



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 9, No. 5 September-October, 2019

Quick Look

October 9, 7:30-9:00 am
Breakfast Group, Little Grill Diner

October 10, 7:00 pm
PVMC Fireplace Room,
"Planning as we Age"

October 16, 8:00 AM-5:45 pm
New Tygart Flyer Train Excursion

October 18, 7:00-9:00 pm
Park Place Theater-VMRC Movie
Night "Apollo 11"

October 21, 4:00-5:30 pm
Board Meeting, PVMC Conference Room

November 7, 7:00 pm
PVMC Fireplace Room,
"Palliative Care"

November 13, 7:30-9:00 am
Breakfast Group, Little Grill Diner

November 15, 7:00-9:00 pm
Park Place Theater-VMRC Movie
Night "Bringing Up Baby"

November 18, 4:00-5:30 pm
Board Meeting, PVMC Conference Room

December 9, 4:00-5:30 pm
Board Meeting, PVMC Conference Room

December 10, 5:30 pm
PVMC Fellowship Hall Christmas
Holiday Potluck Dinner

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

Annual Meeting: Valley Village growth, changes, celebration

Fellowship and tasty food were (as usual) in abundance for the 66 who attended our annual potluck and meeting, Sept. 26 in VMRC's Detwiler Auditorium.

Membership, board president Keith Gnagey announced, has grown by 44 percent in the past year (thanks in part to changes in boundaries), with currently 97 individuals comprising 56 households. Annual fees remain \$60/individual; \$120/household.

Guest speaker Betsy Hay, VMRC's Vice President of Wellness and Community Based Services, announced that "Our vision is to be a destination hub for people who want to age well." She invites us to take part in activities including membership in the wellness center (which includes a pool), lunching in the café, attending lectures and receiving the newsletter.

Many purchased copies of the book, *On the Brink of Everything: Grace, Gravity and Getting Old*, by Parker J. Palmer (also available for purchase from www.bk-life.com), which will be the subject of a discussion led by Shirley Showalter in February 2020.

Paul Yoder reminded attendees of our volunteer services. There are more volunteers available now than persons requesting services. He encourages VV members to ask for help when wanted, adding, "No computer is needed." Transportation has been the service most in demand. Please see Paul's article below.

Pearl Lantz introduced "Daily Check-in," a new volunteer service for those who wish to be paired with another VV member for checking in on each other daily. A form was distributed for requesting this service, with accompanying information on submission; it also appears in this newsletter.

-Chris Edwards



Our annual meeting and potluck was a time to greet old and new friends, learn about offerings at VMRC (where we gathered in the Detwiler Auditorium), and upcoming events and volunteer services, which include a new "Daily Check-in" program. — Photos by Greg Versen

Daily Check-In: Paired Valley Village members check on each other on daily basis

Sign up

- Sign up below to be paired with another VV member
- Within a week, you will be contacted regarding a daily check-in partner

Procedure

- Contact each other sometime between 9am-12noon each day
- If you have not heard from your partner by 12noon, try calling them several times; if you have not reached them by 2pm, call one of their emergency contacts and have them follow up with your check-in partner

To opt out

- Call Daily Check-In Coordinator and ask to be taken out of system
- Coordinator will pair another person with your partner for a daily check-in

Sign-up info (to be shared with the Daily Check-in Coordinator and your partner)

Name: _____ Email: _____ Phone: _____

Check preferred mode of being contacted/contacting partner Text _____ Email _____ Phone _____

First contact name (if you cannot be reached): _____ Phone: _____

Second contact name (if you cannot be reached): _____ Phone: _____

The Daily Check-In program is a way to support each other, while enhancing security and peace of mind. It's especially helpful for those in single-person households or households where the other person living in the house cannot assume responsibility in the event of an emergency. Or, you may simply want to support the program by enrolling as a volunteer.

Questions: call Pearl Lantz, Coordinator, at 540/820-8309

To enroll, complete form and send to Pearl at: 1935 Park Road, Harrisonburg, VA 22802.

VOLUNTEERS ARE WAITING!

Following is a list of volunteer services with the number of people in Valley Village who have offered to provide them. For the 24 categories listed, we have had 54 volunteers offering their services. However, there have been only 22 requests for services from October 2018 to August 2019. We hope to see an increase in the number of requests! To call and request a volunteer, remember to contact the volunteer dial, "Just One Call" 540-209-6484. This dedicated phone is being monitored by several different Valley Village members. Be sure to leave a message if no one answers the phone. Thank you!

--Paul Yoder

Number of persons volunteering services, by category:

Cleaning/organizing, 1
Clerical assistance; bookkeeping, 2
Computer tech support: Windows, 1 - Mac, 2
Daily contact for safety, 11
Discussion of events/concerns, 7
Help with US Mail, 11
Hobbies and social events, 8
House check while traveling, 10
Laundry, 4
Light home maintenance, 7
Light snow removal, 7
Light yard work, 8
Meal preparation, 7
Physical activity (walk, bike), 7
Playing games, 4
Transportation:
• To appointments, 17
• To church events, 15
• For grocery shopping, 17
• To night events, 14
• Other transportation, 13
Vehicle advice/2nd opinion, 3

Intergenerational Volunteers Assist at Gift and Thrift

On Thursday, Aug 1st, a group of Valley Village grandparents and grandchildren volunteered at Gift & Thrift, ate lunch and toured Bowl of Good, rode the City Bus to Morrison Park for a time of play, and then walked to Kline's Dairy Bar for a delicious treat. The group varied in size from 14 at Gift & Thrift to 19 on the bus ride and walk to Kline's.

While at Gift & Thrift, a tour was given and the group volunteered by sorting numerous Christmas lights and decorations. Not only was it a fun time for the adults and energetic little helpers, but the work also assisted Gift & Thrift staff in preparing for holiday sales. The weather was beautiful,

the fellowship good, and a great time enjoyed by all!

--Pearl Lantz



On Aug. 1, a summer day for grandparents, grandchildren and other guests included a play-

ground, lunch, city bus ride and ice cream, as well as helping the Gift and Thrift store get ready for the holidays by sorting donated decorations.

— Photos by Stan Godshall

Board President's Letter

The board and committee workgroups got busy this summer preparing the 2019-20 Program Calendar for the Fall Potluck and Annual Meeting. The Program Committee is reorganized with four workgroups; Special Topics, Movies, Tours and Social Events. The Social Events Workgroup needs three members who will plan two social events...one in December and one in June at the end of the program year.

"Transitions as we Age" is the theme for the special topics and will include a discussion of the 2018 book by Parker J. Palmer, "On the Brink of Everything; Grace, Gravity & Getting Old". We encourage members to buy the book in preparation for book discussion in February. If you want to hear Parker and the musician (and Goshen College alumna) Carrie Newcomer discuss the themes in On the Brink of Everything, tune into their monthly conversation at this podcast. <https://www.newcomerpalmer.com/podcast>. Also both Parker and Carrie have Facebook pages where they interact with readers <https://www.facebook.com/parkerjpalmer/>.

Lorie Merrow was elected to the board in September. Her profile appears in this newsletter. Welcome, Lorie! Look forward to seeing you all at upcoming Valley Village events.
--Keith Gnagey

New Board Member - Lorie Merrow

Lorie Merrow moved to the Valley from North Dakota in 1996 with her husband and two then-school age children. Although a New Englander by birth, she graduated from the University of North Dakota with degrees in education and history. In Harrisonburg, she has worked in International Programs at JMU and in development at the FairField Center. In retirement, Lorie enjoys 'quality time' with husband Tom DuVal, gardening and household activities, travel, reading, walking, friends, and especially time spent with the now-adult children, their spouses and her four grandchildren.



Little Grill Breakfast Time

New folks joining the popular Little Grill breakfasts and lively discussions in August and September have included Howard and Ruby Zehr and Alden Hostetter. Regulars include Paul Yoder, David Alleman, Ed and Clara Yoder; Glen Kauffman, Ann Bender, Greg Versen. All are welcome!
-- photos by Greg Versen and Paul Yoder



Need a Plumber?

Greg Versen, Valley Village member, recently had the good fortune of finding a plumber, Blauch Brothers, whom he is recommending for our service providers list. Greg was especially pleased because of the prompt and quality service they provided. He further commented that the service men were courteous and easy to work with, and should he have another plumbing problem, he would call Blauch Brothers at 540-434-3690 or 434-2589, or email them at ahenderson@blauchbrothers.com or service@blauchbrothers.com. In addition to routine plumbing installations and repairs, they install showers and sinks for kitchen and bathroom remodeling. See website, <https://blauchbrothers.com/>.

Thanks, Greg, for the recommendation.

--John Spicher, Vendor Services Coordinator



Vendor Spotlight

Valley Village Movies for Fall, 2019 – Fridays, 7 pm, Park Place Theater Room

A note to Movie Night guests: Park Place's main entrance is locked before 7pm. Drive around Park Place to your right, park in any unmarked space, and enter door #8.

October 18, 7:00-9:00 p.m., Park Place Theater-VMRC Movie Night "Apollo 11" A new documentary produced and directed by Todd Douglas Miller, using previously unseen footage in commemorating the 50th anniversary of the first spaceflight to land humans on the moon.

November 15, 7:00-9:00 p.m., Park Place Theater-VMRC Movie Night "Bringing Up Baby". In this classic 1938 comedy, a befuddled paleontologist (Cary Grant), trying to raise funds for his museum, is pursued by a flighty heiress (Katharine Hepburn) and her pet leopard, Baby.

December 20, 7:00-9:00 p.m., Park Place Theater-VMRC Movie Night "Miracle on 34th Street"***In this original 1947 Christmas classic, drama ensues for lead characters Kris Kringle, (Edmund Gwenn), Natalie Wood (a small girl), and Maureen O'Hara (her mother), when Mr. Kringle, portraying Santa in the Macy's parade, announces he's the real one.



HAPPY BIRTHDAY, VV MEMBERS!

October

Emma Jean Yoder
Lorie Merrow
Hanna Mack Lapp
Loretta Helmuth
Pauline Myers
Wilma Gingerich
Carl E Hansen

November

Yvonne Stutzman
Michael Mast
Esther Augsburg
Dwayne Martin
Patricia Martin
Kathleen W Kurtz
Ruby F Zehr
Harold Miller
Pearl L Lantz
J Lowell Wenger

Board Members

Keith Gnagey – President
Daryl Peifer -- Membership Committee Chair
Paul Yoder – Member Services Committee Chair
John Spicher – Vendor Services Coordinator
Pearl Lantz
Stan Godshall
Wayne Kurtz
Clara Yoder
Lorie Merrow
Position Vacant – Board Secretary

Valley Village newsletter is published bimonthly (every two months). Deadline is Nov. 19, 2019, for submissions to the November-December 2019 newsletter. Send items to Chris Edwards, editor, 434-0457; chrisedwardshburg@gmail.com

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