



Helping older adults live independently



Herons nesting on Lake Bethany. Photo taken by Paul Bolton.

FOUNDATIONS OF SOUTH COASTAL VILLAGE VOLUNTEERS

South Coastal Village Volunteers is now into its second year of operations. After restrictions necessitated by the pandemic, we're now offering full services and are planning the addition of new programs and events. **Membership, volunteering and donations** are the foundations upon which SCVV is based.

Today we have thirty-nine members with several more pending. **Betty Martin, Chris Powers, Ron Kerchner** and **Lisa Laird** comprise our **Membership Committee**. They meet with all prospective members to determine if SCVV can be beneficial to them.

In addition to providing services that help members to remain independent and to stay in their homes, SCVV offers them holiday gifts and social gatherings. Educational events combined with social aspects are in the planning stages. Read about one of our most enthusiastic members, **Nanci Main**, who is spotlighted in an article on page 4.

Under the leadership of **Volunteer Committee** chairs **Liz Bolton** and **Lois Pastore**, SCVV now has eighty-seven volunteers. While volunteers primarily provide services to members, many also help with administrative tasks that keep the organization running smoothly and keep our community informed about what we do. Volunteers are vetted and trained, with ongoing opportunities to learn how to serve our members. These men and women give their time generously and feel rewarded by what they do. **Ron Calef**, one of SCVV's most dedicated volunteers, is featured in an article on page 5.

Generous **donations** from businesses and individuals in our community help provide the funds needed in addition to membership fees to keep the organization functioning. The report from the **Development Committee, Kathy Green, Oksana Hoey** and **Karen Taylor**, is on page 7.

(Continued on page 3)

SCVV has had a busy late winter and early Spring! In February, our Sweets and Sunshine Social Committee provided tasty treats for Valentine's Day, and offered members a "top of the morning" on St. Patrick' Day.



Volunteers work together to create St. Patrick's Day treats.



Volunteer **Len Carro** prepares to deliver a Valentine to a Member.

Then on April 5th, our Sweets and Sunshine Social committee got together and created beautiful Easter baskets for our members. Our wonderful volunteers picked up the baskets on April 12th and delivered them to our members, who loved the cute baskets.



Volunteer **Sue Meginley** delivers an Easter treat to member **Betty Harding**.



Volunteer **Oksana Hoey (r.)** picks up an Easter basket and card from SCVV Board Member **Liz Bolton (l.)**.

The Sweets and Sunshine committee will have a Coffee and Donuts on April 21 10-11 at Millville Community Center to celebrate our wonderful volunteers.

We will have an interactive session with volunteers on "How to Really Listen to Our Senior Citizens" on April 29th.

Sandra Hale, State Ombudsman for nursing homes and assisted living facilities from the DE Department of Health & Social Services will give a presentation on June 10th. One part of the program will be "knowing your rights". If you are in a hospital, nursing home or assisted living facility, do you know what rights you have? Listen to Sandra's presentation to find out!





SCVV to Participate in Bethany's Seaside Craft Show

SCVV will have a table at the June 4 Seaside Craft Show sponsored by the Bethany Beach Cultural & Historical Affairs Committee. The show, held on the boardwalk from 10 AM to 5 PM, will give the Village an opportunity to distribute information about who we are and what we do to a large number of locals and tourists who attend the show. SCVV will have a table staffed by volunteers who will give out rack cards and other information and take names of prospective members, volunteers and donors.

Scholarships Available for Membership

South Coastal Village Volunteers offers financial assistance 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 or by calling 302-500-1281.

Members, Volunteers & Donations are SCVV Pillars

(Continued from page 1)

Recent successes in fund raising are from unusual sources such as November's Giving Tuesday on Facebook, being the January beneficiary of a donation from Seaside Plumbing (see page 7), and participating in Delaware's DoMore24 in March.

With our growth, the SCVV office at 32 West Avenue in Ocean View is open for expanded hours with additional staffing. We are now open Tuesday, Wednesday and Friday from 10 a.m. until 2 p.m., with additional hours by appointment. **Diane Strobel** continues to oversee our office operations.

To keep up to date with all South Coastal Village Volunteers' news, check us out on Facebook or our website www.southcoastalvillagevolunteers.org. On the website, you will find information on how to become a member, a volunteer, or to donate. Or call **302-500-1281** for more information.



Nanci Main Calls South Coast Village Volunteers "Family"

by Sally Scarangella

"My other family" is what **Nanci Main** considers South Coastal Village Volunteers. She heard about SCVV from one of her neighbors, volunteer **Mike Dunevant**, and became interested in joining. Nanci is so happy with our organization that she commissioned a parody of the song "YMCA" by the Village People called "Village Volunteer."

Nanci grew up in Essex in Baltimore County. Graduating from University of Maryland in College Park, she received a BS in Education, concentrating on business courses, and taught business skills at Regina High School. After a year of teaching, Nanci went to work for IBM, starting as a secretary and advancing to an administrative position. She worked for IBM from 1978 until 1991.

When employed at IBM, Nanci was diagnosed with Multiple Sclerosis. She and her husband, Jay, joined MS support groups, and for ten years organized the MS Walk, raising money for the foundation. Exercising, which helps with MS, has been very important to Nanci. In the early 1990s, Nanci and her husband opened two Curves gyms in Frederick, Maryland. They maintained the gyms for ten years with the help of their daughter in running one of the facilities.

Nanci and Jay bought a vacation home in Millville by the Sea in 2016 and started living there full time in 2018. Unfortunately, Jay passed away in



December 2020. Nanci and her late husband have two daughters. One lives in Annapolis and the other in Houston, Texas.

In addition to getting help with chores, Nanci has met many new friends through SCVV. She is excited to be part of our organization.

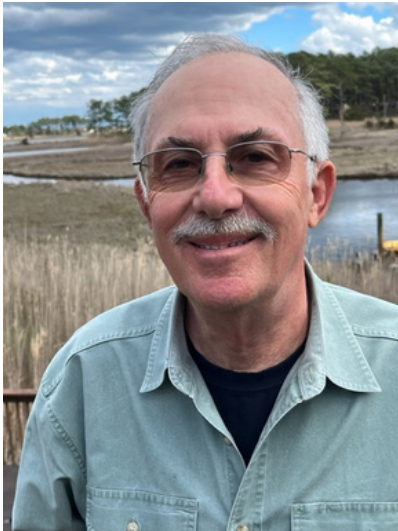
Nanci also is involved with her church and their activities. She enjoys doing crafts with friends, and exercising is part of her everyday life. She can be seen most days walking her bike around her neighborhood.

Nanci always wears a smile and is a delight to know.

SPOTLIGHT ON VOLUNTEERS

Ron Calef Among SCVV's First Volunteers

by Joan Gordon



One of the first to volunteer for SCVV was Ron Calef, and he continues to be one of our most active and dedicated volunteers. Ron grew up in the small town of Stratham, New Hampshire. After graduating from a prep school in the New Hampshire mountains,

Ron attended Bucknell University in Pennsylvania and was awarded an engineering degree. He worked for a couple of years in Baltimore before moving on to the Army Corps of Engineers and settling in the Washington, DC, area. Ron and his wife, Carole (who is also an SCVV volunteer) raised their three children in Sterling, Virginia.

Ron's career next took him to a construction company that was involved with building the initial phase of the Washington Metro System. Then he started his own construction company, working with commercial interiors and high-tech buildings, including labs and clean rooms.

Ron and Carole bought their property in Bethany Beach in 1987 and completed their home in 2003. Moving to Bethany in 2014, Ron continued to work, commuting to the DC area for a couple of days each week.

Upon retiring in 2021 and wanting to volunteer in the community, Ron was directed to South Coastal Village Volunteers. He estimates that he spends 10-12 hours each week helping members, some of whom are his neighbors. Ron makes a point of walking by their homes each day to see if they need anything. He finds that he enjoys his volunteering and gets to meet and talk to many interesting people.

In addition to helping SCVV, Ron is active with the Town of Bethany Beach, serving on their Board of Adjustments, the Storm Management and Flood Committee and the Parade Committee. He also is a member the Board of Directors of the Bethany Farmers Market. Ron is an avid road biker who sets out to ride whenever the weather permits.





...Someone who helps another person willingly and without expectation of any gain

Happy Volunteer Appreciation Week - April 17 - 23

Since 1974, National Volunteer Week has served as an opportunity to recognize those who dedicate their time and effort to the causes they care about.

At this time, the Steering Committee and staff of South Coastal Village Volunteers are proud to recognize our volunteers who dedicate their time and service to our members.

Since 2020, despite the limitations caused by the pandemic, our volunteers have found ways to support and interact with our members. In the process, they have brought a little sunshine and companionship to them. In return, the heartfelt gratitude and smiling faces of our members are the fuel that keep our volunteers going.

We commend our volunteers and thank them for their selfless efforts which enable older adults to remain in their homes and active in our community.



**"We make a living by what we get.
We make a life by what we give.**

Winston Churchill



SCVV Website and Facebook Page

South Coastal Village Volunteers is part of the 21st century thanks to our technologically talented volunteers. **Charlie Kopay**, one of our Strategic Partners, administers our website at www.southcoastalvillagevolunteers.org.

Thanks to Charlie's responsiveness, we can keep our readers updated on our accomplishments and activities.



Madeline Kelley, a young volunteer who knows her way around social media, is in charge of our Facebook page. This has been instrumental in allowing us not only to keep current information in the public eye but also to participate in special fundraising events like Giving Thursday and DoMore24DE. We are grateful to Charlie and Madeline for their invaluable assistance!

From the Development Team –

Kathy Green, Oksana Hoey and Karen Taylor

The Development Committee is happy to welcome **Oksana Hoey** to our team. Oksana is one of our early volunteers and along with her many other talents, brings fundraising experience to the South Coastal Village Volunteers.

With help from Facebook postings and website announcements, the DoMore24 Delaware Campaign in March raised \$1,291.39. Our thanks go to all who contributed to make these event a success and to enable SCVV to embark on some special projects.

Follow our newsletters, website and Facebook for information on upcoming fundraising events.

Seaside Plumbing Donation in January Benefits SCVV



As the beneficiary of Seaside Plumbing's January charitable donations, we realized

\$2,067. Seaside Plumbing (**410 641-1367** or go to www.seasideplumbinginc.com) is a plumbing and gas service serving the Bethany Beach, Ocean View, Lewes and Rehoboth areas as well as Berlin, Ocean Pines and Ocean City. They donated **50% of their dispatch fees** for the month of January to South Coastal Village Volunteers.

SCVV is very grateful to Seaside Plumbing for their generosity.

Spring 2022

What People Are Saying . . .

Compiled by Jan Gibson

Family Member testimonial:

I'm so grateful for the terrific, caring and compassionate team of SCVV volunteers who helped me and my sister with her move to assisted living. They not only provided physical support and organizational skills, they gave us emotional support as well. They made a challenging time much easier for both of us, and we are very thankful.

Family Member testimonial:

We had such a good time at the Halloween and Christmas parties. My Dad and I danced and sang. Everyone made us feel so welcome. I never had to worry when you guys were here with my Dad. That was such a comfort to me. I always knew he was in good hands with you and the volunteers.

Member testimonial:

"Since I joined last May, I have met volunteers from your group, either in person or on the phone, and have every reason to say they all are truly caring and kind folks. I certainly appreciate all they do!"



By Chris Powers

South Coastal Village Volunteers, in partnership with **Village Volunteers**, will be the featured charity at Lunch With a Purpose (LWP) on **May 4, 2022**. Lunch With a Purpose is a local nonprofit organization that selects a different Sussex charity each month to benefit from the funds raised at their luncheons. One hundred percent of the funds raised, with the raffle and the 50/50 drawings, go directly to the charity of the month.

Also, food is collected for the Food Bank of Delaware at each event, making LWP the single largest contributor to the food bank. The luncheons normally sell out within a few days of the announcement. We anticipate 200 -250 women will attend out of a mailing list of over 1,000 women. This is a great opportunity for our Villages to raise awareness about our shared mission of helping older adults live independently for as long as possible. We also hope to enroll new members and new volunteers.

We are grateful to be included in this benefit. More information on Lunch with a Purpose is available on their FaceBook page, or e-mail them at lwpcostalde@gmail.com.



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.

Palliative Care: Talking About "The End"

Far too many of us don't know the term palliative care. Maybe because it involves talking about death and end-of-life care. It's important to discuss this topic while we are healthy, have cognitive ability and/or have relatives or close friends who might have to make decisions about advanced care in the event we become incapacitated. The most compelling reason to discuss the topic *now* is because our ability to make these decisions can be lost in an instant from trauma or disease.

If you have more than one sibling or close relative, then differing opinions can come into play with potentially significant undesired or negative consequences. Advanced Care Planning is the key to decreasing suffering at the end of life for all concerned.

Five steps to reduce or prevent conflict near end of life:

1. Appoint point persons on both the family side and the healthcare side.
2. Identify the decision makers.
3. Be clear and candid about the diagnosis, prognosis, and progress of the patient. Make sure everyone understands *clearly* what the healthcare team is doing and ensure second opinions or options have been explored.
4. Get a second opinion or additional consultation early on.
5. Clearly communicate *your* desires, values, and priorities regarding your palliative care frequently to all family members and important friends. This will help to avoid conflicts around incomplete, misinterpreted, inaccurate or conflicting information during future emotional times when shock, anxiety, fear, and anger can impact decision-making.

In an important book "Courageous Conversations on Dying" written by my friend and palliative care specialist, **Dr. Shahid Aziz**, he talks about "The 3 Questions." Adults should review these questions with their healthcare team on their next visit, if they haven't already. **The 3 Questions are:**

1. What is the minimum level of mental functioning that is acceptable to you with the help of life-prolonging treatments?
2. What is the minimum level of physical functioning that is acceptable to you with the help of life-prolonging treatments?
3. What life-prolonging treatments are you willing to use or not (indefinitely or for a trial period) if they can get you to your minimum acceptable level of functioning? Many physicians are nervous about bringing this topic up, but if you start the conversation and engage, they may view that as permission. Physicians can describe in detail the meaning and nuances of the medical terms in these questions.

I highly recommend reading this book right now. It is available on Amazon. You may want to follow Dr. Aziz's blog at "You deserve a good death.blogspot.com."

The time for courageous conversations on death and dying is now!

The information received from Stuart 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.

Spring 2022

Issue 2

Steering Committee

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

Ron Kerchner, Chair

Christine Powers, Vice-Chair

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



Contact Us!



South Coastal Village Volunteers

32 West Avenue, Ocean View, DE

PO Box 1453, Bethany Beach, DE 19930

302-500-1281

southcoastalvillage@gmail.com

www.southcoastalvillagevolunteers.org

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



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