



Valley Village

Aging in My Home with Community Support

Member of
Village to Village Network

Vol. 11, No. 5 September - October, 2021

Quick Look

Every Tuesday
8:30 to 9:30 am
Zoom Yoga

Thursday, October 14, 3:00
McMullen Funeral Home Visit

Monday, October 18, 4:00 pm
Board Meeting - Zoom

Thursday, October 28, 10:15 am
Skyline Drive: Big Meadows
Luncheon & Hike

Thursday, November 11, 4:00 pm
Kathie Kurtz
The Blistering Morning Mist:
A Memoir

Monday, November 14, 4:00 pm
Board Meeting - Zoom

For details on all events visit
www.valleyvillage.org.

Newsletter

Kathie Kurtz, Editor
Earl Zimmerman, Assoc Editor
Denise Sauder, Layout Design

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

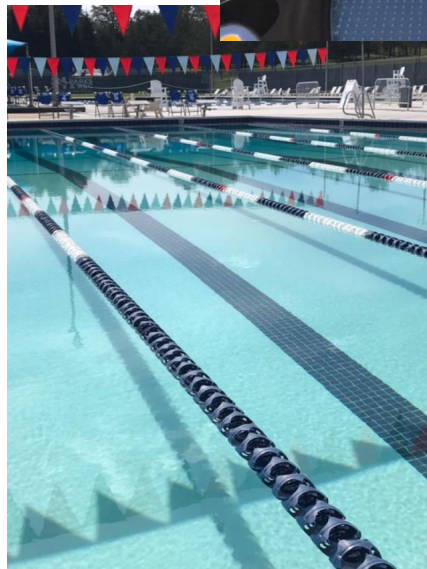
"Just One Call"
540-209-6484



Machines for
building upper
body strength

Easy-to-use tread-
mills for warm up,
cardio benefit, and
end-of-session cool
downs

Five swimming
lanes, one person
per lane



Tone up for Fall

If you are interested in free or inexpensive ways to stay physically fit, Harrisonburg's Parks and Recreation has some great opportunities.

Harrisonburg citizens fifty years and over can purchase a Westover Parks & Rec pass for \$30 a year or just \$15 for the remainder of 2021. County residents pay \$60 a year or \$30 for the remainder of 2021. The fee gives you access to the pool and Fitness Center as well as reduced fees for educational activities (see rates

here). Pool swim lanes are available from Monday to Saturday (see schedule here) and the Fitness room is open from 7:00 am to 7:00 pm Monday through Friday.

You can reserve a swimming lane for one hour at a time and I do so one to two times a week. All reservations for the next available week open at 7 am on Monday mornings. Even if you are

not a great swimmer, it is worth doing. I am inspired to improve my swimming skills by observing my lane neighbors swim multiple laps. The pool water is a very comfortable 81-83 degrees. Personal floatation devices are permitted and a lifeguard is always on duty. Unfortunately, showers and dressing rooms are not open, so you will need to come prepared to towel off well enough to dress and go home. The pool is uncovered in the summer and covered by a dome in winter. It will be closed for swimming from October 27 to November 7 in order to install the dome. The indoor season begins on November 8.

The fitness center is housed in the Cecil F. Gilkerson Community Activities Center (CAC) located next to the pool and it includes a gym and three racquetball courts. In the fitness room mask wearing is encouraged but not enforced. My husband Michael Stauffer and I have made a commitment to use the Fitness Room and equipment one to two times week. Reservations need to be made ahead of time for this as well.

Here are a couple of other great offerings from Harrisonburg Parks & Recreation:

The Simms Continuing Education Center also has a Fitness Center, available only through reservation for an hour at a time. Users have the room to themselves. The hours are 9-11 am and 1-4 pm, Monday – Friday. Call 540-437-9213 to reserve. The Center also offers a nine-station computer lab, a gymnasium, four classrooms, a conference room, and Parks and Recreation staff office. The Simms Center is at 620 Simms Avenue.

If you wish to remain outside, there is 1.3-mile trail at Hillandale Park that includes eleven pieces of fitness equipment spaced along the path. They target strength, cardiovascular health, and flexibility. The path also provides great bird watching opportunities, especially in the early morning hours.

Located off Route 42 South on Hillandale Avenue, this seventy-four-acre park has twelve picnic shelters, playground equipment, a regulation sand volleyball court, two asphalt basketball courts, and three restroom facilities. Shelters 1, 3, 6, 7, 10, 12 and all comfort stations are wheelchair accessible.

Feel free to contact me if you need help learning more about the resources at Westover Park.

Julia Alderfer Stauffer
jastauff@comcast.net.



Exercise machine on Hillandale trail



Hillandale trail



New Valley Village Newsletter Associate Editor

We are pleased that Earl Zimmerman has agreed to serve in the role of associate editor of the Valley Village newsletter. He will be adding his considerable skills and experience to assist Kathie in the bi-monthly production of our publication.

Earl and his wife Ruth recently retired and moved back to the Valley last year and built an aging-in-place, net-zero, energy efficient house in Belmont Estates. Earl is now putting lots of time and energy into gardening, environmental activism, and writing.

Earl and Ruth lived in the Washington DC area for ten years. Earl was the pastor of Daniels Run Peace Church in Fairfax, VA and Ruth worked for World Vision. They have spent a significant block of their lives in Asia, first in an eight-year mission assignment in the Philippines. More recently they did a three-year assignment as the regional representatives for India, Nepal, and Afghanistan for Mennonite Central Committee, living in Kolkata, India. Prior to their India assignment, Earl was the pastor of Shalom Mennonite Congregation here in Harrisonburg and taught religion and theological ethics at Eastern Mennonite University (EMU). Ruth was the co-director of the Center for Justice and Peacebuilding at EMU.

Earl and Ruth are the parents of three children, Krista, Stephen, and Sara and they have four grandchildren.

Valley Village Visits Duck Run Natural Cemetery

Rain stopped and the skies cleared just in time for our gathering in the gorgeous setting of Duck Run Natural Cemetery. Surrounded by corn fields and mountains, Duck Run invites people to come enjoy nature, even if burial is not on the mind and no family member is buried there. A fully-stocked pond (for catch and release) is open to all.

Located a few miles east of Harrisonburg, Duck Run is little known to most. This green cemetery values care for the earth, encourages family involvement, and offers people a variety of choices. It does not advertise, relying instead on spreading information by word-of-mouth. Costs are lower than in regular cemeteries and include a flat headstone. Glenn Janelle, the general manager, presented a very informative session to our Valley Village group. He was eager to answer our many questions, and walked with us down to the pond. Duck Run is open to carrying out a burial in whatever way a person or family desires, as long as no chemicals, plastic, or glass are involved. All containers, urns, or caskets need to be biodegradable. A hope for the future is to have a woodshop where families can build their own casket, if desired.

If anyone would like to talk with Glenn or have an individual tour, call him at 540-432-8650. You can also check their website at <http://duckruncemetery.com/>

Betty Shenk



Top left - Glenn Janelle, the general manager of the cemetery

Bottom left - From left: Lonnie and Teresa Boshart Yoder, Pearl Lantz, a visitor, and Clara Yoder

Smith Mountain Lake Excursion



Top Photo - Lunch time: from left Clara and Ed Yoder, Pearl Lantz, Lowell and Janet Wenger

Second photo - front from left: Clara Yoder, Lourene Bender, Ed Yoder, Ann Bender; (under awning) Lowell Wenger, Susan Godshall, Pearl Lantz, Janet Wenger

Third photo - Dam at Smith Mountain Lake

Fourth photo - Peaks of Otter and Blue Ridge Mountains

Right photo - from left: Pearl Lantz, Ann Bender, Clara and Ed Yoder, Susan Godshall, Janet Wenger, Lourene Bender, Lowell Wenger, Stan Godshall

The Smith Mountain Lake excursion on Sept 23 was a marvelous experience for the nine Valley Village members who participated. We had plenty of room to spread out as both the van we rode in and the boat we used accommodated fifteen people. Although the day was sunny, the air on the water had a chill to it. Visibility was fantastic, and the Peaks of Otter and other Blue Ridge mountains were clearly visible.

We learned about the history of the lake. In 1960 construction began on a dam at the convergence of the Roanoke, Blackwater, and Bull Run rivers. Completed six years later, it raised the water level of the Roanoke River about 180 feet and generated electrical power for the Appalachian Power Company. The lake has about 500 miles of shoreline and serves as a recreational area for boating and fishing. On our boat ride, we traveled between 40 and 50 miles.

We lunched on an outside deck at the Los Amigos Restaurant at Crazy Horse Marina. As we ate, we reflected on the dilemma such recreational areas present. While the lake formation brought beauty and fun, it did so at the expense of local communities who had to give up homes, farms, and neighborhoods. We talked about the change in demographics. The lake was originally surrounded mostly by mobile homes, cottages, and campers, but over the decades since it was formed, it has shifted to expensive houses and condos. Following our lunch, we began our homeward trip on the Blue Ridge Parkway and then reluctantly returned to the busy reality of Interstate 81.

J. Lowell Wenger





Supper Club

In August 19 two groups of people, fourteen in all, gathered for supper in neighboring locations on Park Road—Paul and Ann Yoder's home, and Vera and Carl Hansen's. We met under roof due to rain or threatening rains. As part of the goal of learning to know each other, both groups shared personal stories about where we have lived or traveled and what we have experienced. Each household brought their own food and drinks and were safely distanced.

The number of groups each month depends on the number of persons signing up—we aim for about ten people per group. Each group meets in a preassigned location, usually outdoors at someone's home. Please consider signing up next month!
Paul Yoder
Supper Club Coordinator



Top right - from left: Ann Yoder, Betty and Keaton Shenk, Mike and Mattie Marie Mast, and Evelyn Driver. (Paul Yoder, behind camera).

Center left: Clara and Ed Yoder

Bottom right - from left: Carl Hansen, Glen and Mary Kauffman, and Pearl Lantz



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 mem-
bers of Valley Village.

Wearing the Facemask...Again? Argh!

On July 28, 2021 the CDC advised that people who live in high-transmission communities (that is now all of us) wear masks in indoor public spaces, even if they've been vaccinated. They were following the science --- the result of the presence of the highly contagious Covid-19 delta variant that has flooded our country. The public is not very happy about this---we thought we were over the hump and heading back to normal living. There have been outcries that masks don't work, and children are harmed by masks, to name a few.

Wearing a mask is effective in reducing spread of Covid-19---It works: Last month a large, randomized study of the efficacy of mask wearing was reported: the study looked at a population of over 430,000 adults in rural Bangladesh. Half were given masks and taught how and encouraged to use them with the other half were given neither masks nor training---this group served as the control group. The usage of masks increased 28.8 % in the study group and over a six-month period the Covid-19 infection rate dropped about 10% as compared to the control group. This was a statistically significant positive result---the authors speculate that the infection rate would have dropped much more if everyone in the intervention group had complied with mask-wearing.

Children are not harmed by wearing masks. They appear to be more adaptable to mask-wearing than adults! Carbon dioxide does not build up in the mask and children do not suffocate behind their masks (neither do surgeons). Children can develop language and social skills even if not seeing the others' entire faces. Eye contact is a key element of communication. Body language and the sound of the voice are important factors also. Children learn to read the eyes and forehead as they communicate with others. The lower half of the face with its expressions are not necessary. Children can easily identify the emotions expressed by others while observing only above the mask. They may even develop emotional skills better and become more adept at communication during this season when mask-wearing at school is the norm!

Today (September 20, 2021) Pfizer announced that immunizations of children ages 5-11 with 10 micrograms of their vaccine is safe and effective (the adult dose contains 25 micrograms of vaccine). This is good news. Maybe we will get through this pandemic soon---as we move toward Covid-19 endemicity (more about that later).

Stan Godshall

From Valley Program for Aging Services (VPAS)

We are launching an Aging with Confidence program series as well as new caregiver workshops and support circles. The new workshops are designed to facilitate interaction, build knowledge, and enhance quality of life for older adults and their families - especially critical given the mental and physical toll Covid-19 has had on so many. There are virtual and in-person programs to choose from. Topics include falls prevention, avoiding technology scams, dementia, end-of-life transitions, and much more. Visit vpas.info/events or call 540-615-5341 for more information.

Sara Ward



Annual Meeting Moving to January

The Annual Meeting of Valley Village is moving to January. This takes the meeting out of the holiday season and allows the board to make a full financial report following the close of our budget year on December 31. The exact date will be announced in October. A decision about whether to hold it virtually or in person will be made in early January.

Just One Call


Just One Call provides occasional assistance by Valley Village members to other members who are not able to manage certain tasks well on their own. Volunteers provide transportation or home-based services such as lawn clean-up to those in need of help. Click [here](#) to sign up to volunteer OR to submit a request for assistance. You can also go to the Valley Village website, click Services, and choose Just One Call.

Strategic Planning Update

The Strategic Planning Committee is in the process of honing various ideas for improving and increasing member services. From the brainstorming and research we did earlier this year, we're considering which ideas are realistic for our organization and which would be most valuable to our members. Which services and activities will be most helpful to our members as they "age in place?"

Service Provider Update

Request for Service Provider Input



The recent Valley Village member survey included some questions about the Service Provider information available on our website. Most respondents gave the program a very good rating. In our efforts to continually improve the quality of information, I urge members to report to me any problems such as unsatisfactory service from a provider, a listing with incorrect or outdated information, a provider no longer offering the services listed, etc.

Records at the "Search for a Service Provider" option are updated immediately with new information. The report at the "Service Providers List by Service" menu item is a spreadsheet that is revised and the new listing posted online periodically, with a goal of updating it at least quarterly.

Respondents to the survey suggested additional Service Provider listings for snow removal, pet sitters, and tree or shrub services. Recommendations from members for providers of these services would be greatly appreciated.

Wayne Kurtz

Service Provider Co-ordinator

wdkurtz@outlook.com



Find Valley Village on Facebook!
Valley Village Page: facebook.com/ValleyVillageHarrisonburg
Valley Village [private] Group: facebook.com/groups/vvhbg

Board Members

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

Valley Village Committees and Members:

Education Committee

Greg Versen-Chair, Ann Bender, Keaton Shenk and Keith Gnagey.

Social Committee

Clara Yoder-Chair, Julie Alderfer-Stauffer, Vi Miller, Faye Yoder, Paul Yoder.

Tour Committee

Pearl Lantz-Chair, Vi Miller, J. Lowell Wenger

MemCom (Membership and Communication)

Lorrie Merrow - Chair, Nancy Faulkner, Daryl Peifer, Stan Godshall

Strategic Planning Committee (ad hoc)

Lorie Merrow-Chair, Susan Godshall, Pearl Lantz, Helen Nafziger, Daryl Peifer

Policies & ByLaws (ad hoc)

Julia Alderfer-Stauffer-Chair, Keith Gnagey, Lorie Merrow

Newsletter

Kathie Kurtz-Editor, Earl Zimmerman-Associate Editor

Just One Call-Volunteer Program, Tom DuVal, coordinator

Service Provider Program, Wayne Kurtz, coordinator

Film Committee (on hiatus)

Steve Shenk-Chair, Virginia and John Spicher, Chris Edwards and Robin McNallie

The Valley Village Newsletter supports the mission of Valley Village by publicizing events, services and opportunities, by educating members on topics of general interest, including aging-related, by connecting members through event recaps, profiles, birthdays, etc., and as a vehicle to promote membership.

Valley Village newsletter is published bimonthly (every two months). Deadline is November 22, 2021, for submissions to the November - December, 2021 newsletter. Send items to Editor, Kathie Kurtz at kathiekurtz@verizon.net. New and recently new members: May we please put you in the New Members' Spotlights?? As you'll see from the two articles above, you can be flexible in length. Please include at least one digital photo, and send to Kathie Kurtz. Thanks!!