



# Valley Village

## Aging in My Home with Community Support

Member of  
Village to Village Network

Vol. 11, No. 1 January-February, 2021

### Quick Look First Quarter Events

#### Every Friday through March 26

You are invited to join a new walking group beginning Friday, January 1, 10:00 AM and extending through March 26, 2021. See story on this page.

#### Every Tuesday & Thursday 8:30 to 9:30 am

Zoom Yoga

See details on page 2.

#### February 11, 7:00 pm

Emotional Freedom Technique for stress relief with Carolyn Yoder. See details on page 2.

#### March 11, 7:00 pm

Advanced Care Planning: Thinking Through End of Life Preferences, Robin Martin, Manager-Chaplain Services (Sentara), a Zoom event

#### Future hopes:

**Film:** When the Park Place Theater at VMRC is available, monthly showings of classic movies and newer releases, appealing to varied interests will be re-launched.

**Social:** No events planned for January-March, hopefully supper clubs and other events will be held in the Spring.

### Newsletter

Chris Edwards, Editor  
Denise Sauder, Layout Design

General Info - 540-705-0432  
[www.valleyvillagehbg.org](http://www.valleyvillagehbg.org)

**"Just One Call"**  
**540-209-6484**



### Friday Walking Group Off to a Good Start



The Friday walking group has been walking since early January, and has found the walk to be both invigorating and fun! The number of walkers has ranged from a total of five to nine thus far.

Each Friday at 10:00 AM, those interested in walking meet in the southeast corner of Park View Mennonite Church Parking lot (the recycling area) and walk approximately 2 miles. To break up the routine, our route has varied some. If interested in joining the group, be sure to meet promptly at, or before, 10:00 AM.

The walk is canceled only if snow or ice are present; otherwise, participants are invited to don their rain gear and pioneer spirit and come as able. This is an informal group. If you happen to be the only one who shows, give yourself a pat on the back and enjoy God's beautiful world!

**NOTE:** bring masks for times when you are unable to distance well, and limit walking abreast to 2-3 people for safety and appropriate spacing. Come join us!  
Pearl Lantz

## *Zoom Yoga Invitation*

Every Tuesday and Thursday at 8:30 AM, a group meets for Zoom Yoga, using the DVD "YOGA FOR THE REST OF US with Peggy Cappy." The group has been meeting for approximately 10 years, previously at Park View Mennonite Church, but since COVID has been meeting via Zoom. You are invited to join! The video is designed for older adults, and many of the exercises are done with the use of a chair. Stretches and poses are modified "for the rest of us," i.e. for those who may not be as fit as they once were. A sturdy chair and yoga mat would be helpful if you decide to participate.

The yoga sessions are about 45 minutes long. There is no charge to participate. If interested, send an email to Ruby Friesen Zehr at [rbyfzehr@gmail.com](mailto:rbyfzehr@gmail.com) so she can add you to the mailing list. Once Ruby receives your email, she will send you the Zoom link and you can participate as it suits you each Tuesday and Thursday.

Much appreciation and many thanks to Ruby for making this activity available for Valley Village members!  
Pearl Lantz

## *Emotional Freedom Technique for stress relief* *Thursday, Feb. 11, 7 pm via Zoom\**

Have COVID fatigue? Carrying more worry than usual? Grieving? Feeling winter blues? Join us to experience an evidence-based do-it-yourself way to release stress and anxiety while increasing feelings of wellbeing, calm, and gratitude. Emotional Freedom Technique (also called Tapping) looks a little goofy and people sometimes poke fun at it---until they feel the before-and-after difference. EFT can lead to new insights and deepen your ability to be mindful, pray, and be still and know. You determine your level of participation in this evening of hands-on learning. We may even have fun ---something most of us can use more of these wintery days!

--Carolyn Yoder, Licensed Professional Counselor

[www.TransformationalProcesses.com](http://www.TransformationalProcesses.com)

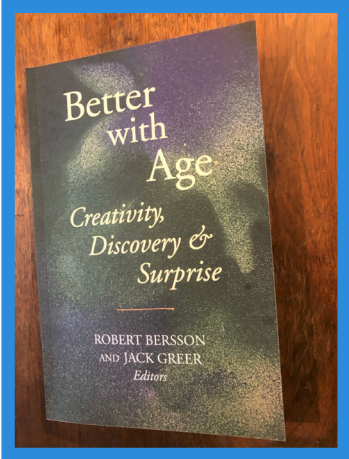
\*Note: Because of COVID concern, the "hands only" CPR presentation scheduled earlier for Feb.11 has been replaced with the above presentation.

## *Advance Care Planning: Thinking Through End of Life Preferences* *Thursday, March 11, 7 pm -- Zoom Event* *Presented by Robin Martin, Manager-Chaplain Services (Sentara)*

Robin suggests the following for members to ponder before her presentation:

1. What is your goal for the medical care you may need in the future?
2. If this goal can't be met, what might be your response: "Let nature take its course"; or "Let's try something else that might give me more time"? Is there a treatment you are not willing to accept?
3. Have you prepared the people you trust the most to be able to be your voice if you can't speak for yourself?
4. Once you know what you think, it only takes a few minutes to document your goals and values to serve as an Advanced Directive guide for those who are speaking for you. Have you done this?
5. Would you like the peace of mind of knowing you have given yourself and those you care about the gift of recording your guidance in preparation for your future needs?

## *Better With Age: A Reading* Thursday, March 25, 7 pm on Zoom



For this book of essays and poetry, published in late 2020, more than 20 people reflected on their experiences, and sometimes wisdom gained, with growing older. These mostly-local authors include Valley Village members Robin McNallie, Chris Edwards and Arlene Wiens, as well as Tom Arthur, Dave Pruett, and the book's co-editors, Jack Greer and Bob Bersson (whom many remember from documentary viewings at Eastern Mennonite Seminary). Several among the writers will read from, and discuss, their works and intended meanings in an interaction with the audience via Zoom on March 25.

Reading the book before the program is suggested. It's been publicized in venues including HBURGCITIZEN.COM and The Daily News-Record, and may be purchased from the Oasis gallery in Harrisonburg, or Amazon, or for \$10 via Greg Versen (433-1018, gregversen@yahoo.com).

Keith Gnagey reports, "We had a great Zoom session with Matt Sunderlin on "Financial and Long Term Care Issues" Jan. 14, with 19 member households participating."

Photo from Zoom by Greg Versen



## *SERVICE PROVIDER UPDATE*



### **Vendor Spotlight**

Over the last couple months the following new recommended service providers have been added to our website data base:

- Blue Ridge Energy Company can design and install solar systems.
- The Center for Hand and Physical Therapy provides traditional and innovative approaches for physical therapy.
- Earl Martin offers carpentry and construction services, including kitchen and bath room remodeling, and flooring installation.

Additions to the online data base are accessible immediately through the website Service Provider search option. The Service Providers by Service list is produced from the data base periodically, and formatted and edited to create the website list. My goal is to update this list quarterly, and thus it does not always include the latest service provider additions. To access these service provider options you must log on to the Valley Village website as a member.

Need help locating the service? Contact:

Wayne Kurtz

Service Provider Coordinator

wdkurtz@outlook.com



## *Well-Being*

by Stan Godshall, MD



Dr. Stan Godshall (retired) worked 40 years in Family Practice in Elizabethtown, PA, with five years of work (three short terms scattered among those 40 years) in Tropical Medicine and Surgery in Shirati, Tanzania. He and Susan are members of Valley Village. Dr. Godshall is providing us with this column on issues of the pandemic, and later expects to write about general health issues.



## **Bare and Wear!**

### **Bare!**

Bare your shoulders and accept the Covid-19 vaccine with gratitude!

When I arrived on the EMU campus 60 years ago, mRNA had not yet been discovered. Now we have two mRNA vaccines, one from Pfizer and one from Moderna, that are safe and effective, developed in unprecedented speed. No, messenger RNA (mRNA) does NOT mess with your genetics nor does it change your DNA. The mRNA molecule is a single-stranded molecule that follows the orders of the DNA in the nucleus of the cell and moves to cytoplasm with the instructions to build vital proteins. It is only the messenger.

Pfizer and Moderna have developed an mRNA molecule with instructions to build a protein that looks like the spike protein on the surface of the Covid-19 virus. As your body receives this messenger RNA vaccine, your cells follow orders and produce this “foreign” spike protein. The macrophages of your immune system gobble up this “foreign” protein and make antibodies to get rid of it. So when a person infected with the Covid-19 virus fills the air around you with the virus and you breathe it into your lungs, these newly produced antibodies latch on to the spike protein of the Covid-19 virus particle and disable it. Great! You’re saved! For vaccine availability information for our district, the Central Shenandoah Health District, go to:

<https://redcap.vdh.virginia.gov/redcap/surveys/?s=WPLHWFN4DJ>

Another link: [cshdinfo@vdh.virginia.gov](mailto:cshdinfo@vdh.virginia.gov)

### **Wear!**

Wear your mask with hope!

The mRNA vaccines protect you from severe disease and death, but you can still carry the Covid-19 virus in your nose and possibly spread it to others. So, continue to mask up. The newer more infectious B.1.1.7 strain is much easier to pass on to others, but it causes the same degree of illness as the original strain. Communities which adhere to more stringent face-covering practices and social distancing have fewer Covid-19 infections and less deaths. Why did I wear a mask all day in the operating room at Shirati Hospital, Tanzania decades ago? To protect myself? No, I did not want my patients to develop post-op infections from the bacteria that I was carrying in my nose and throat. It was not about my safety but about theirs! Did we hold forth our individual rights to avoid wearing masks in the operating room? Of course not! So, even after you have received two doses of the vaccine, be aware that there are those unvaccinated people around you (like my patients on the operating table) who still are susceptible to Covid-19. Please be considerate---wear a mask!

# *Board President's Letter*

Valley Village Members,

The Valley Village board and committees are diligently working on member services and organizational development.

Recently at the directors' annual meeting to reorganize the board, they re-appointed Daryl Peifer for a three year term and Keith Gnagey for one year term. They also elected officers for 2021. The officers are Keith Gnagey-President, Lorie Merrow-President Elect, Pearl Lantz-Vice President, Daryl Peifer-Treasurer and Rich Sider-Secretary. As the transition plan Lorie will assume the President position in January 2022. As part of the reorganization the board is updating the By-Laws, Policies, and initiated the 2021 Strategic Planning Project.

Special thanks to Tom DuVal for serving as the "Just One Call" program coordinator. He is reviewing volunteer related policies and is updating the database of volunteers.

The members of the Strategic Planning Project are Lorie Merrow-Chair, Pearl Lantz, Daryl Peifer and others to be added. They will focus on four areas; member services, membership growth, board development, and finances. During the planning process, members will have the opportunity to weigh in on the way forward for Valley Village through both the annual survey and a meeting. We look forward to learning more about their work later in 2021.

Keith Gnagey, President  
Valley Village Board Members

## *Board Notes*

Valley Village is embarking on a strategic planning process. As we begin, we ask the primary question, how can we better serve and support our members and the community? Valley Village has great potential to be even stronger in helping members age in place. Is the organization ready for a next stage?

We share below the questions we are asking in our four areas of focus: Member Services, Membership Growth, Finances and Board Development. We'll cover two of these areas each in this newsletter and the next.

Members are welcome to offer comments, suggestions or concerns at any time by contacting a committee member. There will also be opportunities for members to weigh in on our ideas and questions through a survey and in meeting.

### **Member Services**

How can we help members stay longer in their homes? What do our members want and/or need? We look to our members for these answers, and also to other Villages for ideas of what has worked well for them. We will consider what we can do through partnerships with local agencies or businesses. We will weigh whether we can add services without adding staff, and what services would require additional staff, and would they be worth it?

### **Board Development**

In this area, we're looking at how we can best organize and support board members to do an optimal job coordinating VV. We will look at ways to improve board recruiting and orientation for new members. We'll consider whether it would be helpful to have one or more outside members on the board in specific areas, for instance, fundraising, gerontology, a representative from a partner agency or other. Finally, we'll review the board committees and consider whether to establish a board development committee.

As we research and develop possible answers to these questions, we look forward to learning your thoughts on them, as well.

Strategic Planning Committee

Lorie Merrow, Pearl Lantz, Daryl Peifer, Susan Godshall

### **Living Room Conversations**

The MemCom Committee has developed a new recruiting tool and it's called Living Room Conversations. Combining a short slideshow overview of Valley Village with a Zoom discussion, we hope to reach out to people who may be interested in joining our Village – even during the pandemic! Do you know someone who may be interested? Please send their name and contact info to Daryl Peifer at [depeifer@gmail.com](mailto:depeifer@gmail.com). Thank you!

## Web Site Redesign & Scavenger Hunt

The Valley Village web site, [valleyvillagehbg.org](http://valleyvillagehbg.org), has been updated and redesigned! We hope you will find it attractive, full of useful information, and easy to navigate – even if it looks a bit foreign at first. To have a little fun, and to encourage all of you to log in and explore your new resource, we will hold a Web Site Scavenger Hunt.

Starting on Monday, February 22 at noon, and for 10 weeks thereafter, we'll email a question to all Villagers asking you to "hunt" for a certain piece of information on the web site. Once you find the information, email it to [valleyvillagehbg@gmail.com](mailto:valleyvillagehbg@gmail.com). The persons who are the first and second to email their correct answers will receive prizes, a \$10 and a \$5 gift certificate to a local restaurant, respectively. Questions will be mailed out at noon on Monday each week. Board members are not eligible to compete, and members may only win a prize once.

So, dear members, get to know your Village web site at [<valleyvillagehbg.org>](http://valleyvillagehbg.org)! Be ready to compete! As of this mailing, we are still adding information and facilities to the site. We hope you'll find it more useful all the time.

Lorie Merrow

## *Tips About Getting the Vaccine*

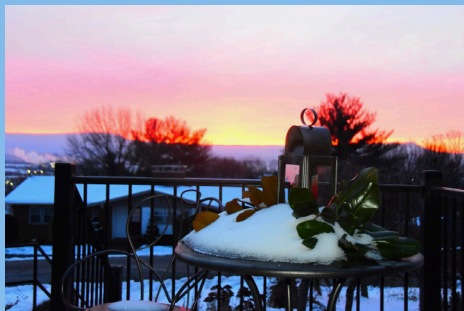
Recently we sent the link for signing up for the COVID-19 vaccine through a state-run web site VA State Health Dept sign-up.

We find that one must be a bit persistent if one wants to get the vaccine. Below are two other options. We suggest you follow up with one or both if you'd like to get the vaccine sooner than later.

1. If you are aged 65 and up and want to sign up for the COVID-19 vaccine, please fill out this link: Request for Individual Vaccination Survey. Please note that by completing this survey, your name will be added to a queue to receive notification when a COVID-19 vaccine is available to you and provide you with information on how to register.
2. Valley Health (based in Winchester) is currently running vaccination clinics for any Virginia resident who falls into the 1b category (includes people 65+). Each day at 12 noon, registration begins for the next day, and it goes FAST! Register at this link: Valley Health Registration

Vaccination clinics are being held in 4 locations: in Winchester, Luray, Front Royal & Woodstock. If you have other information to share with Valley Village members on how to get the COVID-19 immunization, please email Keith at [kagnagey@gmail.com](mailto:kagnagey@gmail.com).

Keith Gnagey (President, Valley Village)



## COVID Candids

The Covid-based limitations on travel did not prevent VV's photographer from finding remarkable subjects near home.

# Q&A

## This issue's Q&A:

Q: What have we been learning about living with an epidemic that should be incorporated in how we live post-Covid-19? (A question posed by Keith Gnagey.)

## A reply:

--Last Spring, while the pandemic began restricting our lives and tanking the economy, we also found more birdsong and flowers, near-empty roads and bluer skies. Must we have to choose between prosperity and a thriving natural world?

--In the Fall, to prevent having to choose between our right to vote and our health, citizens acquired ways to cast votes other than going to possibly crowded polls on Election Day: in-person, absentee and mail-in ballots. Turnout proved record high. Let's keep those choices. That isn't partisan; it's democracy.

--Anonymous

## Question for the March-April newsletter:

If isolating and social distancing have given you more time to read, what have been your favorite books or other reading fare of the season?

Please email your responses to Chris Edwards, [chrisedwardshburg@gmail.com](mailto:chrisedwardshburg@gmail.com), by March 20. (Also, please share any ideas you have for future Q&A's.)



## Find Valley Village on Facebook!

Valley Village Page: [facebook.com/ValleyVillageHarrisonburg](https://facebook.com/ValleyVillageHarrisonburg)

Valley Village [private] Group: [facebook.com/groups/vvhbg](https://facebook.com/groups/vvhbg)

## Board Members

Keith Gnagey, President  
Daryl Peifer, Treasurer  
Rich Sider, Secretary  
Ann Bender  
Stan Godshall  
Pearl Lantz  
Lorie Merrow  
Julie Alderfer Stauffer  
Clara Yoder

## 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.

**Volunteer Coordination**, Keith Gnagey, coordinator

**Service Provider Program**, Wayne Kurtz, coordinator

Valley Village newsletter is published bimonthly (every two months). Deadline is March 25, 2021, for submissions to the March-April 2021 newsletter. Send items to Chris Edwards, editor, 434-0457; [chrisedwardshburg@gmail.com](mailto: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