Monticello: Ride in VMRC van, lunch at Mrs. Rowe's. Details to follow.

April 9, 7 pm: Home Instead (Series,*** #5), Jeanette Suter.

April 19, 7 pm, Movie Night, Park Place Theater Room. "The March of the Penguins": Documentary by Luc Jacquet showing the Emperor Penguins' yearly journey in Antarctica.

May 14, 10:00 am, Woodland Park Tour, Cline Community Center (Series,*** #6). Betsy Thorpe, VP of VMRC, will provide a tour of the new Woodland Park neighborhood along with update on Oak Lea renovation.

May 17, 7 pm, Movie Night, Park Place Theater Room. "Darkest Hour." At the start of World War II, new British Prime Minister Winston Churchill must either negotiate peace with Hitler or go to war.

June 27, 5:30 pm, at EMU Discipleship Center. Annual Summer Picnic potluck, 6:45 entertainment (TBA)

*For updates and details that are "TBA," see the Calendar of Events on the VV website: www.valleyvillagehbg.org.

**Board meetings are open to all Valley Village members. For details or to submit an issue to the board for consideration, contact Keith Gnagey: kagnagey@gmail.com, 540-383-9771.

***VV Community Services and In-Home Health Care Series (in 6 parts).



The "Blood Moon" eclipse of early January 21 – photo by VV member Stan Godshall.

Valley Village newsletter is published bimonthly (every two months). Deadline is March 20, 2019, for submissions to the March-April 2019 newsletter

Send items to Chris Edwards, 434-0457; chriedwardshburg@gmail.com

All photos by Greg Versen unless otherwise noted.