



Northeast Seafood Kitchen Hosts Fundraiser for SCVV

by Joan Gordon



Chris Connor and Kathy Green greet guests as they arrive for dinner at Northeast Seafood Kitchen.

With the backdrop of a beautiful spring evening, South Coastal Village Volunteers' first in-person fundraiser for 2023 took place at Northeast Seafood Kitchen in Ocean View on April 20. Northeast donated a generous percentage of all proceeds for the evening to SCVV, and we are grateful to them for their support.

An impressive number of members of our community enjoyed the lively ambiance of both the indoor and outdoor sections of the restaurant. The diners, including many of our volunteers who came to treat themselves to an evening out while benefiting SCVV, enjoyed delicious meals and congenial company. The evening presented a wonderful opportunity for the camaraderie of

friends in a delightful setting, knowing that a portion of the check was going to support a group that serves the older adults in our community.

Kathy Green and **Karen Taylor** of the SCVV Development Committee, which made all the arrangements for this event, represented South Coastal Village Volunteers at a table in front of the restaurant with information about the organization.

SCVV thanks Northeast Seafood Kitchen for their kindness and generosity in making us the beneficiary of their Dine & Donate.





SPOTLIGHT ON VOLUNTEER

Spotlight on Lisa Laird

by Joan Gordon



One comes away from talking with **Lisa Laird**, SCVV's Education Co-Chair, with the feeling that she cares passionately in two very different areas – the care of older adults and the performing arts of

dancing and singing. SCVV is fortunate to have someone with Lisa's experience and commitment working to educate our members and volunteers to improve the service we provide.

Lisa grew up in Wilmington, DE and graduated from the University of Delaware after attending the University of North Carolina Greensboro, majoring in music theory and composition. At age 23, she moved to San Francisco, where she lived for 35 years and where she met her partner of 25 years, SCVV baker/entertainer John McKee.

While in San Francisco, Lisa worked in sales, but retired early to pursue theater. After performing in a number of choruses, Lisa sang with the Grammy Award winning San Francisco Symphony Chorus for 15 years and studied with a number of professional teachers as she tried to establish a career as a performer.

To pursue her interest in elder-care, Lisa worked for six years as an ombudsman in San Mateo County, looking into conditions in nursing homes, assisted living and care facilities to protect the rights and treatment of residents. San Mateo's system allowed volunteers to follow through on problems to work for resolutions, giving Lisa good insights into the industry of caring for seniors. Lisa also was involved in the developing movement of Culturechange, serving on the group's Board of Directors and doing training in various care homes.

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SPOTLIGHT ON VOLUNTEER

Spotlight on Lisa Laird

Culturechange seeks to achieve improvements in elder-care by establishing models that provide more personalized and autonomous care for residents of senior facilities.

Lisa also served as a volunteer ombudsman in Wayne, PA, where she and John lived for three years after leaving California. In 2021, they relocated to Sussex County, ultimately building their home in Bishop's Landing in Millville.

Looking into volunteering, Lisa learned about South Coastal Village Volunteers and signed on to help, and our members and volunteers benefit from Lisa's participation.

Working on personal and spiritual growth engages Lisa in her free time. She also is continuing singing lessons with her California teacher via Zoom, and continues to find opportunities to perform. In pursuit of this, Lisa recently put on a one-woman cabaret show in Pennsylvania. Bailey, Lisa's 10-year-old King Charles/Bichon, also takes lots of her time, not only for long walks but for some specialized training as well.

We are grateful that Lisa, who has worked with seniors since she was 25, is part of the SCVV team.





SPOTLIGHT ON VOLUNTEER

Spotlight on Wanda Raleigh by Sally Scarangella

“I just really enjoy working with seniors,” says **Wanda Raleigh** when talking about volunteering for SCVV. She learned about SCVV about eight months ago when she was participating in a charity Bingo and two ladies sitting next to her were describing our organization. Wanda knew this was something she would be interested in pursuing. She is committed to helping our local senior members and has volunteered for many jobs in the short time since she joined SCVV.

Her enthusiasm and her work experience make her perfect for SCVV.

Wanda grew up in Baltimore County, Md., and graduated from Woodlawn Senior High School.

In 1988, she graduated from Kent State University with a BA in Sociology. She married her husband John in 1996.

Wanda started her work career as a resident advocate in a nursing home in Anne Arundel County, Md. For five years, she interviewed new residents and helped find ways to address their individual concerns and special needs. She enjoyed this work and found it to be satisfying.



The next step in Wanda’s career was with the county’s Department of Aging. For one year she worked as an Ombudsman investigating individuals’ complaints against maladministration. She then became a National Certified Guardian and worked as the Public Guardianship Program Manager, serving for 19 years as the court appointed guardian of seniors for the Anne Arundel Department of Aging. Wanda performed this work in accordance with court orders issued by the State of Maryland. This, too, was an advocacy position in which Wanda cared for her wards of the state in a way similar to the way a family member would.

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SPOTLIGHT ON VOLUNTEER

Spotlight on Wanda Raleigh

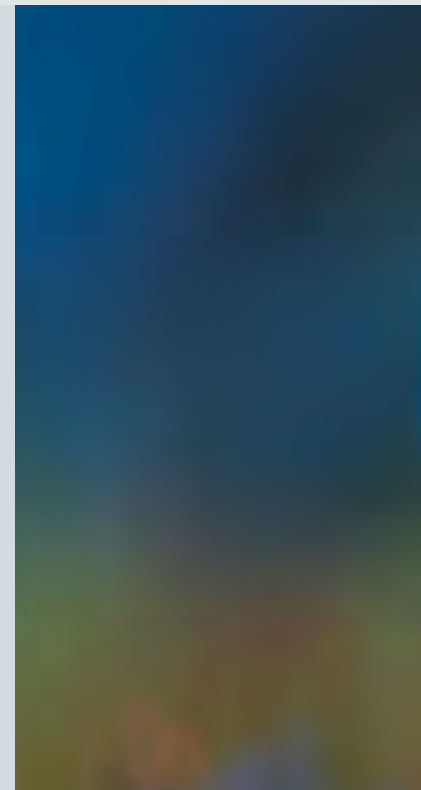
Care included securing a safe place to live, providing adequate medical care and satisfying personal needs. Because of the court orders, Wanda wrote periodic court reports to ensure the seniors received proper care.

In 2014, Wanda retired, and in 2016 she and her husband moved to West Fenwick with their two rescued beagles, Baxter and Cooper. After vacationing here for many years, they decided this was where they wanted to live.

Wanda's dogs are all rescues; doing this is a strong principle of hers.

Since retiring, Wanda enjoys going to the gym, gardening, supporting local charities, and, of course, volunteering at SCVV, where she is the Co-Chair of the Education Committee.

Certainly, Wanda is continuing her passion for serving older adults as a part of the SCVV team.





SPOTLIGHT ON MEMBER SYLVIA EVANS

by Joan Gordon



On visiting SCVV member Sylvia Evans' home, one can't help but notice and admire all the ice skating related accessories – figurines, sculptures, paintings, needlepoint, photo albums. Considering Sylvia and her late husband Ralph were professional figure skaters, the beautiful collection isn't surprising.

Sylvia was born and raised in Canada but came to the United States for college in 1948 to study international languages at the Latin American Institute in New York City. She wanted to be a stewardess, and Canada required that all flight attendants be nurses, leading her to come across the border. Ralph, who was a member of New York's Center Theater ice skating troupe, lived across the hall from Sylvia, and they fell in love and married. Growing up in Canada, she had always skated, but now Sylvia joined her husband and became a professional.

The Evanses' first child was born in Rio de Janeiro, Brazil, where they lived and worked for the New York ice skating troupe for about nine months. They subsequently joined Hollywood Ice Review in Chicago and traveled extensively with the show by train all over the United States and Canada, performing all kinds of ice skating acts involving numerous costume changes.

Raising a family of four sons and one daughter required settling down in 1960 once their oldest son started school. In New Jersey, Ralph and Sylvia started a business of four year round ice skating rinks for teaching both children and adults. Still, the family spent part of each summer in the Bethany Beach area as Ralph's family has deep roots here. Sylvia and Ralph had a home on Evans Street in Bethany, then in Bethany West and finally in Sussex Shores, where Sylvia's family, now consisting of eleven grandchildren and eighteen great-grandchildren (in addition to her children), still rotate through each summer. Sylvia and Ralph retired to Bear Trap Dunes in Ocean View in 2010, where Sylvia lives today.

Sylvia learned of South Coastal Village Volunteers through an in-law, and she joined recently although she still drives. She keeps busy with bridge, mah jong, jigsaw puzzles, needlepoint, playing the organ and golf. She's a dedicated ice hockey fan who now follows the New Jersey Devils. She and her husband passed down their love of and skill at ice skating to the generations that are following them; one of their sons still coaches. Although her children live in Florida and New Jersey, someone visits Sylvia every other week, and the family home in Sussex Shores is populated by family all summer.

SCVV is fortunate to have such an interesting and dynamic member as Sylvia Evans.



Events

Prevent Falls in Your Home

Guidelines and Suggestions from Aquacare Physical Therapy



Aquacare Physical Therapy therapists Conner Drislan and Lauren Nuttle spoke about home safety and ways to prevent falls during a presentation at the South Coastal Village Volunteers office in Ocean View on February 20.

On February 20, about thirty volunteers and members of South Coastal Village Volunteers attended a program on home safety presented by two staff members of **Aquacare Physical Therapy**. Thanks to the arrangements made by SCVV Education Chairs **Lisa Laird** and **Wanda Raleigh**, therapists **Lauren Nuttle** and **Conner Drislane** spoke about preventing and addressing falls in the home. They distributed information sheets providing a checklist for hazards in the bathroom, bedroom, kitchen and living areas as well as a list of visual and hearing considerations for fall prevention, including local resources.

The discussion included pointers on how volunteers should handle suggestions to members on preventing falls, including noting the cost of recovering from a fall.

Any volunteers who have concerns in this area should call the SCVV office.



Events

Forum for SCVV Volunteers

by Sally Scarangella



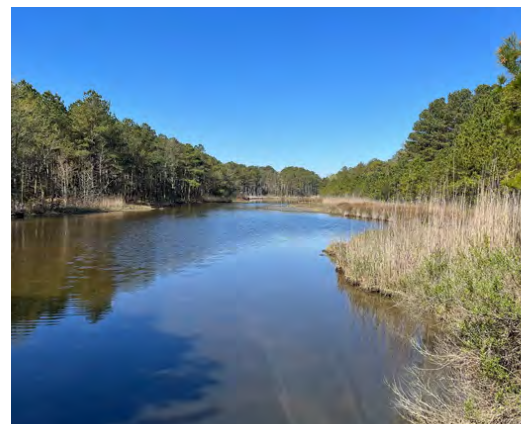
L. to R: SCVV Chair Ron Kerchner, Vice-chair Chris Powers and office manager Diane Strobel provided guidance at the Volunteer Forum held at the Community Center in Ocean View.

On March 16, 2023 a meeting for SCVV volunteers was held at the Ocean View Community Center which addressed many concerns and questions. Several new volunteers attended as well as those who have been volunteering for some time.

SCVV Chair Ron Kerchner welcomed everyone and introduced Vice-chair Chris Powers and the office staff. Chris went over “Things to Remember” such as contacting your member the day before a committed service, completing time and mileage entries, and writing any comments into the comment section of the form to help staff understand any issues or concerns for the member. Chris also reminded volunteers that if they are unable to fulfill a request, to call (not e-mail) the office right away so office staff can make phone calls to fill the request.

Chris and Office Manager Diane Strobel reminded volunteers how to handle a situation if a member falls. Volunteers are not to lift the person but to call 911 and the office immediately. If a volunteer has concerns about a member during a visit, call the office immediately. Diane spoke about an upcoming class that will be offered to members. This program is called “**Delaware 50: A Matter of Balance**,” and it will concentrate on preventing falls, exercising, and working on maintaining balance. The class will be held at the Ocean View Community Center for eight weeks, starting **April 13 through June 1, on Thursdays from 11 am to 1 pm**. This class will be offered to members first and then to volunteers. More information will follow.

In honor of St. Patrick’s Day, a lunch of delicious homemade potato soup was served, along with Irish soda bread, brownies, cookies, and coffee. Our generous volunteer friends contributed the food. It was fun socializing with old friends and meeting new volunteers.



Photographed during a morning walk at Fresh Pond State Park in Ocean View.



Events

SCVV Celebrates National Volunteer Week

by Joan Gordon



Ron Calef, center, with Liz Bolton (l) and Lois Pastore (r), talks about his experiences after being acknowledged as SCVV's most active volunteer.

South Coastal Village Volunteers celebrated its volunteers on April 18 with a luncheon and presentation of certificates of appreciation in observance of National Volunteer Week. **Liz Bolton** and **Lois Pastore**, with the support of the **Sunshine & Sweet Committee**, hosted about 30 for a delicious lunch of sandwiches accompanied by an outstanding assortment of side dishes and desserts provided by attendees.

Liz and Lois welcomed the group and gave a brief history of SCVV. They emphasized how interconnected our volunteers are with SCVV by not only doing services but by adding their talents and experience to the many working parts of SCVV resulting in a strong sense of community. Liz read a letter from State Representative **Ron Gray** praising SCVV for its work for seniors.

After thanking everyone, Liz and Lois gave special recognition to **Sue Culin**, who received the “**Take a Chance**” award for being SCVV’s first member. **Bob Lawless** was recognized as the first volunteer to perform a service for the organization, and **Ron Calef** was recognized for giving a record 486 hours of service to members. **Fran Williams** and **Steve Ricks** were praised for doing what was exactly right when a member fell and needed special attention. **Claudia Thayne** and **Joan Gordon** were called up to unveil the new SCVV posters and were thanked for producing the quarterly newsletter.

After a break for dessert, the group discussed issues which are of interest to volunteers, including ways in which the office can help expedite services by identifying needs of the volunteers.

Thanks go to Liz, Lois and members of the Sunshine & Sweets Committee – **Fern Cooper, Lori Gentry, Jan Gibson, Nancy Main, Sue Mcginley, Sally Scarangella** and **Karen Taylor** – for an enjoyable and worthwhile SCVV event.





Events

What Are the Ten Signs of Alzheimer's Disease?

by Joan Gordon



Ruth Pryor (left), a volunteer for the Alzheimer's Association, spoke to SCVV volunteers about the signs of Alzheimer's Disease.

On Thursday, April 20, **Ruth Pryor**, a volunteer for the Alzheimer's Association, spoke to about 25 SCVV volunteers on recognizing the signs of Alzheimer's disease. Ruth, who has been giving presentations on the subject since 2009 and regularly conducts support groups, has had a long-term interest in gerontology and cared for her mother through a long journey with dementia. She distributed a brochure with valuable information on Alzheimer's.

After explaining that Alzheimer's is one of over 50 types of dementia and that a person may have more than one type, Ruth listed ten signs of the disease. They are **1)** memory loss that disrupts daily life; **2)** challenges in planning or solving problems; **3)** difficulty completing familiar tasks; **4)** confusion with time and place; **5)** trouble understanding visual images and spatial relations; **6)** new problems with words in speaking or writing; **7)** misplacing things and losing the ability to retrace steps; **8)** decreased or poor judgement; **9)** withdrawal from work or social activities; and **10)** changes in mood or personality.

Ruth elaborated on all these signs, noting that being over 65 and having a family history of dementia could make one more likely to get dementia. She discussed the importance of having discussions and making plans *before* the condition makes rational decisions impossible.

The scarcity of both geriatric specialists and neurologists who can deal with patients with dementia and the shortage of care facilities in this area exacerbate the problems. Unfortunately, in the 100 years since Alzheimer's was first diagnosed, there has been little progress in treatment, and medications may be ineffective or have undesired side effects.

A helpful discussion concluded the program. Ruth offered to answer any questions that arise; you may contact her by calling **302-231-8186** or e-mail rfcpryor@gmail.com.





SOUTH
COASTAL
VILLAGE
VOLUNTEERS

Helping older adults live independently

VOL. 3

Issue 2, Spring 2023

Events

YOU'RE INVITED

#OlderAmericansMonth
ACL.gov/OAM



AGING UNBOUND: MAY 2023



SCVV's Celebration of Older American Month May 11, 2-4 PM

South Coastal Village Volunteers will celebrate **Older American Month**, with its theme of Aging Unbound, on **Thursday, May 11**. We will host an ice cream social at **John West Park** in **Ocean View** from **2-4 PM**. In addition to members and volunteers, we welcome community members who would like to pay tribute to the older adults. This will be an opportunity for people to stop by to meet us and learn who we are and what we do. In addition to treats and music, we will offer information on SCVV.



John McKee, who is now baking with Kristina's Cakery in Ocean View, has once again volunteered to be the emcee for our SCVV event and to provide his world-famous baked goods to go along with the ice cream and toppings. Check our web site southcoastalvillagevolunteers.org for details, and look for our advertisement in the May 5 **Coastal Point**.



Events

A Busy Spring for South Coastal Village Volunteers

SCVV is very active this spring with all kinds of activities for members and volunteers. See the following list, and read more about many of these activities in this newsletter.

March 16 : Volunteer Forum

April 13 - June 1: DE 50: A Matter of Balance

April 16: Addy Sea information table

April 18: Nat'l Volunteer Week luncheon

April 20: Symptoms of Alzheimer's

April 20: Dine & Donate with Northeast Seafood Kitchen

Book Club: April: **The Great Halifax Explosion** by John Bacon, May: Everyone talk about a favorite book

May 11: Older American Month celebration ice cream social

June 3: Boardwalk Seaside Crafts info table

SCVV Participates in Addy Sea Event

South Coastal Village Volunteers was invited to have an information table at an event held at the Addy Sea in Bethany Beach from 1PM to 4PM on April 16. The festive event was attended by several hundred area residents who purchased tickets to tour the historic bed and breakfast, with proceeds going to the Bethany Beach Volunteer Fire Department.

There was musical entertainment, and the lawn was covered with tables from local restaurants offering guests complimentary food and beverages and shops offering merchandise for sale.

Addy Sea management promised to invite us back for future events, and we appreciate their giving us this fine opportunity.

SCVV representatives **Joan** and **Jack Gordon** talked with many locals to familiarize them with our organization and what we do, to distribute rack cards and to get names of potential volunteers.



Joan Gordon said representing SCVV at the Addy Sea Fair "... was fun and like old home week for us to see so many friends and acquaintances."



Member Testimonials

"You saved my life! I am so relieved. Honestly, I was ready to cry. I was so down because I didn't have anyone to drive me and I couldn't drive in the sunlight. Some people won't ask for help, but I am so glad I did. When I found out about the volunteers, I felt

so much better. It put my mind to ease to know that someone could take me to the doctor. Everyone is so pleasant and willing to be helpful. You're a Godsend. You don't know how happy you make me. You all make my day, every day. You're my extended family."



"I want to thank you for sending Don to my home to rotate my mattress! He's VERY strong! He was friendly and kind, taking time to chat with me! Everyone

I have met through SCVV is so very wonderful! Many thanks again!"

From our first SCVV member



Fresh Pond State Park in Ocean View



Social Media

by Madeline Kelly



Happy Spring, SCVV! We finally made it through the winter, the birds are chirping, and our social media is buzzing. Our Facebook page [@SCVVolunteers](#) has about 140 followers, and our posts and events are getting increased engagement.

We've had a busy start to the year so far. Our friends over at **Seaside Plumbing** shared on their social media that a percentage of their dispatch fees would be donated to us. We, of course, shared this with our social networks, and the reach grew and grew! We're humbled to say that Seaside Plumbing donated \$1,200 to us in February!

And, if that wasn't exciting enough, we had our most successful **Do More 24** yet! As a reminder, Do More 24 Delaware is a unique and easy way to support nonprofits serving Delaware. It is only 24 hours, and folks can donate as many times as they'd like. This year, our community raised up and supported SCVV with a whopping \$2,995!!! WOW. We are incredibly grateful.

Our social media presence is important for these donations, but it's important for much more, too. We're able to use our voice, mission, and passion for supporting our community to inspire other people to give back to others. To keep in the minds & hearts of our local community, it's important that we have a presence online. If you haven't already, please 'like' our Facebook page at [@SCVVolunteers](#).

SCVV has a new email address

info@southcoastalvillagevolunteers.org

The old address will still be good for a while, but we're phasing into this new one. Steering Committee members may also be using new addresses.

Watch this newsletter and our website for updates on new addresses.



Balance Your Body **by Steuart Martens**

As we age and work to ward off or control chronic diseases and conditions, it behooves us to guide our bodies toward balance in everything – lifestyle, diet, stress, and gut microbiome. We have two types of fat stores:

1. **Subcutaneous fat** – located right beneath the skin, keeping us warm and cushioned and
2. **Visceral fat** – a collection of adipose tissue around the organs, which can cause health problems.

High levels of visceral fat are correlated with:
Insulin resistance – when cells become resistant to insulin, leading to elevated blood glucose levels, which over time leads to pre-diabetes, type 2 diabetes, obesity, and cardiovascular disease.

Increased cortisol production, causing weight gain, headaches, irritability.

Over-consumption of calories can increase your risk for cancer and other chronic health problems.

SET POINT THEORY

The idea that the body works to hold a stable weight determined by genetics and nutrition and is influenced by physical activity, stress, and toxin exposure.

HEDONISTIC THEORY

The idea that the brain’s reward center can drive weight gain without a change to the set point and that certain foods, mainly processed and high in refined sugar, can disrupt the reward center in the brain influencing long term caloric intake.

BLOOD SUGAR 101

Glucose – the fuel that keeps our cells alive and functioning. Glucose comes from carbohydrates such as:

- Simple sugars (table sugar)
- Refined flour
- Complex carbohydrates
- Fruits

(Continued p. 16)



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.



Balance Your Body

by Steuart Martens

Insulin — A hormone that regulates the level of sugar circulating in the blood, telling cells when to take it in, use it, or store it for future use.

Type 1 diabetes occurs when the pancreas can't produce enough insulin. This happens because beta cells are destroyed by the immune system and there aren't enough "open doors" to let blood sugar into the cells.

Type 2 diabetes can happen when there is too much insulin. The "keyhole" that insulin uses to open the "door" is gone, preventing the cells from getting the fuel they need. This is known as insulin resistance.

Blood sugar levels can be affected by:

- Diet
- Activity level
- Stress
- Microbiome
- Body fat

Sweeteners — High fructose corn syrup, not naturally occurring, made from cornstarch, and composed of chemically modified glucose and fructose. (Try to avoid if possible)

Artificial sweeteners include aspartame, sucralose, and saccharine.

Fiber slows the intake of sugar. (good thing)

Supplements that help balance blood sugar include:

- Berberine
- Resveratrol- found in red wine.
- Chromium — a mineral that helps insulin function optimally, found in black pepper, brewers yeast, whole grains, and broccoli.

People with Diabetes usually have lower Chromium levels.

Set points may be positively altered by:

- Managing blood sugar
- Losing weight slowly and steadily
- Abstaining from eating 3 hours before bedtime
- Revving up metabolism with spices (cayenne, cardamom, cinnamon, Turmeric)
- Exercising in intervals, with a focus on building muscle.



Helping older adults live independently

AARP Updates by Sheila Grant



Happy Spring from AARP Delaware! We have been busy filling out our 2023 Events Calendar, meeting with legislators, starting conversations about housing, and recruiting new volunteers.

AARP recently released the **2023 Valuing the Invaluable Report**, which highlights the growing complexity of family caregiving and includes ways to address the challenges of caring for loved ones. Here is the link:

www.aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html?cmp=RDRCT-VALUN_JUN23_015

According to the report, unpaid care provided by Delaware's 124,000 family caregivers adds up to 116 million hours and is valued at \$1.8 million annually. AARP news and resources for caregivers can be found here: <https://www.aarp.org/caregiving/>.

Did you know that 6 million AARP members are veterans? We even have a special webpage <https://www.aarp.org/home-family/voices/veterans/> and a newsletter just for veterans. Check out The Veterans Report here: https://cp.email.aarp.org/Veteran_Report_20230209. You can find upcoming AARP DE Events here: <https://states.aarp.org/delaware/events-de>.

Highlights include:

- Think You Know AARP DE? (A Zoom advocacy introduction -- 4/20/23)
- Zoom Yoga classes (series)
- Zoom Bingo Games (with prizes!) (series) (Spanish Bingo in Sept.)
- Fight Fraud: Shred your documents at our Fraud Event in Rehoboth – (5/6/2023)
- Amish Country Bike Tour in Sept.
- Sussex YMCA Family Day in Oct.

Of course, we're working on advocacy issues this year, and the housing crisis is a big one. The Delaware State Housing Authority's data shows a gap of 18,000 between the number of households looking for a place to live and the number of units available. AARP is supporting several housing bills this year, and we are starting broader conversations with policy makers to figure out how to bridge that gap.

Thank you all for being volunteers, and I hope you will join us for an AARP event soon!

For more information, email me at sagrant@aarp.org,

Follow us on Facebook

<https://www.facebook.com/AARPDE/> and Twitter [@AARPDE](https://twitter.com/AARPDE)



Helping older adults live independently

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

Wanted: Steering Committee Members

Do you have an interest in getting more involved with the leadership of South Coastal Village Volunteers? There are openings on the Steering Committee, and we welcome hearing from you if you'd like to play a role in organizational matters. Also, if you have a specific talent or ability to contribute to any of our committees, please contact the office at info@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 | Charlie Kopay |
| Bonnie Burnquist, MD | Madeline Kelley |
| Christine Connor | Michele Morgan |
| Cliff Graviet | Zita Pennypacker |
| David Green | John Robbert |
| Maureen Hartman | Susan Ryan |
| Carol Houck | Claudia Thayne |
| | Vickie York |



Contact Us!

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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