



Helping older adults live independently



## SCVV CELEBRATES ONE YEAR OF SERVICES!

The beginning of 2022 marks a full year of operations for South Coastal Village Volunteers. SCVV began organizing just before the pandemic arrived, so it was exciting when performing services for members became a reality.

Here is a list of what SCVV accomplished in 2021, our first operational year:

- We enrolled 32 members and 5 supporting members
- We vetted and trained 74 volunteers
- These volunteers carried out over 1,000 services for members
- Volunteers donated over 1,000 hours of their time for member services, and our committees spent hundreds of hours in startup planning and ongoing administration
- We published our newsletter quarterly
- We launched our website [www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org) in June

- We became a presence on Facebook
- We held our first fundraising event October 7 at Good Earth Market and raised over \$3,000
- We received a Delaware Grant-in-Aid for financial assistance for membership
- We received \$28,534.53 in donations
- We held social events for members and volunteers – including a barbecue picnic in June, an ice cream social in September, a Halloween party in October and a holiday celebration in December
- We extended our office hours to three days weekly
- We participated in our first Bethany-Fenwick Chamber of Commerce events

South Coastal Village Volunteers is very proud of our progress. With your help in membership, volunteering and donating, we will continue to develop our organization to serve the older adults in our community.

January 2022

## SCVV Holiday Party

“In the Air There’s a Feeling of Christmas”

by Sally Scarangella

This popular holiday song captured the mood of the South Coastal Village Volunteers’ Christmas party December 8th at the Millville Community Center. Many volunteers and members enjoyed the games, treats, singing, and decorations at this wonderful event.

**Liz Bolton** and **Lois Pastore**, along with the entire social committee, created festive center pieces and red and green candy place settings.

**John McKee** made the cookies that were beautifully decorated and delicious. The community center was adorned with a colorful, bright Christmas tree which added to the spirit of the party.

Members and volunteers sang many familiar holiday carols that were led by **Bob Lawless** and **John McKee**. **Lisa Laird** accompanied the carolers on the piano. It was a lot of fun, particularly singing “The Twelve Days of Christmas.” Following the singing was a holiday trivia game. The social committee really outdid themselves with the planning and organizing of this party.

Each member received a poinsettia plant to take home. Everyone truly had an enjoyable time at this entertaining event.

South Coastal Village Volunteers wishes all a happy and healthy new year!

## Upcoming Events

**January** – Volunteers will deliver goodies and cards to all members.

**February** – The SCVV Social Committee will create some Valentine’s Day magic for members.

**February** – Volunteer **Lisa Laird**, a former ombudsman and patient advocate, will conduct a workshop for SCVV volunteers on techniques to interact and effectively communicate with seniors and how to react if a member becomes angry or upset.

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*“Be the person who makes others feel included.”  
- Unknown*



## SPOTLIGHT ON THE COMMUNICATIONS COMMITTEE

### The Power of Communications and Community Connections

by Chris Powers

Thanks to the leadership, experience and hard work of **Joan Gordon**, SCVV is recognized throughout the community. Joan's partnership with **Claudia Thayne** was the beginning of a team of creative and resourceful talent. Their outreach efforts and community connections have created a bond between SCVV and local governments, the Bethany Fenwick Chamber of Commerce, other non-profits, HOAs, clubs and associations such as Bethany Beach Landowners Association. These connections, along with frequent **Coastal Point** press releases, helped recruit over seventy volunteers and thirty members.

The previous newsletter editions have kept us in touch with our Strategic Partners, donors and many others so we can share our progress, tell stories of our members and acknowledge the hard work of our volunteers.

Creative tools such as the SCVV Facebook page (see page 5) and the SCVV website, [www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org) create a dynamic platform for sharing information. Our website was launched in June 2021 after many iterations and revisions. Work on improving and enhancing the website continues.

Strategic Partner **Charlie Kopay** provided all the technical expertise for creating the website and is supporting it on an ongoing basis.

The Communications Committee, enhanced last fall by the addition of **Jan Gibson**, **Madeline Kelley** and **Sally Scarangella**, plays a significant role in supporting the work of all other SCVV committees. Their experience with other volunteer organizations and their connections throughout the community have helped to open doors and hearts to our mission. Their contributions are priceless and cannot be overstated.



**Joan Gordon**, SCVV Communications Committee Chair, was born and raised in Philadelphia and spent most of her adult life in Montgomery County, Maryland. She raised her three daughters there and taught high school English in the public school system. She was a volunteer for the Montgomery County Association for Retarded Citizens, and for many years chaired their fund-raising luncheon/fashion show.

In 1999, Joan and her husband Jack retired to their beach house in Bethany Beach, and they have been active community members and dedicated volunteers in Sussex County.

Joan worked with the Friends of the South Coastal Library, serving as a member of their Board of Directors and editor of their newsletter for twelve years and as Public Relations Chair for the Beach and Bay Cottage Tour for seventeen years. In addition, Joan was active with Operations SEAS the Day, helping in a number of capacities in their efforts to provide family vacations for wounded warriors.

Seeing the need for an organization like South Coastal Village Volunteers in the Bethany Beach area, the Gordons volunteered to become part of the Steering Committee soon after it was organized late in 2019.

Joan, a life-long chocoholic, admits to loving this area because she is a dedicated beach bum. Her leisure activities include walking, tennis and kayaking, and she is a voracious reader.

## SPOTLIGHT ON THE COMMUNICATIONS COMMITTEE (CONT.)



**Jan Gibson** moved to Ocean View with her husband, Rick, in 2018 from Prince Frederick, Maryland, where she had lived for 20 years and owned her own company, Infinite Errands, a personal and corporate concierge and errand service. She currently works part-time as a virtual assistant for a computer training company. She is a member of the Board of Directors for the Friends of Calvert County Seniors, a nonprofit organization that provides financial assistance to eligible Calvert County, MD, residents aged 60-plus to help them remain independent and self-supporting. After reading an article in the Coastal Point in 2020, Jan knew immediately SCVV was the right fit for her. With a background in information technology, Jan hopes she will help SCVV members in that area. She enjoys the beach, her Peloton bike, crafting, and repurposing furniture.



**Madeline Kelley** recently moved to Bethany Beach from Oklahoma, after previously living in Connecticut and New York City. Madeline works in sales and event planning for a women's organization, Ellevate Network, and has prior experience working in the nonprofit sector as a fundraiser, event planner, and grant writer. With a passion for helping others, Madeline wanted to get involved with South Coastal Village as a volunteer to help support the local community on a personal level. Having had extensive marketing experience, Madeline was eager to join the Communications Committee to increase awareness of the organization locally, and increase volunteers, members, and donors through this awareness.



In 2014, **Sally Scarangella** moved to Delaware from New Jersey where she taught 7th and 8th grade Language Arts for 31 years. She has been involved with the Delaware Botanic Garden since its beginning and was president of Coastal Gardeners for 4 years. She is also a member of the Baltimore Women's Club where she is Chair of the Conservation Committee.

Besides gardening, Sally enjoys reading, walking, and traveling. She joined the South Coastal Village Volunteers because she loves to help others. "It gives me great satisfaction that I can help someone," Sally stated.



**Claudia Thayne** moved from New Fairfield, CT, to Ocean Pines, MD, in 1996, with her husband and second grader, to a new home across the park from her parents. She was a speechwriter and public relations administrator for IBM in New York. After earning a second degree, she taught Writing and Language Arts to middle school and college students and worked as a freelance writer and photographer. In 2005, she became the marketing and communications manager for Sea Colony, a private community near Bethany Beach, retiring in 2021.

With a grandfather (Navy), father, husband, and nephew (Army) proudly serving their country during conflicts, Claudia eagerly supports Operation SEAs the Day – a not-for-profit organization providing wounded veterans and their families a week of renewal and relaxation at the serene Delaware seashore. "The kindness and generosity of local Delaware neighbors is a constant reminder of how powerful a grass-roots effort can be," she said.

When asked to help South Coastal Village Volunteers last year, she was once again inspired by the energy of the SCVV committee members and volunteers who, despite the challenges of a pandemic, launched a program to help older adults live at home for as long as possible.





## South Coastal Village Volunteers' Facebook Page Is Up and Running!

by Madeline Kelley

We created a presence on Facebook to share updates on our organization, current member and volunteer happenings, and as a resource for those with aging relatives, friends, and neighbors, so we'll be keeping the Facebook page updated regularly.

Through representation on social media, South Coastal Village Volunteers is aiming to increase awareness, gain followers, and hopefully gain new members, volunteers, and donors. In order to let our local area know SCVV is doing imperative work

for our aging community, it's critical that we keep the community up to date on our events, our members and our volunteers. We would appreciate it if you would "like" and follow our Facebook page @SCVVolunteers and share it with your friends and family. And, if you'd like to share your experience as a volunteer, member, donor, or supporter, feel free to reach out to us directly so we can feature you online. The more that we can share about our incredible organization, the better our social media presence and the growth of SCVV will be.

## SCVV Mascot

by Oksana Hoey



Meet Trixie, our "Team Helen" Mascot. Trixie is a 15 year-old chihuahua/rat terrier mix residing in Ocean View. SCVV "Team Helen" members visit Trixie for a daily walk, playtime, doggie treats, and belly rubs, followed by a delightful visit with Helen. We all look

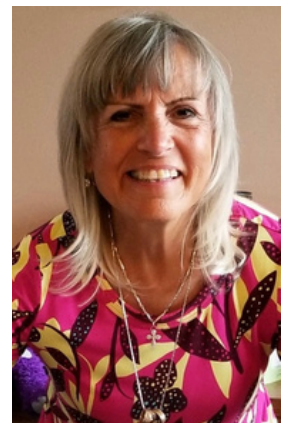
forward to our weekly visits with Trixie and Helen, who have been members of SCVV since April 2021, and continue to enrich our lives as we enrich Helen's and Trixie's. What a wonderful win/win!

## Let's Sing!

Thanks to the enthusiasm and efforts of member **Nanci Main**, SCVV has its very own theme song. Similar to the tune of YMCA by (how appropriately) The Village People, the song captures the essence of our Village.

Nanci commissioned the song, which was first played last fall at an SCVV presentation at Millville By The Sea.

The song begins with "Seniors, there's no need to feel down" and its chorus says, "SCVV it's fun to be in SCVV."



**Volunteer Nanci Main**

The song can be found on YouTube at: [www.youtube.com/watch?v=QeDXKV66Y9o&list=OLAK5uy\\_naupzA8nhcHNy35ehdXoFM7eW0Dp42eoU](https://www.youtube.com/watch?v=QeDXKV66Y9o&list=OLAK5uy_naupzA8nhcHNy35ehdXoFM7eW0Dp42eoU)



## **In Memorial - Marie Rebeca Huerta**

by Manny Uy

**Maria Rebeca Huerta**, an early and enthusiastic member of the South Coastal Village Volunteers from Ocean View, passed away on Tuesday, Nov. 2, 2021, at Johns Hopkins Hospital in Baltimore, Md. She was 96 years old.

Rebeca (as she was known) was an intelligent and intensely independent lady born from an established family in Valparaiso, Chile. She moved with her physician husband, Ruperto Huerta, to Washington, DC, in 1957, where she raised their children. Rebeca and her husband retired to the Bethany Beach area in 1982, and after his death she moved to Ocean View.

She was an avid gardener and knitter, a member of the Red Hat Society, and a weekly communicant at St. Ann's Catholic Church.

As a member of SCVV, Rebeca thoroughly enjoyed meeting people, and she loved to go out to restaurants. She was very appreciative of SCVV's help, such as taking her to medical appointments, shopping, to Mass on Sundays, or simply just driving her around the area. During these outings, she loved to engage in political discussions and social/controversial issues, of which she was acutely aware.

She will be missed.



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## What People Are Saying . . .

Compiled by Jan Gibson

### Volunteer testimonial:

"I have met some of the nicest and most interesting people while volunteering with the SCVV. Our members have seen and experienced some of the greatest events of the 20th century and have lots of stories to tell. Every visit is an adventure. I look forward to each and every one"

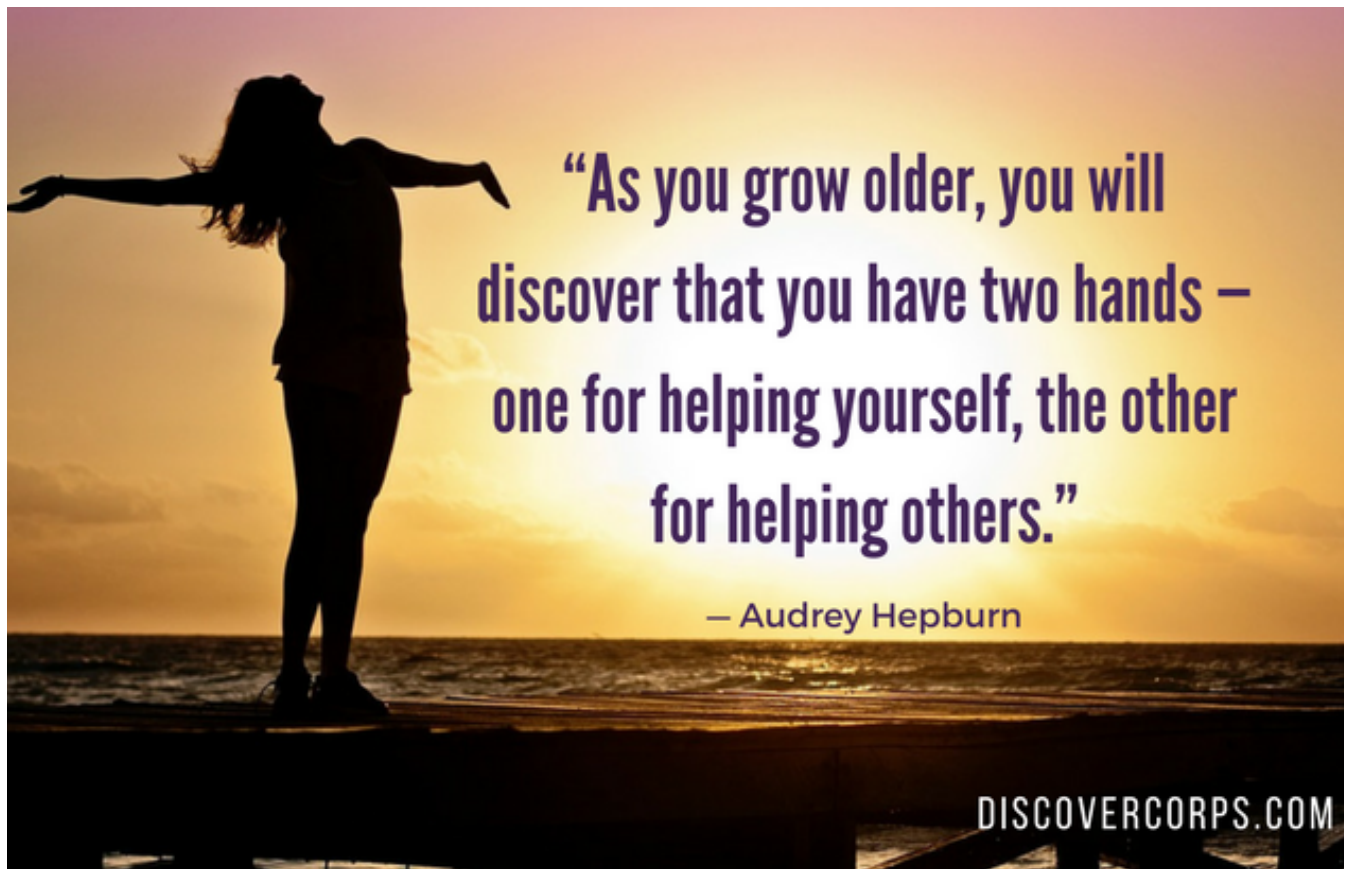
### Family Member testimonial:

"The South Coastal Village Volunteers have given our family such peace of mind. Mother tells us how good everyone has been to her and it's comforting knowing that they truly care. We feel blessed."

## Scholarships Available for Membership

Thanks to a DE Grant-in-Aid as well as earmarked donations that have been awarded to South Coastal Village Volunteers, we can offer scholarships to help defray the cost of membership for eligible older adults.

If you know of anyone who could benefit from financial assistance to become a member of SCVV, please contact **Ron Kerchner** at [southcoastalvillage@gmail.com](mailto:southcoastalvillage@gmail.com) or by calling **302-500-1281**.



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**Steuart 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.

## A Good Night's Sleep Is Critical to a Healthier You

The daily decision to shortchange sleep has reached epidemic proportions in much of the world. Seventy million Americans have at least one sleep disorder. Lack of sleep can significantly degrade our physical and mental health. Here's the shortlist of the medical risks that increase when we don't get enough restorative sleep on a regular basis:

- hypertension
- type two diabetes
- obesity
- depression
- heart attack
- dementia
- stroke

### Why is sleep such an issue for so many?

The electric light bulb made the biggest difference. It wreaks havoc on our circadian rhythms. Information overload, caused by 24 hour news cycles and social media, messes with our sleep patterns, too. Blue light on every single screen in our lives suppresses the production of melatonin at night, making it harder to fall asleep and stay asleep. One solution is to wear orange glasses over your reading glasses two hours prior to going to sleep.

### Why is meal timing important?

Sleep and meal timing can impact hormonal levels that, in turn, influence satiety and food intake. Eating late at night can interfere with sleep quality and brain health. Even small snacks late at night can turn on the whole digestive system.

### What are the specific nutrients in foods that can help you go to sleep easily and help you stay asleep until fully rested?

Dietary fiber, folate, complex carbohydrates, isoflavones, magnesium, tryptophan, and melatonin are effective.

### What are the best plant-based foods to help us sleep better?

Pumpkin seeds contain high levels of tryptophan and magnesium. Just three ounces of roasted seeds exceed the recommended daily value for that nutrient. Kiwis, in addition to being rich sources of antioxidants, contain serotonin and folate, helping people sleep longer and better. Mushrooms in general are good sources of melatonin and folate. One variety in particular, lion's mane, may help to decrease depression, anxiety, and sleep disorders in overweight and obese persons. Whole grain rice—both red and black varieties—has the highest levels of melatonin. Oats have high levels of melatonin and soluble fiber. Pistachios can improve sleep due to the isoflavones they contain as well as their very high level of melatonin. They're also a good source of magnesium and folate. Almonds contain the sleep promoting nutrients tryptophan, melatonin, and magnesium. Whole soy foods are high in magnesium and folate and particularly isoflavones. **The best beverages for enhancing sleep** include chamomile tea, tart cherry juice, lemon balm tea, valerian tea, and lavender tea.

*So eat, sleep and be healthier  
in 2022!*

The information received from Steuart Martens, NBC-HWC/National Board Certified Health and Wellness 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.



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## 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**

**Zita Pennypacker\***

**Annie Raskauskas**

**John Robbert**

**Tempe Steen**

**Claudia Thayne**

\*New Partner

## SCVV Benefits from Seaside Plumbing Donation in January



**Seaside  
PLUMBING**

Seaside Plumbing, a plumbing and gas service serving the Bethany Beach,

Ocean View, Lewes and Rehoboth areas as well as Berlin, Ocean Pines and Ocean City, will donate **50% of their dispatch fees** for the month of January to South Coastal Village Volunteers. Previous months' donations to non-profits have been about \$1,000 to \$1,500 each.

Please contact them at **410 641-1367** or go to **www.seasideplumbinginc.com** for service.

SCVV is very grateful to Seaside Plumbing for their generosity.



## Contact Us!



### South Coastal Village Volunteers

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[www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org)



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](http://www.villagevolunteer.org)