



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 9, No. 2 March-April, 2019

Quick Look

Tuesday, April 9, 7 pm

"Home Instead Senior Care," will be presented by Jeanette Suter, PVMC-Fireplace Room

Monday, April 15, 4 pm

VV Board Meeting, PVMC Conference Room.

Friday, April 19, 7 pm

Park Place Theater Room
MOVIE NIGHT
"March of the Penguins."

Tuesday, May 14, 10:00 am

Woodland Park Tour.

Friday, May 17, 7 pm

MOVIE NIGHT "Darkest Hour"

Monday, May 20, 4 pm

VV Board Meeting
PVMC Conference Room

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
Wayne Kurtz

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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www.valleyvillagehbg.org

"Just One Call"
540-209-6484

Our First-Day-of-Spring Monticello Trip

With rain, snow . . . history and camaraderie

We had 18 hardy souls trek to Monticello on March 21. It was cold and rainy but not enough to dampen our spirits.

We arrived just in time for our 11:15 am tour. Our docent was well informed, spoke clearly and welcomed questions. What we saw of the house was somewhat limited but included the entrance hall, dining room, library and bedroom.

A number of interesting and unique architectural features were pointed out—a dumbwaiter to deliver wine to the dining room, placement of beds in niches or coves, skylights and double windows to provide light and insulation.

Some members braved the rain to learn about the enslaved side of Monticello. Others took advantage of the orientation movie.

From printed displays, and material and docent content, Monticello embraces the knowledge of Thomas Jefferson's slave holdings and relationship with Sally Hemings. The harshness of the life of the enslaved is clearly recognized, and the duplicity between Jefferson's written words of freedom "for all" and his personal life are openly addressed. It was quite refreshing to see this evolution.

There were some anxious moments as we crossed Afton Mountain on I-64 in a snow storm. Vita Yavney, our van driver, did an outstanding job. Vita was born in the Ukraine and immigrated with her family to Rochester, NY at age 7.

We enjoyed a delicious meal at Mrs Rowe's in Staunton, sitting together on one long setting of tables. -- Greg Versen

Despite the weather we had a very well-planned event and there was good camaraderie among the group. We got to know each other much better and shared stories and experiences with each other. We look forward to experiencing Monticello on a sunny day! -- Paul & Ann Yoder

It was fun and wet. -- John Spicher



“Community Services and In-Home Series” – the 3rd and 4th events of our 5-part series

Home-Care Offered by Sentara Home Care Services

On February 26, we gathered to learn more from Ed Glover about home-care offered by Sentara Home Care Services. The presentation ended with Ed at the piano as his lively tune and photos introduced us to the home care service team that he appreciates and works with every day at Sentara.

In-home care services include home rehabilitation therapies by speech, occupational and physical therapists; managing chronic conditions at home such as respiratory and heart challenges; home pharmacy and infusion services when doctors order IV meds for people with acute and chronic illness; and remote monitoring, which allows people to be at home while medical professionals monitor vital signs. For more information about home care services – including FAQs and the team of professional caregivers and specialists -- visit Sentara.com/homecare or call 540-564-5735.

Ed also talked about hospice services that “provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments.” A Sentara hospice brochure posts this quote from Dame Cicely Saunders, a founder of the hospice movement: “You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die.” More information can be found at Sentara.com/hospice or by calling 540.564.5755.

Sentara RMH Bereavement Services (540-564-5118) provides support in the journey of grief: <https://www.sentara.com/harrisonburg-virginia/medicalservices/services/behavioral-health/services/bereavement-services.aspx>.

Keaton Shenk



Ed Glover provided information about the home care services available from Sentara, plus some music.

Photos by Daryl Peifer

First Choice Home Health and Hospice

The fourth presentation in the Community Services and in-Home Series was held on March 19, with Robbie Franklin and Terri Morgan from First Choice Home Health and Hospice.

First Choice Home Health and Hospice is owned by Bridgewater Retirement Community, Sunnyside Presbyterian Retirement Community, and VMRC, and was originally opened by Diana Berkshire in the 1970s.

The organization offers three types of services. This combination of services -- private duty care, skilled nursing care and hospice care -- is unique to First Choice as compared with other home health organizations in the community. They require a 2 hour minimum for their services.

- Private Duty Care provides non-medical services such as companionship, cleaning, meal preparation, and transportation. Medicare does not pay for this level of assistance, some long term care policies cover this type of care and some individuals pay privately.
- Skilled Nursing Care is medical care ordered by a physician, supervised by an RN and delivered by licensed health professionals (RN's, therapists and others). Frequently Medicare pays for service as long as the patient is making progress toward returning home.
- Hospice Care means services ordered by a physician on behalf of a patient with six or fewer months to live. Patient must have someone who lives in the same residence.



Robbie Franklin, left, and Terri Morgan discussed the services provided by First Choice Home Health and Hospice.

“JUST DESSERTS AND JAZZ”



On Feb. 13 we were treated to the Valentine-chocolate and many more treats brought by fellow-members – plus inimitable music by guitarist Royce Campbell (who toured with Marvin Gaye and performed for two decades with the Henry Mancini Orchestra), and string bass player Bob Bowen.



Board President's Letter

We're pleased to have Wayne Kurtz serve on the Valley Village board. Wayne and Kathy Kurtz moved to Harrisonburg from northern Virginia. Wayne will be introduced in a coming newsletter.

Many thanks to Nancy Gunden for her service as treasurer since 2015. Nancy prepared monthly financial statements and contributed to the board. Also our thanks to Daryl Peifer for accepting the treasurer responsibilities.

Pearl Lantz is serving on the events, movie, and program committees.

The board and committees have started planning for the 2019-2020 program year. Valley Village follows the academic year, September-June, with the exception of our monthly breakfast gathering which will continue through the summer months. Please share your ideas for new member services, educational sessions, social gatherings, movies and day trips with committee or board members.

We could use additional volunteers to be oriented as facility hosts when we use Park View Mennonite Church facilities. This allows us to continue to use the church facilities without charge (a significant savings). We will continue to call for members to help with set-up and take-down, so the work does not fall on the facility host. Orientation will take less than 1 hour. If you are willing to join other board/committee volunteers for this role, please contact Greg Versen (gregversen@gmail.com) or Keith Gnagey. (kagnagey@gmail.com).

I hope you will attend and invite prospective members to join you for our fifth "Community Services and in-Home Series" with Home Instead on Tuesday, April 9, 7:00 at PVMC Fireplace Room.

Also the Summer Picnic Potluck and Entertainment will be held Thursday, June 27, 5:30 at the EMU Discipleship Center. Since this event appears to cause localized flooding (☹️), we chose this move to higher ground and have a building as a back-up. Please join the fun, as we forecast a beautiful summer evening.

Keith Gnagey

President

CALLING ALL GRANDPARENTS

Valley Village is pursuing the possibility of planning one grandparent/grandchildren event for each of the following groups this summer: one event for grandchildren ages 8-11, and one event for grandchildren ages 12-15. The day could include volunteer outreach in the morning, followed by lunch and a recreational activity in the afternoon.

Please call Pearl Lantz at 540-820-8309 if you are interested in participating with your grandchild, can assist with planning or have suggestions about volunteer opportunities or activities for these age groups. More details will be shared as determined. We would love to hear from you! -- Pearl Lantz



Little Grill Breakfast Time

Jean Fisher (seated first on left) joined the Valley Village regulars on March 20 for breakfast at the Little Grill Collective. Breakfasts are monthly at 7:30 am; for future dates, contact Paul Yoder, 540-810-0923, 41yoder89@gmail.com or watch for a VV email.



Vendor Spotlight

Looking for A Painter - Inside or Outside?

Valley Villages member Daryl Peifer is recommending a painter who gave him excellent service. His name is Manuel Hernandez, phone number is 540-435-6465. Address, 1412 Mt. Clinton Pike, Harrisonburg. According to Daryl, Manuel will accept small as well as large jobs, interior or exterior.

Corrected announcement: 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 540-246-3998, e-mail is revive.ropp@gmail.com.

We apologize that our last issue gave his phone number incorrectly. We thank Peggy Landis for discovering the error. She reports that after she and Jay used his email to request help with a handyman job, "He came to see what we needed and we found him to seem very knowledgeable and likely to do a good job!"

John Spicher
Vendor Services Chair

Placing Value on Valley Village Volunteers

Valley Village has a unique problem. The Valley Village Board of Directors has put together a unique plan. Valley Village members can call for help when needed. However, maybe you are not really sure you or others in your household need help.

Most of the volunteer tasks done by our members are not reported. So how do our members know what is really going on behind the scenes? Mostly we don't know unless those receiving services report it.

Many of our members have signed up to volunteer for one or more different tasks in anticipation of members need. This could be such simple things as changing a light bulb in a difficult location, shoveling a driveway, or having someone check the house while away for a week, to name a few.

Just recently we learned that a volunteer transported another member to a doctor's appointment. On another occasion a member happened to drive past another member who was standing in his driveway with his snow shovel. We're sure his family would have preferred that he (having had some heart issues) NOT shovel his own driveway. So a kind neighbor, being alert, offered to remove the snow from his driveway with his snow blower. It took 15 minutes, saving the other member hours of shoveling.

Another member inadvertently locked himself out of his house. He did not have a key nor his cell phone with him. However, another one of our members, who was walking with a friend who had dementia, happened to be passing. With his cell phone the problem was quickly resolved.

Yes, these things happen in communities! This is what a caring community does for others. And many such tasks are already being done for neighbors, whether or not they're members of Valley Village. Most of us don't think of all the volunteer services we can ask for. Here is a suggested list:

Cleaning & organizing	Laundry	Meal preparation
Clerical assistance - bookkeeping	Light home maintenance	Social interaction
Computer/tech support	Light snow removal	Transportation
House check-in while traveling	Light yard work	Vehicle advice/2nd opinion

Of course there are restrictions and some limitations to what is expected of a volunteer. Give Yvonne Stutzman, our Volunteer Coordinator, a call. She can be reached with "Just One Call" at 540-209-6484. She will contact a volunteer for your task, if one is available. Yvonne will, however, direct you to check our vendor list if the task is not appropriate for a volunteer.

If you use a volunteer, it is appropriate for YOU to report your experience via phone or email to Yvonne Stutzman at 209-6484 or yvonstutz@gmail.com, or Paul Yoder at 810-0923 or 41yoder89@gmail.com.

Help us make Valley Village a place where we care for and depend on each other for our social and physical needs as appropriate.

—Paul Yoder, Volunteer Manager

Upcoming Events

CALENDAR

Tuesday, April 9: "Home Instead Senior Care," will be presented by Jeanette Suter on Tuesday, April 9, at 7:00 (PVMC-Fireplace Room). This is the fifth and final Valley Village informational meeting about local care services.

Monday, April 15: VV Board meeting, * 4 pm, PVMC Conference Room.

Friday, April 19, 7 pm in Park Place Theater Room: MOVIE NIGHT** -- "March of the Penguins." Documentary by Luc Jacquet showing the Emperor Penguins' yearly journey in Antarctica.



Tuesday, May 14, 10:00 am, Woodland Park Tour. VMRC's new Woodland Park is a "Greenhouse Home" for continual care in a homelike environment. Watch for more details and visit the website, <https://www.vmrc.org/complete-care>.

Friday, May 17, 7 pm in Park Place Theater Room: MOVIE NIGHT** -- "Darkest Hour." At the start of World War II, new British Prime Minister Winston Churchill must choose between negotiating peace with Hitler or preparing for war.



Monday, May 20: VV Board meeting, * 4 pm, PVMC Conference Room.

Thursday, June 27: Annual Summer Picnic Potluck and Entertainment, 5:30 pm. NOTE NEW LOCATION: the EMU Discipleship Center. (A tip for newcomers: It's the hexagonal building near the cul-de-sac at the south end of Hillcrest Drive, close to the new EMU water tower.) Please bring a dish to share plus your own plates, cups, cutlery.

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

**Movie nights are one Friday per month, 7 pm, in VMRC's Park Place Cinema Room. Park Place's main entrance is usually locked by 7. Drive around to the right, park in any unnumbered spot, and enter door #8.

Recent movie stats: On Feb. 15, 47 came to see "To Kill a Mockingbird": 25 VV members, plus VMRC residents and other guests. Movie nights will be on break this summer; look for coming attractions in September.



April

Glenn M Kauffman
Linda Gnagey

May

Tom DuVal
Marvin Stutzman
Johanna Lapp Paynter
Faye Yoder
Virginia Spicher
Clifford Lind
David Alleman

Valley Village newsletter is published bimonthly (every two months). Deadline is May 27, 2019, for submissions to the May-June 2019 newsletter.

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

All photos by Greg Versen unless otherwise noted.

New and recently-new members: May we have a "profile" of you, to help us get to know each other? Please send a digital photo, plus about 100 words, telling whatever you want about yourself. Thanks! -- Chris