



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 9, No. 6 November-December, 2019

Quick Look

December 9, 4:00-5:30 pm

Board Meeting, PVMC Conference Room

December 10, 5:30-8 pm

PVMC Fellowship Hall Christmas
Holiday Potluck Dinner

December 11, 7:30 am

Breakfast Group, The Little Grill

December 20, 7:00 pm

Park Place Theater, VMRC Movie
Night - "Miracle on 34th Street"

January 8, 7:30 am

Breakfast Group, The Little Grill

January 9, 7:00 pm

First Choice Hospice: Compassionate
Care for Patients and Family
PVMC Fireplace Room
First Choice Joy Kanagy, RN, BSN, Cer-
tified Hospice & Palliative Care Nurse;
Terri Shufelt, SW; Mary Jo Bowman,
MDiv, Chaplain; Karen Burke MDiv,
Chaplain

January 17, 7:00 pm

Park Place Theater, VMRC Movie
Night - West Side Story

January 23, 2:30 - 5:00 pm

Behind the Scenes Tours of Two
Local Businesses
Touring BrydgeWorks Glass and
Lantz Custom Woodworking

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

An Autumn Ride in West Virginia

On October 16, 24 of us piled into two vans at 8 am, just as it started to rain. The rain did not dampen the spirits in the vans as we traveled to and from Elkins, West Virginia. The fun continued as we boarded the New Tygart Flyer for a 4-hour train ride, heading south along Shavers Fork River, then returning, with a stop at Cheat Falls, a beautiful waterfall. We also crossed the Eastern Continental Divide (elevation 3,900). Comfortable and cheery, the ride included a sandwich buffet, lots of good views, and great fellowship in our train car! By the time we got back to Harrisonburg the sun was out again, and everyone agreed it was a great trip. We have more day trips being planned for the future; stay tuned.

-- Lowell Wenger [Note: Lowell served as one of our van drivers.]



Planning as We Age

Sarah M. Morton, Elderly Services Attorney for Blue Ridge Legal Services Harrisonburg office, spoke with 21 VV members and guests on Oct. 10 about financial, medical and funeral planning in later life. Her topics and recommendations included:

- Appointment of an adult guardian (best to avoid a court having to do this);
 - Setting up deposit and automatic bill payments (an “auto debit” is less safe);
 - Third-party notification (a procedure for your creditor notifying someone in your family if you miss a payment);
 - Power of attorney (i.e. “attorney in fact,” giving someone power to act in your place for legal and financial matters. Only a “durable power of attorney” remains in effect if you become incapacitated);
 - Advance Medical Directive, a.k.a. “living will”: Anyone over aged 18 should complete such a document, giving their wishes in case of incapacitation and specifying who should make decisions in that case.
 - Funeral planning: Assigning the person who will manage funeral arrangements, plus a back-up, is recommended. If a body is donated to medical research, it will later be cremated and ashes returned to the family. A new option of a “green burial” uses a biodegradable casket and does not require embalming. Rituals such as washing the body are making a comeback.
 - Will: Preparing a will is necessary. A “holograph” will requires approval, after death, by two persons familiar with the deceased’s handwriting. Sarah advised that no lawyer is required for preparing a will but that hiring a lawyer is highly recommended, as for most other procedures she described.
 - Scams: Sarah described some types of scams used to prey on elderly people. BRLS has represented many such victims, often cheated by those who preyed on their loneliness or trusting nature.
- The handout with information shared by Sarah in her Power Point presentation notes that Blue Ridge Legal Services “has limited funding and focuses efforts on lower-income clients.” BRLS can be reached at (540)433-1830; website, brls.org.



Volunteer Moment

Five Valley Village volunteers, Keaton Shenk, Jim Musser, Rich Sider, Stan Godshall, and Paul Yoder made this big pile of leaves for city pickup in about 30 minutes, cleaning up the yard for Valley Village member Ann Bender. She greatly appreciated the help.

--Paul Yoder

Palliative Care and End-of-Life Doulas

On Nov. 7, Rene Hostetter talked with Valley Village about the End-of-Life Doula program, an aspect of Sentara RMH's palliative care program. Palliative care is an approach that improves the quality



of life of patients and their families who are facing the challenges of life-threatening illness. An End-of Life (EOL) Doula, also known as a death doula, provides comfort and support to a dying person and his or her loved ones.



End-of-Life (EOL) Doulas are non-medical people trained to share resource information, education and companionship with those nearing the end of life. The term doula has long been used to describe a lay person trained to assist and comfort a mother before, during, and after childbirth. As a birth doula helps usher a child into the world, an end-of-life (EOL) doula helps usher individuals out of the world. (From the website <http://advocatesforindependentliving.org/what-is-an-end-of-life-doula/>)



Rene Hostetter has served as a Palliative Care Chaplain with Sentara RMH for over three years, and End of Life Doula through INELDA (International End of Life Doula Association), and serves as a spiritual director in the program.

Valley Village breakfasts continue at 7:30 am one Wednesday a month at The Little Grill. All VV members and guests welcome.



Oct. 9: Pearl Lantz, Ed and Clara Yoder, Ann Yoder (left); and Jean Smucker Fisher, Linda and Keith Gnagey and Greg Versen (right) talked about the November Caregiver Month and incorporating the theme into the VV program.



Nov. 13: From left: Paul, Glen Kauffman, Ann Nielsen, Vera Hansen, Carl Hansen, David Alleman, Lowell Wenger, Ed and Clara Yoder

Board President's Letter

As the Thanksgiving Holiday arrives I am thankful that you have selected to join Valley Village. Our membership continues to grow as new members join and existing members renew. Currently we have 101 members in our online directory.

The Valley Village events are amazing as members gather to enjoy fall scenery by train or to learn more about services related to elder law and planning with Sarah Morton, Elderly Services Attorney and to learn about the End Of Life Doula role being developed in this community with Rene Hostetter. Also the movie workgroup has selected popular films that have filled the Park Place Theater to capacity.

Rich Sider was elected to the board in October and he will also serve as Secretary. You can read an introduction of Rich in this newsletter. It is a pleasure to welcome Rich to the board and we already benefit from his years of administrative work in non-profits.

Hats off to our volunteers who helped another member prepare her yard and exterior for the coming winter. If you have a need for volunteer assistance please call "Valley Village-Just One Call" to make arrangement for assistance. Phone number: 540-209-6484.

Have a safe and healthy holiday season and best wishes for the New Year.

Keith Gnagey,
President

New Board Member - Rich Sider

Rich and his wife, Martha, moved to Harrisonburg in 2007 to be closer to their two daughters and five grandchildren, and live on Buttonwood Ct. They joined Valley Village in 2018 because of a growing conviction that new models for end-of-life living and care are needed. They are members of Harrisonburg Unitarian Universalists, where he serves as Treasurer and board member.

Rich's work career has been almost entirely in non-profit management, beginning in international relief and development work in Africa and Latin America with the Mennonite Central Committee, then in human resource management in Pennsylvania and Colorado, then as executive director of a small non-profit here in Harrisonburg, and finally as director of administration of a large Unitarian Universalist congregation in northern VA. He holds a Masters degree in Human Services Administration from Villanova University, with a focus in non-profit and human resource management. In retirement, he keeps busy with part-time bookkeeping work, bicycling, reading, grandchildren and service on a number of boards.



VJR Electric

Two of our members, Greg Versen and David Alleman, have a very favorable recommendation for an electrician they recently hired for home repairs. VJR Electric specializes in renovations, remodeling, receptacle replacements, and installation of ceiling fans and light fixtures.

Reasons given by David and Greg for their favorable impression of Vicente J. Rosa, owner of VJR Electric, were: prompt response, young professional businessman, arrival at quoted time, completion time reasonable, and cost, average for our area.

Reviews can also be viewed in VJR Electric home page.

VJR Electric

Owner: Vicente J. Rosa

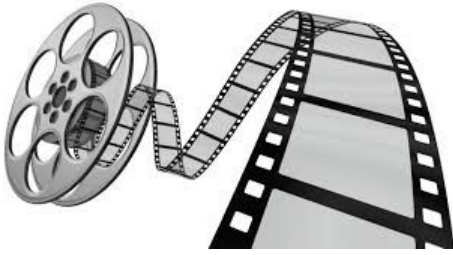
Location: 8349 Beacon Hill Rd #1516, Harrisonburg, VA 22802

Phone: 540-212-4194 - text message preferred.

<https://vjrelectric.com>



Vendor Spotlight



Valley Village Movies through Spring 2020

All movies are shown at 7 pm, one Friday a month, in Park Place Theater Room at VMRC. Note to guests: Park Place's main entrance is locked before 7. Drive around Park Place to your right, park in any unmarked space, and enter door #8.

December 20, 2019 - "Miracle on 34th Street"

In this original 1947 Christmas classic, drama ensues for 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.

Jan. 17, 2020 - "West Side Story"

1961 film of the classic musical scored by Leonard Bernstein. Maria and Tony fall in love, but (as it was for Romeo and Juliet) find their love shadowed by a feud – this time between rival gangs on Manhattan's West Side.

Feb. 21, 2020 - "Seabiscuit"

A jockey (Tobey Maguire), an automobile magnate (Jeff Bridges) and a trainer (Chris Cooper) – none of whose futures look promising -- lead a racehorse (one that draws almost no bets) to glory during the Great Depression.

Mar. 20, 2020 - "Because of Winn-Dixie"

As in Kate DiCamillo's children's book, a Florida girl (AnnaSophia Robb) and her canine pal (named for a store where he's caught running amok) restore hope for her lonely preacher father (Jeff Daniels) – aided by a shy ex-con storekeeper (Dave Matthews) and wise elder woman (Cicely Tyson).

Apr. 17, 2020 - "Before the Flood"

This 2016 film, narrated by Leonardo DiCaprio, takes us around the world to view effects of climate change on our environment and what might be done to prevent loss of endangered species, ecosystems and native communities.

May 15, 2020 - "Gorillas in the Mist"

The 1988 film tells the true story of anthropologist Dian Fossey (Sigourney Weaver), who defended the mountain gorilla from poachers in Rwanda and, despite obstruction and tragedy, helped save them from extinction.

Valley Village Upcoming Events

Behind the Scenes Tours of Two Local Businesses

On January 23, 2020, from 2:30 – 5:00 p.m., Valley Village will be touring two local businesses, Brydgeth Works Glass and Lantz Custom Woodworking.

Brydgeth Works has a retail shop that includes gifts, demos, events, special orders, DIY classes and supplies. After seeing it you'll want to take your grandchild to do a glass project! We will also see how they use waterjet cutting technology to make beautiful artwork. It is owned by Steve and Rebecca Brydgeth.

Lantz Custom Woodworking was started by Doug Lantz who was joined in a few years by his father Dick. Though their original focus was on one-of-a-kind, heirloom quality furniture pieces, the business has evolved to include high-end residential and commercial millwork and cabinetry.

Put this on your calendar for January 23! Then watch for the email in early January with instructions for signing up by Jan. 16.

Also, watch for announcements about our Fredericksburg dinner theater trip on April 22.

Jean Smucker Fisher, Lowell Wenger and Pearl Lantz



December

Susie Versen
Susan Godshall
Phillip Helmuth
Marie Snavely
Greg Versen
Joseph Lapp
Daryl Peifer

January

David Wiens
Teresa Boshart Yoder
Alden Hostetter
Jean Smucker Fisher
Nancy C Faulkner
Wayne D Kurtz
Dorothy Jean Weaver
Martha Sider
Aldine Musser

Board Members

Keith Gnagey – President
Rich Sider, Secretary
Daryl Peifer – Treasurer
Paul Yoder – Volunteer Services Coordinator
John Spicher – Vendor Services Coordinator
Pearl Lantz
Stan Godshall
Wayne Kurtz
Clara Yoder
Lorie Merrow
Vice President-Vacant

Event Workgroups:

Special Topics Workgroup (Greg Versen-Chair, Ann Bender, Keith Gnagey, Keaton Shenk)
Movie Workgroup (Steve Shenk-Chair, Chris Edwards, Robin McNallie, Virginia Spicher, John Spicher)
Social Workgroup (Recruiting members to serve on this workgroup, contact a board member if you're would like to serve Valley Village in this role)
Tour Workgroup, (Pearl Lantz-Chair, Jean Smucker Fisher, J. Lowell Wenger)

Valley Village newsletter is published bimonthly (every two months). Deadline is Feb 18, 2020, 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