



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 10, No. 5 September - October 2020

QUICK LOOK

October 8, 7:00 pm
Restorative Justice (by Zoom)

October 12, 12:00 – 3:00 pm
Skyline Drive adventure with picnic and optional hike (outside)

October 21, 5:00 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.

November 12, 7:00 pm
Valley Village Annual Meeting (by Zoom)

September-December
Due to restrictions at VMRC's Park Place Theater, no films are scheduled.

November
JMU Forbes Center performance canceled due to COVID-19.

December
Due to holidays and COVID-19, no Valley Village events are planned at this time.

Newsletter
Chris Edwards, Editor
Denise Sauder, Layout Design

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

"Just One Call"
540-209-6484

Shakespeare Under the Moon and Stars



Ten Valley Village members attended the American Shakespeare Center's delightful outdoor performance of "Twelfth Night" Saturday, Sept 26, on the spacious, historic grounds of the Blackburn Inn in Staunton. It was the last outdoor performance of the season, and the moon and stars added a special touch!

As one member commented, "Except for the masks hanging off our ears, it seemed almost like a normal date night." The occasional summer night sounds of sirens, train whistles, train wheels rumbling and geese overhead honking added to the novelty of the evening.

Safety precautions were taken in response to COVID-19. Performers had self-quarantined, the audience was asked to wear masks during the performance, and each household's seating was separated by six feet. The outdoor air provided ventilation and an additional sense of safety for those attending.

Although COVID has made Valley Village programming a bit more challenging than usual, we are indeed privileged to have quality programs such as those provided by the ASC in a safe setting. We applaud the professional and delightful evening they provided for Valley Village members and others in attendance!

For future performances (online or in the Blackfriars Theater), and other ways to support ASC (which, like most theaters, has struggled during the pandemic), see <https://americanshakespearecenter.com/>.
-Pearl Lantz



Ten VV members traveled to Staunton to enjoy the year's final outdoor performance of Shakespeare's "Twelfth Night." – Photos by Pearl Lantz

Intergenerational Outing 2020

On Thursday, Aug. 6, four Valley Village members and three children joined forces to volunteer at the Brethren & Mennonite Heritage Center (BMHC) west of Harrisonburg. The group may have been small in numbers but was large in enthusiasm as they tackled the job of weeding and mulching BMHC flowerbeds.

Elly Moyers and Paul Roth, BMHC volunteers, welcomed the crew of seven, and Elly shared a brief overview of BMHC's history and programming. The Center celebrates and focuses on Brethren and Mennonite heritage from the Shenandoah Valley, highlighting the churches' beliefs and history through artifacts, historic buildings, experiential learning and tours. Historic buildings from the 18th, 19th and 20th centuries dot the landscape on the 24-acre campus.

After Elly's introduction to the campus, the intergenerational crew got to work. Two wheelbarrows, several rakes, multiple forks, piles of mulch, and enthusiastic workers soon completed the task. Following the morning's work, the group gathered on the front porch of the Weaver-Brunk Log House to enjoy packed lunches together. A fun volunteer experience enjoyed by both adults and children!

--Pearl Lantz



Pearl Lantz & Linda Gnagey mulching around wash house.



Greg Versen pushing a load of mulch.



Linda Gnagey & granddaughter Sabine getting mulch..



Jesse Lantz-Trissel & Joel Lantz getting ready to help rake mulch.



August

Former Valley Village members David Cowardin and RaMona Stahl. RaMona's mother, the late Viola Stahl, was very much involved with the early start of our Village, serving as a board member during its formative years when it was called "Park View Village."



From left: Evelyn Driver and David Cowardin, RaMona Stahl, Carl and Vera Hansen, Rosemary King and Ann Yoder. (Behind the camera, Paul Yoder.)



September

A total of 21 met on Wednesday, Sept. 9 for our monthly Supper Club. Hosts for our September patio supper club at their homes were Faye and Emery Yoder, Carl and Vera Hansen and Glenn and Mary Kauffman. Photos by Paul Yoder



Supper Club

John and Bev Augsburgers organized a drive-by birthday celebration Aug. 20 at their Hillcrest home for Myron Augsburgers's 91st birthday. Myron and Esther (parents of John) are under the canopy. – Photo by Greg Versen



Our sympathies to Denise Sauder, administrative assistant for Valley Village, for the loss of her father, Glen Berkshire, Sept. 13. Mr. Berkshire's obituary is posted at <https://www.mcmullenfh.com/obituary/w-glen-berkshire>.

Valley Village is on Facebook

Check out our "Valley Village of Harrisonburg" Facebook Page here:

facebook.com/ValleyVillageHarrisonburg

Our Facebook Page is public. We will be using it to increase awareness of Valley Village and our mission in the Harrisonburg community.

Join fellow Valley Village members at our "Valley Village of Harrisonburg" Facebook Group here:

facebook.com/groups/vvhbg

Our Facebook Group is private and open only to Valley Village members. We are in the process of inviting all members for whom we can find a facebook account. Any member may also request to join the group. Once you are part of the group, you may add your own posts and comments to share with only VV members in the group.

The MemCom committee will be adding posts to both the Group and Page regularly, apprising and reminding the membership of various types of information.

Our new Facebook presence creates an opportunity for members. If you'd like to contribute content for our Facebook accounts, please contact Lorie at elemorrow@gmail.com or 540.908.1192. We're looking for quality articles, video, games, puzzles, other items that could be fun and accord with our guidelines. Content may be contributed directly or through one of our admins.

My Journey with Loss and Bereavement by Ann Bender

Fifteen households zoomed in on a presentation by Ann Bender in which she shared generously about her beloved husband's illness and death, and her way of grieving his death. Ann moved to Harrisonburg when Titus took a position at EMU in 1976. Holding a newly minted Bachelor's of Social Work with an emphasis in Gerontology, the next year she took on the role of director of the Valley Program for Aging Services (VPAS), continuing until 2001.

Ann related how she and husband, Titus, traveled extensively, enjoying their retirement, while gradually becoming aware of growing physical challenges. When Titus became ill, there were many hospital stays, rehab at home, and the hope for recovery. When death came, it was a blow. Ann felt as though she was under a "heavy blanket."

Although Ann was aware of the challenges of grieving through her work, the personal experience was different. Her journey out from under the blanket began with the simple process of working with family to arrange for the cremation and memorial for Titus. She benefitted tremendously from support by family and friends. She journaled in order to sort out her thoughts, derived comfort from painting, and enlisted the help of a counselor when needed. She lists some helpful books (one of two reading lists below). She advises that the most important thing to do before a spouse passes away is to communicate well; and afterwards, to look to one's support group, the "blanket-lifters."

Lorie Merrow

VALLEY VILLAGE RESOURCE BIBLIOGRAPHY

Death, Loss, and Bereavement

Compiled by Ann Bender

September 10, 2020 (with recommendations added from the Q and A session with VV)

Healing After Loss, Martha Whitmore Hickman
When Breath Becomes Air, Paul Kalanithi
Proof Of Heaven, Eben Alexander, M.D.
On the Brink Of Everything, Parker Palmer
On Grief and Grieving, Elisabeth Kubler Ross and David Kessler
The Cure For Sorrow, Jan Richardson
Sparrow, Jan Richardson
Journeying through Grief series by Kenneth Haugk
Tuesdays With Morrie, Mitch Albom
Remnants, Rosemarie Harding with Rachel Harding
America Will Be, Vincent Harding, Daisaku Ikeda
The Majesty of Your Loving; A Couple's Journey Through Alzheimer's (Olivia Hoblitzelle)
Without the Loss Of One, Bender, Don et. Al.
Being Mortal, Atul Gawande

GRIEF BIBLIOGRAPHY

By Kathleen Weaver Kurtz, D.Min., LPC, 2/1/2012; updated 9/11/2020

Books about the grieving process

Callanan, Maggie and Patricia Kelley. Final Gifts: Understand the Special Awareness, Needs, and Communications of the Dying. New York: Bantam Books, 1993. Two hospice nurses write about the dying process and how to be with a loved one during that time.
Fitzgerald, Helen. The Mourning Handbook: A Complete Guide for the Bereaved. New York: Simon & Schuster, 1994.
Golden, Thomas R. Swallowed by a Snake: The Gift of the Masculine Side of Healing. Kensington, Maryland: Golden Healing Publishing L.L.C., 2000. Second Edition.
James, John W., and Frank Cherry. The Grief Recovery Handbook: A Step-by-Step Program for Moving Beyond Loss. New York: HarperPerennial, 1988.
Kutscher, Austin H., Ed. For the Bereaved: The Road to Recovery. Philadelphia: The Charles Press, 1990.
Levy, Naomi. To Begin Again: The Journey Toward Comfort, Strength, and Faith in Difficult Times. New York: Ballantine Publishing Group, 1998.
Reeves, Nancy. A Path Through Loss: A guide to writing your healing and growth. Kelowna, British Columbia: Northstone, 1999.
Schwiebert, Pat, and Chuck DeKlyen. Tear Soup: A Recipe for Healing After Loss. Portland, Oregon, GriefWatch, 1999. Sometimes placed in children's books although it is intended for adults as well.
Viorst, Judith. Necessary Losses: The Loves, Illusions, Dependencies and Impossible Expectations That All of Us Have to Give Up in Order to Grow. New York: Fawcett Gold Medal, 1986.

Religious resources

Lewis, C.S. A Grief Observed. New York: Bantam Books, 1961. A man of great faith writes about his struggles with faith issues after the death of his wife. A classic.
Nouwen, Henri J.M. A Letter of Consolation. San Francisco: Harper & Row Publishers, 1982.
Reflections on his mother's death in the form of a letter to his father.
In Memoriam. Notre Dame, Indiana: Ave Maria Press, 1980. Reflections on the author's mother--her life and death.
Rupp, Joyce. Praying Our Goodbyes. Notre Dame, Indiana, Ave Maria Press, 1988. Reflections on grieving and prayers for many kinds of loss.
Weems, Ann. Psalms of Lament. Louisville, Kentucky: Westminster John Knox Press, 1995.
Psalms written after the death of the author's son.

Memoirs and novels

Albom, Mitch. Tuesdays with Morrie: an old man, a young man, and life's greatest lesson. New York: Doubleday, 1997. A true story about living fully and dying with courage.
Buck, Pearl S. A Bridge for Passing. New York: John Day Company, Inc., 1962. A memoir telling of the death of her husband.
Caine, Lynn. Being a Widow. New York: Arbor House, 1988. One woman tells her experience.
Didion, Joan. The Year of Magical Thinking. New York: Random House, 2006. A memoir covering the death of her husband, and the year that followed.
Erickson, Ben. A Parting Gift. New York: Warner Books, 2000. A novel about love and loss.
Kalanithi, Paul. When Breath Becomes Air. New York: Random House, 2016. A memoir about facing one's own death.
Miller, Sally Downham. Mourning and Dancing: A Memoir of Grief and Recovery. Deerfield Beach, FL: Health Communications, Inc., 1999.
Moffat, Mary Jane. In the Midst of Winter: Selections from the Literature of Mourning. New York: Random House, 1982.
Oates, Joyce Carol. A Widow's Story. HarperCollinsPublishers, 2012. A memoir about the sudden death of her husband and the months that followed.
Rosenblatt, Roger. Making Toast: a family story. New York: HarperCollinsPublishers, 2010. A father tells about the death of his adult daughter and moving in to help care for her family.
Schwartz, Morrie. Morrie: In His Own Words. New York: Dell Publishing, 1996.
Simmons, Philip. Learning to Fall: The Blessings of an Imperfect Life. New York: Bantam Dell, 2000.

BOARD UPDATES:

Dear Valley Village Members,

Valley Village is very active as committees plan and host programs, supper club gatherings, and interesting trips while promoting good health by maintaining physical distancing including face masks. We are grateful for the hard work of Valley Village committee members.

Our thanks to Ann Bender for her thoughtful presentation titled "My Journey With Loss and Bereavement" in September which followed the August presentation by Nancy Shomo titled "Loss and Grief." Following Ann's presentation, lists of readings compiled by Ann Bender and Kathleen Weaver Kurtz are being made available on the website and in this newsletter.

Wayne Kurtz serves as the service provider program coordinator. He is updating the list of businesses and service providers who have served and been recommended by other Valley Village members. When the project is completed, the website will include this information reserved for use by members.

The board will host a virtual annual meeting on Thursday, November 12 at 7:00, using Zoom. The meeting will include highlights of the past year, financial statements and proposed 2021 budget, an update on programs planned for 2021 January-March quarter and organizational initiatives to improve services available to members. Mark your calendar for this exciting event.

Seven board members will participate in the National Virtual Village Gathering 2020 Conference. The board receives helpful information from the Village to Village Network, a national organization, and the forums are held for members to share challenges and successes. We look forward to expanding our knowledge and our network of colleagues through participation in this three-day gathering.

Please stay well as we transition to fall and winter while the COVID virus remains very active in our community.

Keith Gnagey, President, and Valley Village Board Members

UPCOMING EVENTS

Thursday, October 8, 7:00 p.m., Restorative Justice (by Zoom)

Wonshé, spiritual midwife, artist, restorative justice practitioner, mother and grandmother has a unique personal history and rich professional background. She first received restorative justice teachings in oral tradition from Native American elders during her early years as a traditional midwife serving the Old Order Mennonite community in the Shenandoah Valley. She later earned a master's degree in Conflict Transformation and Restorative Justice (RJ).

She has worked in the field of restorative justice for the last 16 years, including Department of Corrections, probation, schools, and with individuals and organizations.

Restorative justice focuses on the rehabilitation of offenders through reconciliation with victims and the community at large.

Monday, October 12, 12:00 – 3:00 p.m., Skyline Drive adventure with picnic and optional hike (outside)

Lunch at Pinnacles Picnic Area at 12 noon, followed by hike on Limberlost Trail. Provide own lunch and transportation. Register by Oct 10 by logging into VV website's Event Calendar or contact J Lowell Wenger at jlwenger@aol.com or (540) 908-6356. Look for more details on VV Event Calendar. Inclement weather date: Thurs, Oct 22.

Wednesday, October 21, 5:00 p.m., Supper Club gatherings (outside)

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. Details, contact Paul Yoder, 41yoder89@gmail.com.

Thursday, November 12, 7:00 p.m., Valley Village Annual Meeting (by Zoom)

2020 program and finance reports and 2021 January-March quarterly calendar

NOTES:

September-December: Due to restrictions at VMRC's Park Place Theater, no films are scheduled.

November: JMU Forbes Center performance canceled due to COVID-19.

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Q&A

We hereby introduce what we hope can become a regular feature in the Valley Village newsletter.

This issue's Q and A: What has been the highlight, and the low point, of your 2020 summer?

Janet and Lowell Wenger's low point was having to give up a planned trip to Japan this summer to see their daughter, Angela Yamanaka and her husband and 4 children. They will not get to see them at all this year!!!!

Their high point was a 3-week journey to explore the origins of the Mississippi River! At its headwaters in Itasca State Park (MN), they waded across the river. They spent 10 nights

camping along the river in their motor home, traveling 1200 miles south to the Gateway Arch in St Louis, Mo., where they boarded a river boat on the mighty river with all its busy ship, tug and barge traffic. They saw one tug pushing 15 barges that held enough cargo to fill over 1000 loads for 18-wheeler trucks!!!! Lowell wished it was close enough to take traffic off I-81.

Photos from the high point of Janet and Lowell's summer: the Gateway Arch, the Wengers' campsite, Janet wading as Lowell walks a log across the Mississippi headwaters, and a river sunset. – Photo by Lowell Wenger



The highlight for Ann Bender:

A highlight was finding new ways to make connections with friends, such as the supper club.

For Robin McNallie and Chris Edwards:

A low point: Worrying about November 3.

A highlight: Hoping and working for November 3.

(Voted yet? See <https://vote.elections.virginia.gov/VoterInformation>)

VV's Q and A for the November-December issue:

Looking back through the years at changes in your community, country or world, what have you seen get better? And what have you seen decline or not improve?

Please email your answers (they can be short :-)) to Chris Edwards, newsletter editor: chrisedwardshburg@gmail.com. (Also, do you have any ideas for future questions? Please share them!)

Q&A



October

Lorie Merrow
Hanna Mack Lapp
Loretta Helmuth
Pauline Myers
Beverly Stauffer
Carl E Hansen

November

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

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 Nov. 15, 2020, for submissions to the November - December 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