



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 10, No. 4 July - August, 2020

Quick Look

PLEASE KEEP IN MIND, the spread and control of coronavirus remains unpredictable. Depending on the risks locally, some of these events may need rescheduling or changing to online connections such as Zoom Conferencing. Please watch for "event reminders" and other emails about changes or cancellations from Denise Sauder for Valley Village, or contact event planners if you need an update. Stay well!

August 12, 6:00 pm

"Supper Club"

Bring your own drink and/or food. Chairs not required. Your host will suggest a format for the informal event, while you eat your own food. Suggested meeting time 1-2 hours. Registration is required.
Call Paul Yoder, 540-810-0923.

August 13, 7:00 pm

Zoom Meeting

Loss and Depression lead by
Nancy Shomo

September 10, TBD

Bereavement let by Ann Bender

September 26, 7:00 pm

American Shakespeare Center
Performance, Staunton

October 8, TBD

Restorative Justice. Wonshé

October 12, 12:00 – 3:00 pm

Skyline Drive Adventure with
Picnic and Optional Hike

Newsletter

Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

A Season's Memories

After a pandemic-caused hiatus, June 10 launched new monthly get-togethers that until Spring had been held for breakfast at the Little Grill. Most attendees shared their personal experiences until rain ended the evening outdoor meeting, with promises of a return.

In July, the "Supper Club" got its new name when eleven people (four two-person households and three single members of Valley Village) met on chairs, again at Paul and Ann Yoder's patio, under the shade of maple trees, at 5 pm July 8. They spent 90 minutes sharing their stories. At least seven additional people had asked to join the group that evening – a request the hosts had to decline to preserve distancing.

Supper Club may have caught on, and what may happen is only speculation. However, there was affirmation expressed for the change of venue. It was evident that most of those in the circle were tired of their home confines and glad to meet, at a safe distance from each other. Some even wore masks; however those, who brought "supper" ate and listened.

Consideration is given to expanding this into more than one Supper Club. Until the weather changes and/or the coronavirus is over, groups could meet on several larger patios in the neighborhood. The size of the group could be adjusted based on space available. If safety distancing may no longer be an issue, Supper Club members may want to each simply bring a dish to share.

Apologies from the July host, who forgot to take a photo of the group. Attending (all Valley Village members) were Evelyn Driver, Sam & Vi Miller, Pearl Lantz, Ann Bender, Susan & Stan Godshall, Glen & Mary Kauffman, and Ann & Paul Yoder.



Nine brave people attended an outdoor event on June 10 at the home of Ann and Paul Yoder. From left: Vera & Carl Hansen, Ann Bender, Ann Yoder, Miriam Martin, Pearl Lantz, Keith & Linda Gnagey. Absent, behind the camera, was Paul Yoder.

Picnic at Wildwood

Wildwood Park lunch and hike was a great time on June 16th. Over a dozen of us came with our own transportation and lunches, hiked along the river in Bridgewater, and kept our appropriate distancing, spreading over a few picnic benches while enjoying each others' company in just-about-perfect weather.

Photos by Lowell Wenger



Exploring our Finances and Values

"Faith and Finances: Leaving Your Legacy" was presented for VV on July 9 by Lana Miller, Everence Stewardship Consultant, via Zoom Conferencing. In the interactive webinar, participants explored their values related to money and how those values informed the choices they make. The goal was to "develop your money autobiography and reflect on what you would like to pass on to the next generation." Lana Miller, Keith Gnagey and Keaton Shenk.



TENTATIVE CALENDAR

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2020

August 13: Loss and Depression. Nancy Shomo*

September 10: Bereavement. Ann Bender, with accompanist(s). Ann just joined the VV board; see her profile under “Board Updates,” below*

Sept. 26. American Shakespeare Center performance, Staunton*

October 8: Restorative Justice. Wonshé

Oct. 12: Skyline Drive Adventure*

November 13: Annual Meeting hosted by the board

December: Social Committee to plan event.

2021

January 14: Financial Issues Related to Aging. Matt Sunderlin.

February 11: Hands Only CPR

March 11: Advanced Care Planning: Thinking Through End of Life Preferences. Robin Martin, of Sentara

April 8: Generations Crossing. Laurie Deavers (Zoom?)

May 13: Frontier Culture Museum. Andrew Richardson, Education & Outreach.

June 10: VMRC Update. Betsy Hay and Judith Trumbo

July 8: Tai Chi. Helmut Hirsch, LLI

August 12: Scams & Home Safety. Alex Bennemy, Community Relations, HPD

September 9: Duck Run Natural Cemetery, visit/possible supper stop

October 14: Funeral Home Services, Kearn McMullen (daytime visit)

November: Annual Meeting hosted by the board

December: Social Committee to plan event

UPCOMING

*Aug. 13, Loss and Depression

Presented by Nancy Shomo

7:00 PM Zoom Meeting - Zoom invitation will be sent out.

Nancy Giunta Shomo, GC-C, is scheduled to present a talk on “Loss and Depression” Aug. 13. She is Coordinator of Bereavement Services with SRMH Behavioral Health and a credentialed grief counselor certified in CISM (Critical Incident Stress Management) and Perinatal Loss Counseling.

Nancy, a certified healthcare professional in perinatal loss, has worked with families for over 40 years and trains healthcare professionals in this field.

She specializes in helping individuals and families cope with the difficulties and pain associated with loss and grief by providing education, individual and family consultations, educational workshops/ presentations and trainings. She also provides education and support for area businesses, schools, universities and retirement communities.

The NPR podcast, Social Distance Assistance, recently featured Nancy on their July program. She addressed the impact of COVID 19 on emotional health and the grieving process.

Valley Village Tour Outings, Aug – Dec 2020

*Saturday, Sept 26, 7:00 p.m., American Shakespeare Center Performance, Staunton

Join Valley Village friends for an outdoor American Shakespeare Center performance of Twelfth Night at Blackburn Inn, 301 Greenville Ave, Staunton. Due to COVID, registrants will provide their own transportation and chairs, and seating will be socially distant according to households, or as requested.

If inclement weather, the performance will be indoors at Blackfriars Playhouse, 10 S Market Street, Staunton. If held indoors, participant masks are required and social distancing by households will be practiced.

For audience safety, performers will be self-isolating 2 weeks prior and during the performance season. Cost is \$20/person.

Registration is required by Tues, Sept 1, and tickets will be purchased in advance. To register, log in as a member on Valley Village's website, go to the event calendar, click on the event and follow registration directions, or contact Pearl Lantz at (540) 820-8309 if assistance is needed.

*Mon, Oct 12, 12:00 – 3:00 p.m., Skyline Drive Adventure with Picnic and Optional Hike

Meet at Pinnacles Picnic Area around mile-post 36 at 12 noon for lunch. Bring your own lunch and lawn chairs if desired. Plan about an hour and a half to get there from Harrisonburg whether you come by way of Rt 33 and go north on Skyline Drive or go past Luray on Rt 211 and go south on Skyline Drive. Don't forget you will need a National Parks pass to get on the drive or pay admission fee upon entrance.

After lunch we will travel 7 miles south to the Limberlost Trail at about 1:30 pm (about mile 43) for a hike on an easily accessible trail. Completing the circle is a mile and a third, but you can turn back any time, and there are lots of benches to rest on. The trail is wide enough that you can meet other people and allow safe distancing as you pass. See the picture of the trail and deer from a previous hike there.



A deer on the Limberlost Trail, photo by Lowell Wenger

This outing can be done by leaving Harrisonburg about 10:30 am and arriving back about 4 pm, but this is a great opportunity to take extra time and enjoy a leisurely drive on Skyline Drive!

Registration is required by October 10th. To register, log in as a member on Valley Village's website, go to the event calendar, click on the event and follow registration directions, or contact J Lowell Wenger at jlwenger@aol.com or (540) 908-6356. (Inclement weather date: Oct 22).

November (date & performance to be determined), JMU Forbes Center performance

BOARD UPDATES:

Dear Valley Village members,

Thanks to Zoom Conferencing resources, organizations like Valley Village continue meeting while safely maintaining physical distancing. Earlier this month, our Education Committee used Zoom to sponsor “Faith and Finance: Leaving a Legacy” with Lana Miller and Teresa Boshart Yoder of Everence.

On July 20 the board met via Zoom. Two new board members were elected; Ann Bender and Julie Alderfer Stauffer (both VV members since 2018). We are very pleased to have Ann and Julie join the board. For more information about them, see below.

Paul Yoder, a founder of our Village, has resigned from board membership. We are grateful for the 13 years of service Paul gave to Valley Village, and continues to give. See article below.

We celebrate members who have stepped up for committee or other volunteer roles on behalf of Valley Village: Nancy Faulkner, Lorrie Merrow, Daryl Peifer (Membership and Communication Committee); Wayne Kurtz (Vendor Coordinator); Sam and Vi Miller, (Tour Committee); Faye Yoder and Paul Yoder (Social Committee).

The Annual Meeting is Friday, November 13, 5:30-8:30 at Park View Mennonite Church Fellowship Hall (with physical distancing and sanitation protocols implemented). If meeting indoor is not allowed or recommended, we will meet virtually using Zoom. Watch for additional information.

Stay well,

Keith Gnagey, President

For Founder Paul Yoder: A Shout-out

Paul Yoder, a founding member, has resigned from the VV board where he has been active for 13 years, including four years working on the Village concept prior to opening Valley Village (originally “Park View Village”) in January 2011. He has served as Treasurer as well as serving on the Finance and Membership Committees and plans to continue serving with the Social Committee.

“Preparing for the future,” or simply “Thinking ahead” are thoughts that motivated Paul to begin conversation in 2007 with Keith Gnagey. They located an AARP survey reporting that among those 75 and older, 95% say they want to stay in their homes as long as possible. Paul’s and Keith’s work eventually led to our finding Boston’s Beacon Hill, the founding chapter of the “Village” movement, with the mission of supporting people choosing to remain at their homes as long as possible.

Our thanks to Paul for creating Valley Village and for his diligent work with the board and various committees over the past 13 years. We are thankful Paul has joined the Social Committee and will help organize “Supper Club” gatherings while incorporating physical distancing and enjoying social interaction.

Many thanks, Paul!

From the Valley Village Board and Keith Gnagey, President



Welcome, board newcomers!

Valley Village welcomes two new board members:

ANN BENDER served as Executive Director of Valley Program for Aging Services, the area agency on aging for the Central Shenandoah Valley, for 19 years. Prior to that she was Director of the Broadway-Timberville Senior Center and the Apple Tree Craft Shop for the agency. She served as president of the Virginia Association of Area Agencies on Aging for two years and was secretary for the Virginia Coalition for the Aging prior to that.

After retirement in 2001, she taught a course in the Gerontology Series in the Social Work Department at JMU for 7 years.

Ann has been involved from its beginning with Generations Crossing, the intergenerational center for daytime care, as well as Daily Living Center, the adult day care center in Waynesboro, established in 1989. She was involved with the Hospice of the Shenandoah in Augusta County.

Ann also was a contributor to the book, *Reinventing Aging*, published in 2003, designed for the study of the aging process.

Ann and her husband, Titus, lived in Meridian, Mississippi from 1958-1969. They lived in New Orleans where Titus completed his Ph.D in Social Work. While he taught at the University of Oklahoma, Ann completed her BSW in Social Work with a minor in Gerontology. Titus, who taught at EMU for 22 years, passed away in 2017.

They have three children, six grandchildren and one great-grandchild. Anita lives in Moorhead and is an end-of life-dula. Maria Archer serves as K-8 principal of Eastern Elementary School, and Michael, who lives on Vancouver Island, B.C., is a teacher and consultant for Self-Design.org.

JULIA D. ALDERFER STAUFFER (in her own words):

I was born and lived in Harleysville PA until age 19, when I headed off to Harrisonburg to attend EMC, now EMU for a Bachelor's in Science Nursing degree.

I met my husband Michael Stauffer, from Wayland Iowa, after we both graduated from EMC/EMU. We found jobs and careers in computer science and health care in Harrisonburg, got married and have lived here for 40 + years.

I recently retired from RMH, now Sentara RMH, and Sentara Home Health after 39 years and 4 months of nursing service in a variety of settings. I am forever grateful for my opportunity to attend and graduate from EMU and contribute to many aspects of nursing. Those experiences began and concluded with bedside, hands-on care: from med-surg bedside nurse, Hospice home health coordinator, staff orientation and on-going training coordinator, Healthy Families of the Blue Ridge coordinator, Women's Health education and program development coordinator and finally Home health Nurse Case Manager. I led three national accreditation survey processes, and we achieved accreditation for Healthy Families of the Blue Ridge and the National Accreditation Breast Surgery Centers.

I served on the board of Patchwork Pantry, (501. C, 3) as board member and board president from 2003-2016.

Interests: gardening, reading, learning, exploring backcountry roads that end at a coffee shop, learning new words' meanings, cooking and eating healthy foods and gardening. I am currently working on one of my retirement bucket list items by taking a watercolor class via ZOOM once a week.

I look forward to participating in the Valley Village Board of Directors.



August

Denise Sauder
Peggy H Landis
Julia H Alleman
LaVerne Yoder
Rosemary King
Hope Lind

September

Vi Miller
Christine Edwards
John Spicher
Lois V Wenger
Lourene Bender
James Musser
Louise O Hostetter
Richard Sider
Annetta Miller

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
Daryl Peifer, Treasurer
Rich Sider, Secretary
Ann Bender
Stan Godshall
Wayne Kurtz, Vendor Coordinator
Pearl Lantz
Lorie Merrow
Julie Alderfer Stauffer
Clara Yoder

We have changed names from “workgroups” to “committees,” and made updates as follows:

Valley Village Committees and Members:

Education Committee, Greg Versen-Chair, Ann Bender, Keaton Shenk and Keith Gnagey.
Film Committee, Steve Shenk-Chair, Virginia and John Spicher, Chris Edwards and Robin McNallie.
Social Committee, Clara Yoder-Chair, Julie Alderfer-Stauffer, Sam and Vi Miller, Faye Yoder, Paul Yoder.
Tour Committee, Pearl Lantz-Chair, Jean Smucker Fisher, Vi Miller, J. Lowell Wenger
MemCom (Membership and Communication, Nancy Faulkner, Lorrie Merrow, Daryl Peifer.

Valley Village newsletter is published bimonthly (every two months). Deadline is Sept. 15, 2020, for submissions to the September-October 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