



Two Years of Services Completed by South Coastal Village Volunteers

The start of 2023 marks the completion of two full years of operations for South Coastal Village Volunteers. SCVV began serving our community after the pandemic, and now we are developing a track record for performing services for our members. Here is a list of what was accomplished in 2022:

- We enrolled 23 new members.
- We vetted and trained 34 new volunteers for a total of 108.
- Volunteers donated 3,181 hours of their time to carry out over 2,000 member services.
- The office staff spent 1,440 hours working and our committees spent hundreds of hours in planning and administration.
- We continue publishing our quarterly newsletter.
- We regularly update and improve our website www.southcoastalvillagevolunteers.org.
- We maintain a presence on Facebook.
- We extended our office hours to be open daily, and we hired office staff.
- We held our first in-person fundraising event on October 6 at the Dickens Parlour Theatre and Good Earth Market, and it was a great success both socially and financially.

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SOUTH COASTAL VILLAGE VOLUNTEERS

Helping older adults live independently

VOL. 3

Issue 1, Winter 2023

Two Years of Services Completed by South Coastal Village Volunteers (Continued)

- We received almost \$30,000 in donations.
- We held social events for members and volunteers – including a volunteer coffee in April, a Volunteer Forum in September, “Walk Back in Time” in October and a holiday celebration in December. The SCVV Book Club meets monthly.
- We participated in Arts Fairs held on the boardwalk by the Town of Bethany Beach and the Bethany-Fenwick Chamber of Commerce to introduce ourselves to the community and to find members and volunteers.
- We held a flu shot clinic in October.

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.





SPOTLIGHT ON VOLUNTEER

Spotlight on Dick Fox

by Jan Gibson

Dick Fox is not only one of SCVV's most active volunteers, he has a wonderful sense of humor, volunteers for many organizations and has more stories than anyone I know. He just radiates kindness and positivity.

He is a native Delawarean, born in Wilmington and grew up in Dover with two older brothers, who are now deceased. He attended Caesar Rodney High School, got his B.S. at University of Notre Dame and earned his MBA at Indiana University. He spent 33 years with DuPont, doing everything from accounting, recruiting, managing trainees, and heading up the HR Department. He retired from DuPont in 1998 but did special studies for them after his retirement

His wife Sharon taught for three years in California and ran her own craft business for 39 years. Dick was her "transportation manager," moving her crafts from one location to another. Dick and Sharon have three children, one son (Mark) and two daughters (Heather and Meredith), who have bestowed upon them six wonderful grandchildren.

Dick and Sharon bought their first Bethany home in 1984 on Oakwood Street. They built their current home in 1999 in Bay View Park and moved there full time in 2004. They are members of Saint Ann's Church.

Dick is an avid tennis player, playing summers at Bayside and winters at Sea Colony. He has skied most major resorts in Colorado and Utah. He and Sharon love



to travel and have been to all 50 states, more than 65 countries and every continent except Antarctica.

Volunteering is what Dick does now – at the South Coastal Library every Monday and delivering Meals on Wheels on Tuesdays. Dick heard about SCVV from a letter he received about the organization. He donated to the Village and then decided to become a volunteer. He provides services for SCVV members two or three times a week, and he loves the interaction and conversation with the members, helping with anything they need and providing enjoyment to them.

Dick loves telling stories – and he has some good ones, some of which could not be printed here. All the volunteers and members just love Dick. He is always smiling and telling his funny stories. He came to the Christmas Party decked out in his Christmas outfit, spreading cheer to all the volunteers and members. Interviewing Dick was such a pleasure.



SPOTLIGHT ON MEMBER

Spotlight on Member Helen (Rosie the Riveter)

by Dick Fox



Helen grew up on a farm in North Carolina during the heart of the Depression. The day after Helen graduated from high school, her mother put her on a bus bound for Baltimore to escape the hardships of farm life at that time.

She had a brother working in Baltimore and he got her an interview with the Glenn Martin Company. She was promptly hired as a riveter, helping to build B26 bombers for WW II. Her job was to climb inside the wing of the bomber, extremely tight quarters, and secure the rivets holding the gas tank in place. The plant operated 24 hours a day, and Helen worked the midnight shift from 12am to 8am.

She was not treated kindly by the other employees, who teased her by sending her searching for items that did not exist (like a left-handed hammer) throughout the plant. As she passed other employees someone would slap her on the back in a friendly way but leave a paper tail hanging down. They would tease her about being from the South and claim that she got from North Carolina to Baltimore by swinging on a vine. They also said she must have sand in her shoes to make her feel

at home since people from the South did not wear shoes. She lived some distance from the plant and commuted by bus. She rented a room, about four blocks from the bus stop, in a private house with a bathroom down the hall, for \$10 per week. She worked the night shift, so when she finished work, she was hungry, and since she had no cooking privileges in the house, she would stop at a small store and have a grilled hot dog. One morning she saw the cook drop the whole box of hot dogs on the floor and just pick them up and put them on the grill. She never ate another hot dog!

Helen worked at the plant making 65 cents an hour until the war ended, when soldiers returned home and resumed their old jobs, making 78 cents per hour.

After marrying and raising her family, at age 40 Helen got a job driving a school bus in Maryland. She drove the bus every day for twenty years. One day a student got on the bus with red eyes and a runny nose. One of the other students told Helen the student with the red eyes was on drugs. She reported this to the school authorities, and the boy was suspended. The next day when she stopped at his stop, he was standing there and told Helen he was going to shoot her from the nearby woods the next day. Helen promptly quit the school bus driving job.

At age 60 she moved to the beach and got a job driving a passenger bus in Ocean City from the inlet to the Delaware state line every day. She did that for another 20 years until her children insisted she retire.

Helen has lived for almost 100 years and is still as engaged in life as anyone we know. She is a remarkable woman who has led a remarkable life, and South Coastal Village Volunteers celebrates that life. We are proud to have Helen as a member.



Events

AARP Delaware Update – January 2023

by Sheila Grant, Advocacy Director, AARP Delaware



L. to R: Deb Dabransky, Suzanne Hain, Barbara Brush, Darlene Lewis, Diane Strobel and Claudia Thayne receive awards at the October 29 AARP luncheon at the Lewes Yacht Club.

It was a pleasure for me to meet many of the Village Volunteers last fall at the Volunteer Appreciation Luncheon in Lewes. Here are some highlights of what AARP has in store for 2023:

Movies For Grownups - As the winter holidays wind down, AARP is offering free entertainment in the comfort of your own home during the cold months. The 21st Annual Movies for Grownups

Awards will be broadcast on **Friday, February 17 at 9 p.m.** on PBS ([pbs.org/moviesforgrownups](https://www.pbs.org/moviesforgrownups)) and the PBS Video app. Nominees this year include Cate Blanchett, Viola Davis, Emma Thompson, Tom Cruise, Adam Sandler, Patricia Clarkson, Jamie Lee Curtis, Brendan Gleeson, Baz Luhrmann, and Steven Spielberg.

Friday Nights at the Movies (at home) - AARP Delaware plans to resume in-person Movies for Grownups screenings here in Delaware in 2023, but we also have some virtual screenings set up, which you can watch from home.. Visit <https://www.aarp.org/entertainment/movies-for-grownups/screening-program/> to get details, watch trailers, and register to watch on your own device of choice.

Advocacy - Of course, we'll also be working on local advocacy issues in 2023, including affordable and accessible housing, support for family caregivers, safe streets and access to voting. 2023 will be another busy year for AARP.

If you have questions or would like to connect with AARP Delaware, email me at sagrant@aarp.org

As always, follow us on Facebook and Twitter at **AARP Delaware**.



Events

Governor's Outstanding Service Award Honors Village Volunteers

At the 2022 Governor's Outstanding Service Awards ceremony honoring individuals and organizations who are dedicated to improving the lives of others, South Coastal Village Volunteers' host organization, Village Volunteers (VV), was recognized. The ceremony was held December 1 in Newark, DE. Nine staff and volunteers from VV and SCVV were present to accept the award for the organizations' services to seniors in eastern Sussex County. SCVV Vice-Chair **Chris Powers** stated, "We were honored to share the spotlight with Village Volunteers. Together, we are serving hundreds of older adults along coastal Delaware." It is the second such award for the organization founded in Lewes nine years ago; Village Volunteers was first honored with the award in 2017.

"Village Volunteers has volunteered 4,800 hours this year helping the senior population in Eastern Sussex County," the state's announcement said, citing the group's initiatives that include providing transportation to a variety of services seniors need. "Village Volunteers gives peace of mind to family members who live far away and are not able to help with the day-to-day needs of their loved ones."

Jackie Sullivan, executive director of Village Volunteers, expressed surprise and pride when she learned that the organization was being honored for a second time. "This is a gift not only of recognition but also credibility as we enter our 10th year helping older adults live independently with the dignity they deserve," she said. Sullivan, who credited South Coastal Village Volunteers for their service south of the Indian River Bridge, noted that volunteers for the



L. to R: Lois Pastore, Lisa Corrado, Ron Kerchner, Lori Flack, Steuart Martens, Sheila Bower, Liz Bolton, Jackie Sullivan and Chris Powers

Villages "appreciate the freedom offered by the organizations to choose their hours as well as what they wish to do to help members."

News of the Governor's Award came on the heels of a luncheon sponsored by AARP Delaware on October 29 honoring both Village Volunteers and South Coastal Village Volunteers. While the award nomination was submitted in the name of Village Volunteers only, Jackie Sullivan included SCVV in the honor. She noted VV serves older adults in Milton, Lewes and Rehoboth and SCVV serves the coastal area of Eastern Sussex County below the Indian River Bridge. Representatives of both Villages attended the Awards Ceremony.



Events

Village Christmas Party

by Sally Scarangella

It was beginning to look a lot like Christmas at the Millville Community Center on December 8. **Liz Bolton, Lois Pastore**, and the Sunshine Committee organized and planned a festive holiday event for our members and volunteers. Approximately 35 people enjoyed the beautifully decorated Christmas tree and tables adorned with white cloths with seasonal centerpieces. Some volunteers and members appeared ready for the holidays by wearing their Christmas sweaters, hats, and outfits.

Throughout the party, local guitarist **Norman Gaither** provided music. Instead of drinking Christmas Wassail, guests enjoyed a refreshing punch prepared by Liz Bolton. Instead of Christmas sugar plums, **John McKee** baked and designed delicious petit fours in mocha, lemon and raspberry flavoring. Candy kisses on the tables were not only to eat, but also to be used to play a Bingo game.

Bob Lawless led everyone in singing “The Twelve Days of Christmas.” The Christmas Bingo game followed, and winner **Vicky Holden** received a holiday gift. Then Bob sang “Jingle Bells” as guests passed jingle bells around the table. When Bob stopped singing, the person holding the jingle bells won a prize. It was great fun and each winner received a wrapped gift. Winners were **Kathy Lesperance, Vicky Holden, Nanci Main, Mare St. Pierre, Susan McGee, Michele Bell, Pat Sherry, and Amy Gorman.**



L. to R: Chris Powers, Lois Pastore, Dick Fox, Liz Bolton & Kathy Green.

Before the end of the party, Vice-Chair **Christine Powers** presented retiring SCVV Steering Committee member **Lois Pastore** with a lovely poinsettia plant and a plaque applauding her insight, determination, and humor helping create and develop an organization which is making a positive impact on the quality of life for older adults.

Congratulations, Lois!

This well-organized event brought much joy to volunteers and members with the fun of being together to celebrate the Christmas season.



Volunteer and member Dick Fox



Events

South Coastal Village Volunteers' Book Club

by Sally Scarangella



L to R: Carol Mullen, Chrissy Fritz, Sheila Bower, Peggy Comeford, Ferne Cooper, Liz Bolton

This is the news update from the SCVV Book Club that met January 9, 2023 to discuss "Still Life" by Louise Penny. **Sally Scarangella, Liz Bolton, Carole Mullen, Sheila Bower, Ferne Cooper, Peggy Comerford, and Chrissy Fritz** participated in a very lively discussion. This novel is a light murder mystery that introduces Chief Inspector Armand Gamache of Quebec's National Police Force, one of 18 books in this series. Armand Gamache commands his team with integrity, strength, and charm. The mysteries take place in the remote fictional hamlet of Three Pines near Quebec.

This cozy mystery is definitely a guilty pleasure with its descriptive characters, setting, and plausible

solutions. After reading the book, I learned Louise Penny's novels are available on a Prime Video series called "Three Pines," and I can't wait to watch it.

The December 4 Book Club discussed "The Extraordinary Life of Sam Hill." Our book for the **February 6** meeting is a memoir, "The Other Wes Moore- One Name-Two Fates."

Volunteers and members are invited to our SCVV book Club the **first Monday of each month, from 3-4:30 PM** at the Village office. Remember the bookshelf in the SCVV office where you can deposit books for others to read or take books for your reading pleasure.



December Book Club attendees L. to R: Peggy Comeford, Karen Gorsch, Sheila Bower, Chrissy Fritz, Carol Mullen



Events

Creative Fun for South Coastal Volunteers

by Liz Bolton

Ten South Coastal Village Volunteers gathered together at the SCVV office January 13 to create one-of-a-kind wrap bracelets. The session was part of a series of ongoing workshops for SCVV volunteers. Using different sized colored beads provided by instructors **Ria Carrara** and **Darlene Herring**, volunteers **Michele Bell**, **Liz Bolton**, **Sheila Bower**, **Lori Gentry**, **Vicky Holden**, **Penny Hosey**, **Nancy Main**, **Sue McGinley**, **Marilyn Paugh** and **Nicole Sampogna** spent some time having fun and laughing while creating their masterpieces.



Update From the Development Team

by Kathy Green

2022 was a wonderful year for the South Coastal Village Volunteers Development Team. We welcomed Oksana Hoey and Kathy Johnson as team members; they are a great addition as both are valuable volunteers and have fundraising experience. We participated in the Do More 24 Campaign in March and Giving Tuesday after Thanksgiving. We had a fun fall fundraising event – Say Yes to Magic – and we completed the year with our annual End of Year Campaign. Thank you to everyone that helped make this year a success!

Your support is vital to the South Coastal Village Volunteers. If you would like to join the Development Team, please let us know. Watch for our fundraising events, come to the Dine & Donate (TBD), attend the fall fundraiser and make an annual donation. This year's Do More 24 Campaign will run from 6 p.m. on March 2 to 6 p.m. on March 3. Find details on our website or on our Facebook page.

We cannot do what we do without you!
Thank you.



Social Media

by Madeline Kelly

Happy New Year, SCVV! Another year in the books and our social media presence continues to grow. Our Facebook page @SCVVolunteers has about 130 followers, and our posts and events are getting increased engagement.

In October we hosted **Say Yes to Magic!** Benefit Dinner and Show' hosted by our great friends at Dickens Parlour Theatre and Good Earth Market. We created a virtual event posting on Facebook for this where folks could see the event happening in the local events listings, share their attendance with others, invite people to attend, and buy tickets. No surprise here - this was a sold-out event!! We love sharing our in-person fundraising events with our online community. The more awareness, the better.

We also shared information about **Giving Tuesday** at Thanksgiving on our page, as well as within local groups on Facebook. The goal for Giving Tuesday is to get local communities involved with nonprofits,

whether by donation, volunteering, or sharing the word. Since South Coastal Village Volunteers operates by volunteers, with volunteers, for our local aging community, this day speaks directly to our mission. By sharing the heart behind Giving Tuesday with our Facebook community, we're able to increase awareness of who SCVV is, who it's for, how to get involved as a volunteer, how to donate to our operating costs, and overall spread the word of giving back in the area. While Giving Tuesday is technically one day a year, we hope to keep up this enthusiasm all year round.

Next up, in March, is **Do More 24**, a Delaware on-line fund-raising event for non-profits. Watch for our SCVV posting. The campaign will run March 2-3.

Looking into the year ahead, we hope you can join us on Facebook to stay updated, share your experience with SCVV, and keep our mission shining bright in the community. Follow us on Facebook at @SCVVolunteers.



Self Care

by **Steuart Martens**

Self-care isn't a chore you need to get to; it's a practice you get to choose as a way of strengthening your connection with yourself and fostering your well-being. Whether you practice meditation, do something creative, or talk to a mentor, self-care is all about finding healthy practices that resonate with you and help you feel relaxed. It's truly bio-individual – there's no right or wrong way, and different strategies will appeal to different people.

Consider these tips as you cultivate and enhance your self-care practice:

Create space for self-care. Self-care takes time and commitment to cultivate. While it doesn't need to take hours and hours, it does require carving out time to practice. Try scheduling specific times for self-care in your calendar to stay accountable.

Honor bio-individuality. What nourishes one person may not nourish someone else. Consider your personality type as you explore various practices. For example, if you enjoy solitude, you might take a walk or write in your journal. If you're more extroverted, you might call a friend or join an online book club. If you're feeling creative, you might try dancing or crafting.

Find appropriate balance. Everything in moderation is key. While it's important to carve out time for yourself, having balance and spending time with others is equally important. Practice discerning when you need to take time for yourself and when you'd benefit from connecting with others.

Physical Self-Care

Drink water throughout the day. Eight 8-ounce glasses is a good rule of thumb

Get a professional massage or try self-massage with a foam roller.

Soak up some vitamin D by spending time in the sun. You only need up to 30 minutes.

Get in bed 30 minutes earlier than normal with a journal, good book or meditation practice.

Take a warm bath. Indulge with Epsom salts, candles, or essential oils!

Go for a jog, walk, swim, or bike ride.

Sweat in a sauna or steam room or with some cardiovascular exercise.

Explore alternative healing techniques, such as reiki, crystals, or acupuncture.

Try out new, healthy, and fun recipes!

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Steuart Martens, BOD President of the 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.

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.



Self Care

by Steuart Martens

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Mental Self-Care

- Do a sudoku, crossword, or jigsaw puzzle.
- Read a book.
- Listen to an inspiring podcast.
- Use a planner to feel more organized and create space for relaxing activities.
- De-clutter and organize your home or workspace.
- Share your visions and goals with a friend.



- Try something artistic that engages your hands, such as drawing, painting or sculpting.
- Try a new hobby or learn a new skill, such as knitting, home brewing kombucha or photography.
- Practice saying no to whatever is not an obvious yes.
- Practice saying yes and taking positive challenges to step outside your comfort zone.
- Practice seeing the best in others.

February 2 Workshop on Home Safety

by Liz Bolton

How can we keep our seniors safe? Dr. Lauren Nuttle, DPT and Dr. Connor Drislane, DPT from Aquacare Physical Therapy will answer this question on Feb. 2, from 2-3:30 p.m. at the Ocean View Community Center. The presentation will demonstrate safety measures to help our seniors prevent breaks and falls. They will discuss how hearing and vision clues can extend longevity in the home, and they will share information on county services. This workshop will help volunteers show members how to avoid falls or serious injuries.

RSVP Liz Bolton by January 30 at
[**Lizbeachbum50@gmail.com**](mailto:Lizbeachbum50@gmail.com)





Elizabeth Phillips,
Kent & Sussex County Programs
Coordinator, Alzheimer's Association
Delaware Valley Chapter



New ALZ Magazine

ALZ, is a new magazine published by the Alzheimer's Association that shares inspiration and information about the fight to end Alzheimer's disease and other dementia— and offers tips on how to make your brain the focus of a healthy lifestyle. Read featured stories & subscribe at alz.org/ALZ Magazine. Below are a few highlights from stories that can be found in the Winter 2022 edition of ALZ:

"I learned to love and express love for both of us." Academy Award-winning actor Marlee Matlin says her mother Libby was always one of her biggest cheerleaders. Though she lost her mother to Alzheimer's in 2021, Marlee is still trying to make her proud as she takes on new challenges — including directing.

Famously known for playing neighborhood bully Scut Farkus in "A Christmas Story," Zack Ward and his family have recently faced their own notorious bully — Alzheimer's disease. Zack Ward is a caregiver for his father, who is living with Alzheimer's. He believes in facing challenges that come with caregiving head on. "Throw punches, get in the ring, fight it out and make it work. Be strong for the person."

What began as an ordinary Tuesday for Sherry Noppe evolved into terror for her and her family. Sherry, who is living with dementia, went for a walk with her dog, Max, but got disoriented and lost her way. Missing for three days, she was finally saved when the ever-loyal Max alerted rescuers with his bark. Read this captivating story in ALZ magazine.

Bumps to the head are common. But when are they serious? Each year, more than 200,000 people are

hospitalized in the U.S. due to traumatic brain injury (TBI) — broadly defined as an impact that disrupts normal brain function. Beyond the immediate effects, research suggests that TBI may also increase future risk of cognitive decline. Learn about TBI in the Winter Issue of ALZ.

Creating art is more than just a hobby for Jim Ryberg, who is living with dementia. "Painting, it involves me totally — I don't know I have anxiety when I'm painting." Jim credits his rediscovery of painting to helping his mental health and says it has given him a new sense of purpose.

Read the ALZ magazine interview with award-winning playwright Garrett Davis, who is known for heartfelt stage plays that raise awareness of health issues disproportionately affecting Black Americans. The Association has partnered with Garrett for "Unforgettable," a stage play that is raising Alzheimer's awareness across the country by telling the moving story of one family's journey with disease.

To get a hard copy of ALZ Magazine or for more information about Alzheimer's disease, call 1-800-272-3900.

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

Elizabeth Bolton - Outreach & Volunteers

Dick Fox

Jack Gordon - Finance and Government
Liaison

Joan Gordon - Communications/PR

Kathy Green & Karen Taylor - Development
and Marketing

Kathy Jankowski

Betty Martin, Membership Coordinator

Diane Strobel - Operations Manager

We thank **Lois Pastore** for her service and
welcome **Dick Fox** and **Kathy Jankowski**.

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

Bonnie Burnquist, MD

Christine Connor

Cliff Graviet

David Green

Maureen Hartman

Carol Houck

Charlie Kopay

Madeline Kelley

Michele Morgan

Zita Pennypacker

John Robbert

Claudia Thayne

Vickie York

We thank **Ann Raskauskas** and **Tempe Steen**
for their service and welcome **Bonnie
Burnquist** and **Vickie York**.



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



Contact Us!

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