



Helping older adults live independently



Photo by Ellen McLaughlin

SOUTH COASTAL VILLAGE VOLUNTEERS' PICNIC

Our First Social Event!

SCVV held our first social event on June 17 with a picnic at John West Park in Ocean View, next to our office. Thanks to the meticulous planning of **Lois Pastore** and **Liz Bolton** and to perfect weather, the afternoon was a rousing success.

The picnic was a way for the organizers to thank the volunteers for their services and to meet our members. Forty-three volunteers, including all but one member of the Steering Committee, and thirteen members attended. Some of the members were transported to the picnic by volunteers. Name tags identified attendees, and it was fun to see volunteers and members holding up their name tags to introduce themselves to each other as they made many new connections.

The picnic presented a great opportunity for Steering Committee members, volunteers and members to mingle, chat and get acquainted.

Grill cooks **Paul Bolton** and **Rick Franklin**, assisted by **Bill Gay** and **Alvin Ross**, prepared hamburgers, hot dogs and veggie burgers using food donated by **Hocker's/G & E**, **Weis Markets** and **Giant Food**. SCVV is grateful to our local groceries for their contribution to our event. Delicious homemade desserts donated by a number of volunteers topped off the sandwiches and a large selection of salads.

At the end of the picnic, each member received a small Fourth of July centerpiece with a flag and red, white and blue M & M's. Steering Committee members all were delighted with their Fourth of July decorations, all courtesy of **Liz** and **Lois**. The picnic was such a success that we hope to make it an annual event.



Joan Gordon and Members Dottie Rieck & Sue Culen

Volunteers Dave Green and Ron Calef

Bill Gay, Alvin Ross, Paul Bolton & Rick Franklin

SCVV PICNIC PHOTOS CONTINUED



Volunteers Ria Carrara, Carol Calef & Marilyn St. Pierre



Volunteers Kathy Green and Karen Taylor



Volunteers and members enjoying the picnic



Member Nancy Main



Volunteers Herb Martin and Jack Gordon

SPOTLIGHT ON STEERING COMMITTEE MEMBERS

This issue spotlights two Steering Committee members who handle our new members and keep our office running. Meet **Betty Martin** (below) and **Diane Strobel** (page 4).



Betty Martin, SCVV Membership Coordinator, is a native Washingtonian who first came to Bethany Beach as a child. She and her husband have lived in Ocean View since 2011.

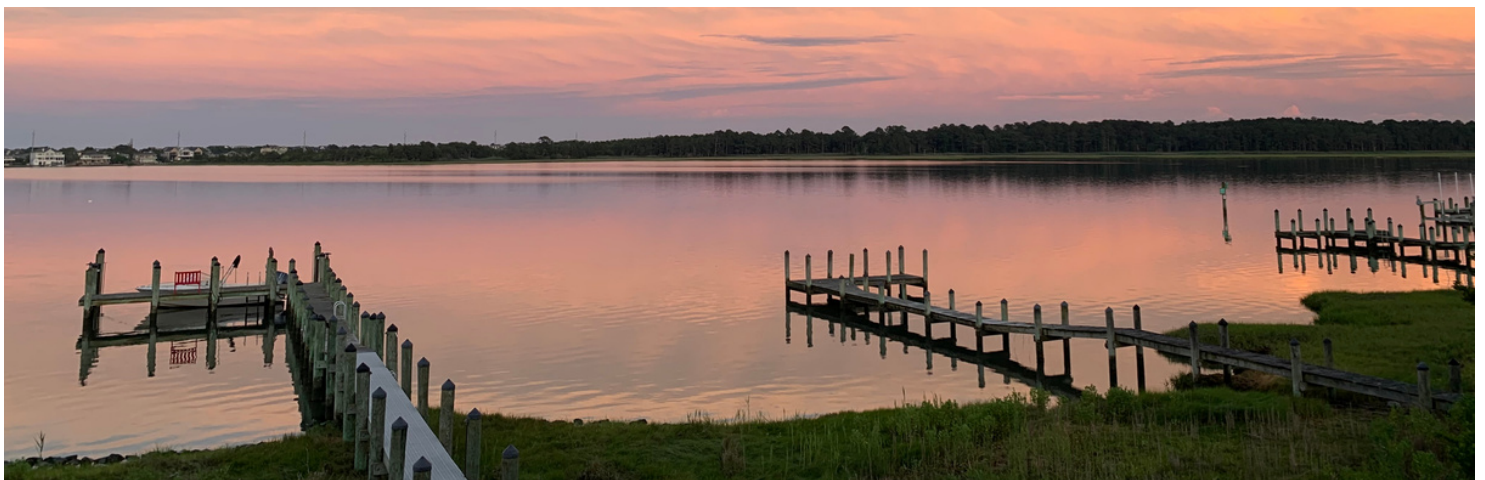
Betty worked as a nurse at Georgetown University Hospital in DC, in school health in Montgomery County, MD, and as a nurse volunteer with DC Hospice. For the past twenty years, she has been a volunteer with the Virginia Hospital Center Medical Brigade mission, which provides various health care services to under served communities in Honduras. Betty has also served as

a nurse volunteer with Project Hope on missions to Southeast Asia and South America.

Betty's interest in SCVV is based on her mother's ability to age in place in her own home, thanks to the support of family and friends when no Village Volunteers organization was available.

As SCVV's Membership Coordinator, Betty responds to inquiries about membership, sharing information and meeting with potential members. She conducts intake sessions where she assesses each new member's needs and how SCVV can help, making sure all pertinent information is processed so that it can be entered into the computer system. Betty follows up with new members to encourage them to engage with the Village and request the services they need. She sometimes works with Beebe Home Care Services to reach out to discharged patients who may need help.

Vice Chair **Chris Powers** notes that Betty's medical background and calming presence are assets as she interacts with and reassures new SCVV members as they strive to live safely and independently in their own homes.



SPOTLIGHT ON STEERING COMMITTEE MEMBERS

CONTINUED



Diane Strobel, SCVV Office Manager, a native of Rockland County, New York, raised her three children in Louisville, Kentucky. After her husband was diagnosed with a rare dementia in his fifties, Diane published a book for family caregivers. Diane's 20 years of work with hospital administration and mental health call centers led to her participation with State crisis teams, giving her experience with FEMA and HAZMAT. She became a full-time resident of Ocean View, Delaware in 2017 and started a support group for caregivers here. Diane wishes to serve our community and help our older residents find the support they need to live their best lives.

Diane's experience makes her abundantly well qualified to run the SCVV office. She recruits, trains and manages the office volunteers to provide full coverage and responds to all e-mails and incoming calls. She works closely with members requesting services and inputs the requests into the computer system where volunteers, trained in the system by Diane, can choose what they want to do. She schedules the volunteer office assignments and the use of the conference room. In addition, she establishes protocols for the office and communicates procedures to the office volunteers. Diane and her staff keep the SCVV office and the computer systems we rely on running efficiently.

Diane helps members resolve issues with requests so they have peace of mind that we will meet their needs. According to Vice-chair **Chris Powers**, "Diane is kind and patient, a real problem solver who doesn't quit until the problem is solved."

The Village office, located at 32 West Avenue in Ocean View, is open from 10 am to 2 pm Tuesdays and Fridays.





South Coastal Village Volunteers Launches Website: www.southcoastalvillagevolunteers.org

We are delighted to announce that South Coastal Village Volunteers has launched its website to make it easy and convenient for our community to learn all about us, to become members and volunteers, and to donate.

Thanks to the technical expertise of Strategic Partner **Charlie Kopay** and the contributions of **Joan Gordon, Kathy Green, Chris Powers** (all Steering Committee members) and Strategic Partner **Claudia Thayne**, we are now live on the internet.

Featuring pages on Volunteers, Members, Donations Organization, Alliances, History and FAQs, the website at www.southcoastalvillagevolunteers.org provides a place for finding out who we are, what we do, and how to become a part of our organization.

Please look us up on-line. The website will be updated regularly to reflect our activities and goals as we go forward. Our website links to the Village Volunteers website (www.villagevolunteer.org), the 501(c)(3) non-profit organization of which we are a branch, to expedite volunteering and donations.





Stuart Martens, a member of the BOD of Village Volunteers, is a National Board Certified Health & Wellness Coach. He is also certified as a Nutrition Health Coach by the Institute for Integrative Nutrition and by the DE Department of Health & Social Services to facilitate classes. He conducts Healthy Eating Workshops.

Drink to Your Health

It's summer and it's hot outside. Time to stay hydrated. Here's how:

- Take your weight and divide by 2. That's the number of ounces of water your body needs daily.
- Change it up a bit by squeezing a little lime or lemon into your water. It promotes hydration, has lots of vitamin C, supports weight loss, improves skin quality, aids digestion, freshens breath and helps prevent kidney stones.
- The way to get enough water each day is to have a glass of water with you in your home all the time. Drink a full glass of water as soon as you rise in the morning as our bodies are slightly dehydrated from sleeping. If you drink tea during the day, that counts as water as tea is found to be hydrating. On the other hand, coffee is dehydrating as it is considered a diuretic. When you leave the house, always take a thermos of water with you. (Don't use single use plastic water bottles. They are expensive, they are not regulated and they are bad for the environment.)
- Drink coconut water (without added sugar.) Helps reduce blood pressure. Helps prevent kidney stones. Reduces cholesterol and triglycerides, as well, better than statins. Restores hydration and replenishes electrolytes.

- Drink watermelon water. Minerals and vitamins include potassium, B vitamins and vitamin A. Contains antioxidants including lycopene which protect against cancer. Compounds in watermelon help in treating kidney stone, diabetes and blood pressure.
- Delete all beverages that contain High Fructose Corn Syrup (sodas). They tend to make you thirstier and don't hydrate. These drinks will increase your risk of obesity and weight gain. They're a key cause of Diabetes, and increases the risk of heart disease and cancer. They contain no essential nutrients.
- Avoid beverages that contain dairy. Milk and other dairy products are a top source of saturated fat in our diet contributing to heart disease, diabetes and Alzheimer's.
- Avoid fruit juice unless freshly squeezed. Most fruit juice in packaged, bottled form is High Fructose Corn Syrup. Check the label.

Questions or comments? Contact Stuart, National Board Certified health coach at SMHealth@gmail.com, 925-522-9723.

The information received from Steuart Martens/ Steuart Martens, certified Health Coach is intended for your educational use only and is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before starting any diet, exercise, medication or supplement program or if you suspect that you have a medical problem.



**ANNOUNCING!
HARVEST WINE DINNER
9/30/2021**

**Save the Date
Thursday, Sept. 30, 2021
South Coastal Village Volunteers
Harvest Wine Dinner**

We are excited to share the news that South Coastal Village Volunteers will hold its first Friend Raising and Fund-Raising Event at the **Good Earth Market** in Ocean View, Delaware on September 30.

Come and kick off the fall season with us as you learn about the South Coastal Village Volunteers and enjoy a delicious menu, paired with selected wines, prepared by chef **Nino Mancuri** and the Good Earth culinary team.

Sponsorship opportunities and ticket information will be available soon.

Watch for more information on our website www.southcoastalvillagevolunteers.org.



July 2021

Issue 4

Steering Committee

The Steering Committee is responsible for completing the day-to-day tasks of organizing the South Coastal Village Volunteers

Ron Kerchner, Chairman

Christine Powers, Vice-Chairman

Betty Martin, Secretary/Membership
Coordinator

Elizabeth Bolton & Lois Pastore -
Outreach & Volunteers

Jack Gordon - Finance and Government
Liaison

Joan Gordon - Communications/PR

Kathy Green & Karen Taylor - Development
and Marketing

Diane Strobel - Operations Manager

Strategic Partners

Our Strategic Partners are a group of area professionals who have special skills to contribute to the development and operations of the South Coastal Village Volunteers

Debbie Botchie

Christine Connor

Cliff Graviet

David Green

Maureen Hartman

Carol Houck

Charlie Kopay

Michele Morgan

Annie Raskauskas

John Robbert

Tempe Steen

Claudia Thayne



Why Volunteer?

The following statistics were taken from a Health and Volunteering Study sponsored by the United Health group:

- 90% of respondents said their volunteer efforts give them a richer sense of purpose in life
- 95% said volunteering makes their community a better place
- 94% said volunteering improves their mood
- 78% said volunteering lowers their stress level

With our growing membership, we need more volunteers!

Help make our community a better place for older adults to live independently.

Go to www.southcoastalvillagevolunteers.org to work with us, enriching your life along with the lives of the members we serve.

Contact Us!



South Coastal Village Volunteers

302-500-1281

southcoastalvillage@gmail.com

www.southcoastalvillagevolunteers.org

*Thank
you!*



South Coastal Village Volunteers is a branch of Village Volunteers, an IRS approved 501(c)(3) nonprofit organization.

For more information, visit www.villagevolunteer.org