



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 10, No. 2 March April, 2020

Quick Look

Due to the COVID-19 pandemic, all Valley Village in-person events from mid-March through the end of April are cancelled. Events for May and later remain scheduled for now, but are subject to change. Please check emails and the website as times draw near, keep in touch, and stay well!

May 7, 7:00 pm

Park View Mennonite Church Fireplace Room: VMRC Strategic Plan, Report on new programs and new initiatives. Judith Trumbo, VMRC CEO, and Betsy Hay, VP-Wellness and Community-Based Services

May 13, 7:30 am

Breakfast Group, Little Grill

May 15, 7:00 pm

Movie Night, "Gorillas in the Mist."
Park Place Theater-VMRC

May 18, 4:00 pm

Board Meeting, PVMC Conference Room

May 21, 10 am-4 pm

Skyline Drive tour; Big Meadows Visitor Center. Departure site TBA. Handicapped-accessible walking trail; films and lunch (on your own) at lodge

June 11, 7:00 pm

PVMC Fireplace Room. Matt Sunderlin, Elder Law Attorney will present "Long Term Care issues related to Medicaid, Trusts and Asset Protection."

June 25, 5:30-8 pm

Annual summer potluck, this year at Ralph Sampson Pavilion, 431 E. Washington St., Harrisonburg.

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484



Conversation About an Author Who Finds Joy "On the Brink"

In February, Shirley H. Showalter, EMU graduate, former Goshen College president and author of the memoir, *Blush: A Mennonite Girl Meets a Glittering World*, led a discussion for VV members and guests about Parker J. Palmer's 2018 book, *On the Brink of Everything: Grace, Gravity & Getting Old*.

Near the beginning of his book, Palmer, now 81, wrote about finding to his surprise, "I like being old." Showalter quoted an auto-reply that Palmer posts to his barrage of emails requesting readings and talks. He answers them, "With very few exceptions, I've shuttered shop." Yet following a long career as author, teacher and activist, this lifetime poet, still in good health, is now pursuing a new venture: songwriting. On a podcast that he and musician Carrie Newcomer operate, <https://www.newcomerpalmer.com/podcast>, they have posted a song, "The Music Will Play On," and plan to make a video with it. He gave permission for us to print the lyrics in this newsletter.

"Bafflement is the source of what he writes about," says Showalter, a longtime friend of Palmer. She says he sees "wholeness" as "the opposite of perfection." She explains that he's found wholeness only arrives "when we stop trying to root out the evil in the world."

On Instagram, she reports, Palmer has "11,000 followers, but no posts." He joined that network to follow the pictures and doings of his granddaughter.

As a Quaker, Palmer refers to the "inner light." For our discussion with Showalter, we arranged chairs in a circle, typical at Quaker meetings. In those meetings, she said, Quakers ask questions but do not give advice.

The humor and optimism in Palmer's writing belie his past struggle with severe depression, which he discussed in another of his several books, *Let Your Life Speak*.

Showalter shared this Palmer quote as she led an audience discussion on how we experienced our vocations: "Vocation is where the deep need of the world meets the way our spirit has been constructed."

Have you heard of, or given, an "elevator speech" -- communicating something deeply important to you during a short elevator ride? Palmer writes that when asked to sum up his work in such a speech, he answers, "I don't have an elevator speech. I always take the stairs. If you'd like to walk with me a while, I'd love to talk."

- Chris Edwards



Shirley H. Showalter met with Valley Village members for a lively discussion of a book we had been reading -- Parker J. Palmer's *On the Brink of Everything*. (All photos of Valley Village events by Greg Versen.)



The Music Will Play On

Parker J. Palmer & Carrie Newcomer

I've been hearing music from the moment I was born,
Spent a lifetime looking for where it's coming from.
Sometimes I came close to it, sometimes I got off course—
These days I feel I'm heading home to the music's source.

CHORUS: If I could, I'd dance this way forever,
But some soon day my dancing here will end.
The music will play on, then one day I'll be gone
I'll dance into the darkness as new life dances in—

At times the music's heavy, then it floats away,
A simple, steady heartbeat can get me thru most days.
I'll be out here dancing long as I can feel the beat—
Take my hand, my love, and catch the next dance with me.

CHORUS: If I could, I'd dance this way forever,
But some soon day my dancing here will end.
The music will play on, then one day I'll be gone
I'll dance into the darkness as new life dances in—

MUSICAL BRIDGE...

BRIDGE: No one knows for certain when their time will come,
But life does not go silent once our dancing's done—
These harmonies will always call from beyond the years,
The heavens dance forever to the music of the spheres.

CHORUS: If I could, I'd dance this way forever,
But some soon day my dancing here will end.
The music will play on, then one day I'll be gone
I'll dance into the darkness as new life dances in.

CHORUS: If I could, I'd dance this way forever,
But some soon day my dancing here will end.
The music will play on, then one day I'll be gone
I'll dance into the darkness as new life dances in.

Into the holy darkness where new life begins.
Into the holy darkness where new life begins.

Printed with permission from Parker J. Palmer

It Helps to Know “Care is There”

One More Reason to Be a Member of Valley Village:

You need to know how to support your ability to live independently. “Care Is There” Geriatric Care Management is one of the services we all may need sometime.

Rebekah Carter, supervisor of this program in the Valley, brought us an interesting and very helpful overview of their services in our community on March 7. We may assume we would know what to do if we suddenly were faced with one of the following, but would we?

- We are suddenly diagnosed with a chronic disease
- We lose our driving privileges
- We lose a spouse
- We need a different living arrangement, or
- Our independence is suddenly threatened, and we are not sure who to call for help.

We all need to know who to call and where to go in case of an emergency.

The “Care Is There” presentation began when Lois Wenger introduced us to Rebekah Carter, the program’s supervisor, by telling us why she called them. As a person living alone, Lois finds comfort in her connection to their care management service.

Rebekah Carter continued by describing the reasons they are important for those of us who may need to know how to make the connections to someone who could help us in one of the situations listed, or any that have surprised us or threatened our independence.

“Care Is There” knows how to first of all learn to know you and what your needs are or what kind of assistance you would prefer. They know how to become your lifeline to any resource that will help you live independently. Furthermore, a care manager with “Care Is There” is acquainted with the resources available in our community. They can help you develop a plan for your future in any event that may threaten your independence. Their goal is to learn to know you and what would make you comfortable and happy by helping you become acquainted with community resources, what you can afford, and what is covered by Medicare and/or your insurance. They will be available to accompany you to appointments and help you understand what your future looks like by developing a customized plan. By calling 540-246-0211, you may be eligible for a free consultation. Skilled needs assessments and ongoing support may cost between \$55.00 and \$100.00 per hour. This is a service that Medicare does not cover.

--Ann Bender



Introducing speaker Rebekah Carter, supervisor for “Care is There” (seated, in first photo), Lois Wenger said she first contacted the program to help meet her own needs while living alone.



RE: COVID-19, a Valley Village Update:

We trust this email finds you in good spirits in the midst of the COVID-19 virus pandemic. The Board of Directors met on Tuesday, using online conferencing resources. We took the following actions:

- 1) All Valley Village events scheduled through April 30 are cancelled. Workgroups may wish to reschedule some of the events for summer and fall.
- 2) Just One Call volunteer assistance will continue as we have volunteers available: 540-209-6484. Services available include providing meals, assistance with lawn and light yard care, and transportation (with a case by case review for members who are asymptomatic). If a member has COVID-19 symptoms, transportation is best provided by Rescue Squad.
- 3) Valley Village members will receive a call and/or an email from a board member as a “friendly neighbor” check in. Board members are willing to make weekly calls with members who would like someone to stay abreast of changes in their health status.

Just a quick review...guidelines recommend “social distancing” keeping at least 6 feet between you and other people, limit group interactions to small groups no larger than 10 people. It’s relatively easy to maintain “social distancing” while active outdoors, and have the added benefit of inspiration from time in nature.

Keep in mind that some area businesses deliver... for example, Krogers, Wal-Mart and Rocking R Hardware. (Of course, you can also use Amazon.) Martin’s, Target and Wal-Mart offer curbside pick-up of an online order. Costco is providing a “senior” shopping hour for members over 60: from 8 to 9AM Tuesdays and Thursdays. Martin’s posts a similar service: <https://www.wndu.com/content/news/Martins-dedicates-certain-morning-hours-to-seniors-568909261.html>. Let us know if you are having difficulty safely getting needed supplies, basic foods, medicine, or cleaning supplies. Valley Village volunteers may be able to help with pick-up. When receiving mail, newspapers, or boxes delivered directly to your house, remember to wipe items off and to wash your hands after handling items.

For virus treatment, you are encouraged to call your medical doctor’s office first. Do not show up in person unless directed by the medical office to come in for an appointment. 911 calls are still appropriate for medical emergencies, but you should alert the rescue squad if you are making the call because you are experiencing coronavirus-related symptoms.

While maintaining social distance, we want to avoid isolation that increases anxiety and loneliness for our overall general health. We may return to conversations with family and friends who enjoy interaction by telephone...remember when people tied up the neighborhood party line for what seemed like hours? Now with cellphones and video conferencing options, we no longer need to be concerned about this.

Let’s look out for each other and for our neighbors as we move through uncharted experiences.
The Valley Village Board

Also relevant . . .

Recommended reading: “Coronavirus: The Hammer and the Dance – What the next 18 months can look like, if leaders buy us time,” an article by Tomas Pueyo on the website, Medium, has been circulating widely. Several VV friends have found and want to share it.

Author’s summary: Strong coronavirus measures today should only last a few weeks, there shouldn’t be a big peak of infections afterwards, and it can all be done for a reasonable cost to society, saving millions of lives along the way. If we don’t take these measures, tens of millions will be infected, many will die, along with anybody else that requires intensive care, because the healthcare system will have collapsed.

The post indicates that Pueyo holds two engineering degrees from Stanford University and is “an ex-consultant,” “creator of viral applications with more than 20 million users,” and “currently leading a billion-dollar business.”

The link to the article: <https://medium.com/@tomaspueyo/coronavirus-the-hammer-and-the-dance-be9337092b56>. That and other health and safety information may be found on the VV website home page, www.valleyvillagehbg.org.

For more information about coronavirus, Medium recommends cdc.gov.

Recommended Walking:

The Northend Greenway, this city's recent amenity for pedestrians and bikers, runs 6/10 mile, from near the Mt. Clinton Pike RR tracks south to Suter Street. Husband Robin McNallie and I walked it for the first time after my go-to exercise site (like most gyms and pools) closed due to the virus. It's funny to pass a crossing you have often passed before, but have no recognition of it – as I experienced where the Greenway crosses N. Liberty Street on an unfamiliar angle. Signs say the trail is “in progress” (the plan is to extend it along Blacks Run through most of Harrisonburg). We saw Massanutten Mountain, both poultry towers at once, Blacks Run (dry one day; less so after a brief rain), greenery creeping up under bare-branch silhouettes, Bradford Pear blooms in full glory, and occasionally, runners and bikers of varied ages. Waves were exchanged, with plenty of room for the recommended six feet of “social distancing.”

Our board's article, “Re: COVID-19,” helpfully advises it is easy to keep that distance in fresh Spring air, “and have the added benefit of inspiration from time in nature.” -- Chris Edwards



Near Our Back Yards: Friendly Neighbor Gardens

Launched in 2019, Friendly Neighbor Gardens is an urban garden with a mission to feed Harrisonburg communities with nutritious, flavorful, ethically grown vegetables. We, Stefan and Anna Showalter Hess, invite you to join us in investing in long-term sustainable food systems in our community while enjoying vegetables grown with love at your table every week this summer!

What we offer is on the model of a CSA (Community-Supported Agriculture). Basically, the idea is that neighbors pay for the harvest ahead of time to help the farmers buy seeds, fertilizer, tools, etc. when they need cash the most and there is not produce to sell for revenue.

Friendly Neighbor Gardens operates out of the backyard of the home we rent in town. This is the first step toward our long-term goal of owning a small farm and living into a full time vocation of producing food and caring for land. Stefan draws from more than a decade of experience in intensive organic vegetable production, and manages pests without chemical sprays. Thanks to high tunnels and strategic planning, he is able to extend the growing season far into the winter in what is typically considered the “off season” for fresh vegetables.

Our members receive weekly boxes which feature a variety of vegetables all grown in our gardens. We currently have openings for our summer and fall seasons. Find out more by contacting us at 717-224-1191, friendlyneighborgardens@gmail.com or visiting <https://friendlyneighborgardens.weebly.com/>

-- Stefan and Anna Showalter Hess

Movies



“Gorillas in the Mist.” Movie night Friday, May 15, 7 pm, at Park Place Theater Room, VMRC: 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. Note to guests: This is now the last scheduled film for Spring. Directions: Drive around Park Place to your right of its main entrance, park in any unmarked space, and enter door #8.



Breakfast Group



"The usual suspects," Greg reports, at the Little Grill in March. Hoping to meet again soon!
All are welcome at these events, usually starting at 7:30 am on 2nd Wednesdays.

March 11: Pearl Lantz, Clara Yoder, Ed Yoder, Lowell Wenger, Paul Yoder, Greg Versen.

Memories from another season. . . with apologies that photos from our party in December were inadvertently missing from the January-February issue. A merry time was had by all.





April

Elaine Z Barge
Glenn M Kauffman
Don Yoder
Linda Gnagey

May

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

Valley Village Mission

The mission of Valley Village is to provide neighborhood members with community-building activities, and home-based services thereby promoting independence, convenience, safety and well-being, for those who wish to live in their own homes in a multi-generational community.

The purpose of Valley Village is to ensure that all individuals have access to services needed to live independently in their community as long as possible.

Board Members

Keith Gnagey – President
Rich Sider, Secretary
Daryl Peifer – Treasurer
Paul Yoder – Volunteer 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 May 19, 2020, for submissions to the May - June 2020 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