



SCVV Celebrates Older American Month

by Joan Gordon

On May 11, South Coastal Village Volunteers celebrated Older American Month – Aging Unbound with an ice cream social. John West Park, next to the Village’s Ocean View office, provided a lovely setting on a beautiful day for a gathering of volunteers, members and guests.

John McKee, singer and baker extraordinaire, provided a fitting musical background with a selection of favorite oldies. John, who now is a pastry chef for



Kristina’s Cakery in Ocean View, donated an amazing variety of delicious cookies to complement the ice cream. SCVV is very grateful to John for his generosity in sharing his talents with us.

SCVV also thanks **G & E/Hocker's** for the donation of the ice cream, which along with various toppings and whipped cream, served as a tasty treat for those in attendance.



SPOTLIGHT ON VOLUNTEER

Sue Meginley
by Jan Gibson

Sue Meginley was born in New York City and raised in Levittown, PA. She married her husband **Mark** in 1981 and moved to Newark, DE in 1988. After graduating from Wilmington University in 2000 with a Bachelor of Arts degree in Human Resources, she began working in the finance industry.

Sue and Mark (who passed away in 2014) were married for 33 years and raised two daughters; **Jessica**, a teacher who lives in Hockessin, DE and **Christina**, a nurse practitioner who lives in Denver, CO. Sue has had many careers. After working in the finance industry, she was a hairstylist for 10 years. Then she was an activities assistant at a senior center in Ellsmere, working on memberships as well as planning events, trips and activities. She loved playing games with the seniors. She retired from there in 2017.



In 2018, she decided to make the big move to Ocean View. After selling her home where she raised her children, she purchased a new home in the Forest Landing development in Ocean View.

Sue has been a SCVV volunteer for more than two years, having read about SCVV in the Coastal Point newspaper. She decided it would be a good fit for her. She had time on her hands and has always loved working with seniors. Driving members to their appointments is her favorite task for SCVV.

The Sweets and Sunshine Committee recruited her right away and she helps create gifts for our members on holidays. She also helps with event planning, including an upcoming special event in October.

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SPOTLIGHT ON VOLUNTEER

Sue Meginley

Sue is a mentor at Lord Baltimore Elementary school for a 9-year-old third grader and enjoys seeing her once a week and playing games with her. She also volunteers for her HOA on the Social Committee, helping with events. In her spare time, Sue enjoys spending time at the beach with her dog Trooper. She also loves reading, yoga, swimming and being with her friends. She also participates in several

different meet-up groups in the area. She recently started taking golf lessons, but where she will find the time to golf, I have no idea. Her vacations are sometimes spent in Denver visiting her daughter but she has also traveled to Europe recently on a Viking Cruise. She plans to go to Paris in the fall.

We are fortunate to have Sue as part of the SCVV family.

MEMBER TESTIMONIALS

"I will be back here in July to continue my PT and use the wonderful, caring services of your organization and high spirited, going the extra mile volunteers, many of whom understand physical limitations having once had the experience themselves."

THANK YOU

"Volunteer 'Tina' delivered the clever Fourth of July gift this morning. Thank you so much for the Hershey bar, the clever beaded necklace with the shell pendant, and the 'pompoms'. Clever fingers assembled what clever minds conceived. Please know it is much appreciated! Sincerely, Louise C."



SPOTLIGHT ON MEMBER SANDY WOOD

by Sally Scarangella

I spent a lovely afternoon with **Sandy Wood**, a local artist specializing in garden art. Sandy's work is whimsical and casual. Her favorite painting subjects are flowers, fruit, and animals. She paints on metal, salvaged wood, slate, stone, and glass. Sandy also uses oyster shells for many of her projects. Always searching for vintage material to create her works of art, Sandy often visits antique stores, thrift shops, flea markets, and the internet for her inspiration. One of her many projects is searching for old Christmas ornaments which she uses to make Christmas trees and wreaths. Sandy said, "I will use anything old, such as buckets, tubs, or old tiles to craft my art." Creating her art projects gives Sandy great joy and satisfaction.

Sandra Wood was born in 1937 at home in Wilkinsburg, PA. She had one brother and one sister. She lived in Virginia most of her life and graduated from Washington and Lee High School in Arlington, VA. Sandy attended University of Virginia's Division of Continuing



Education, and in 1956, she went to work for the United States Government doing administrative work. Next, Sandy was employed for fifteen years by the Boeing Corporation as a Resource Recorder. During this time, she took several art workshops and was immediately hooked on creating art. At this time, she started her own business in Virginia.

"My children are the joy of my life," Sandy told me. She has a daughter Cindy who lives in Easton, Maryland and they visit quite often. Sandy's son, Mike, passed away in 2016. Her daughter Lisa lives in New Hampshire and works in the energy field.

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SPOTLIGHT ON MEMBER SANDY WOOD

Sandy is blessed with grandchildren and two great-granddaughters. Throughout Sandy's home she has displayed numerous photographs and gifts from her family.

Sandy has participated in upscale juried art shows in Naples, FL and Bethany Beach and was one of the 15 artists showing her work in the Garden Club of America show in Washington D.C. She received a diploma in Flower Arranging and Floristry from Lifetime Career Schools.

Sandy is most proud of the fact that she is the founder of the Bethany Beach Seaside Craft

Show held annually on the boardwalk. Seventeen years ago, Sandy believed that Bethany Beach should have its own upscale craft show and she is very gratified that her hard work made this outstanding June event happen. Sandy is also proud that she played tennis until the age of 81 years old.

Sandy's love of flowers is the main reason she paints them. While this has helped her through hard times in her life, painting always gives her great gratification and pleasure. Sandy's art work is displayed and for sale at Jayne's Reliable, the Station on Kings Highway, and DeFebo's Market.



Two of Sandy Wood's paintings



Recent Events

Flag Day Volunteer Forum by Jan Gibson



On Flag Day, June 14, a Red, White & BBQ was held at the SCVV office for our wonderful volunteers. About 15 people enjoyed chicken BBQ, potato salad, pasta salad, coleslaw and desserts. Food was provided by **Diane Strobel**, **Chris Powers** and **Liz Bolton**.

Joan Gordon, as the Chair of the Nominating Committee, started the meeting by requesting volunteers for the Steering Committee. New members are needed at an administrative level. Areas of expertise where help is needed include finance, communications, marketing, fundraising and development. If you are interested, please contact **Diane Strobel (302-500-1281)** or Joan Gordon (jjheron936@aol.com).

Chris Powers asked everyone to save the date of **September 19th** for the key fundraiser of the year, to be held at **Signatures** at Bayside. She also announced that we need help with event planning, especially for a holiday party.

If you are interested in helping, please contact Chris.

Ron Kerchner mentioned the Steering Committee openings consist of one meeting per month, which can be attended via Zoom. Many of the duties can be performed electronically, so committee members don't have to be here full time. He assured everyone the time commitment can be managed.

Diane Strobel went over a few housekeeping items, such as the various emails volunteers receive when signing up to help a member. She also provided a letter from Delaware Health and Social Services about preparing for an emergency. They recommend signing up for Delaware Emergency Notification System (DENS), the primary system for public warning and emergency protective action information in the State of Delaware. Go to the DEMA website at

dema.delaware.gov/onlineServices.

- Create a SMART 911 Profile at smart911.com
- Call your power company to inform them you may rely on electricity-dependent durable medical equipment and to learn about programs to receive advance notice of scheduled outages and severe weather alerts.
- Go to prepared.org to learn step by step how to prepare for disasters, and access resources and tools that can save your life.

Before adjourning, **Liz Bolton** led **Flag Trivia**. We learned a lot of unusual facts about the American flag. Everyone left with new information and full stomachs.



Recent Events

A Matter of Balance

by Diane Strobel



The final class in a series of eight weeks of classes for South Coastal Village Volunteers members called “**A Matter of Balance**” was held June 1 at the SCVV office. Conducted by Office Manager Diane Strobel and Beth King, the classes were sponsored by Delaware 50. Beth, a member of the local community, is a retired respiratory therapist and a volunteer at the South Coastal Emergency Center on Roxana Road.

Classes focused on discussion of assertiveness and fall preparation. The goal was to help prevent falls by gaining strength. Class participants shared lunch following the classes, which they greatly enjoyed, and volunteers provided transportation.

Class members were **Betty Harding, Betty**

Hickman, Gary Jayne, Nancy Main, Frannie Moyer and Marilyn Tompkins.

There are many positive results of these classes. Two of the participants began physical therapy to improve their strength as a result of the discussions. One member had a minor surgical procedure and cancelled all activities other than this class. Two class members now routinely walk weekly with a volunteer to keep active.

One class member asked, “Can we keep doing these gatherings, maybe once a month, on any topic? The social part was really great, and we’ll bring the lunch!” With this as an indication, we can assume that “**A Matter of Balance**” was a huge success.

Seaside Crafts Show SCVV Table



In our continuing efforts to get the name and mission of South Coastal Village Volunteers known to our community, we had an information table at the June 3 **Seaside Crafts Show** sponsored by the Cultural and Historical Affairs Committee of the Town of Bethany Beach.

The day was marked by fog and very high winds, creating challenging conditions for our volunteers. The weather was bad enough for show organizers to end the event about 1 ½ hours early.

Nevertheless, we were able to hand out a great number of rack cards and to talk to many shoppers and strollers who stopped at our table. In addition, we obtained the names of several potential volunteers.

Thanks to **Kathy Green, Chris Powers, Steve Ricks, Jackie Limroth, Marilyn Paugh, Jim Waehler, and Jack and Joan Gordon** for manning the table.

Next is the Bethany-Fenwick Chamber of Commerce Arts Festival in downtown Bethany Beach on **Sept. 9.**



Upcoming Events

Celebrate the Music An Evening of Fun, Dinner and Music

Please join us for an evening of fun, dinner and entertainment on **Tuesday, September 19 from 5:30 to 8:30 pm to Celebrate the Music!** and recognize South Coastal Village Volunteers accomplishments.

This fundraising event will be held in the Magnolia Room of Signatures at Bayside Resort Golf Club in Selbyville, DE. Music will be provided by **Notes on the Beach**.

The menu will be a choice of spare ribs with crab cake,

chicken, or vegetarian - with special attention to any dietary restrictions. The price is \$150 per person.

Sponsorship opportunities will be available.

For further information, please go to www.southcoastalvillagevolunteers.org.

We hope you can spend a special evening while supporting SCVV.



Notes on the Beach Brings Their Musical Style to the Quiet Resorts

Notes on the Beach will "Celebrate the Music" on September 19 playing standards, swing, jazz, show tunes and contemporary music. **Glenn Pearson**, No. 1 society pianist in the D.C area and **Jeff Cooper**, who played D.C. musical theater and on Broadway, are life-long friends who formed the original duo in 2016 and have grown in popularity ever since. **Vincent Varrossi**, plays piano and sings with New York musical flair, and **Eva Tooker** bring a deep-swing piano style and soothing vocals.



Jeff Cooper (l) & Vincent Varrossi



Glenn Pearson (l) and Jeff Cooper



Eva Tooker and Jeff Cooper



Upcoming Events

September 9
10 am to 5 pm

**Bethany-Fenwick
Chamber of Commerce
45th Annual Arts Festival
Downtown Bethany Beach**

This nationally ranked event includes over 100 juried artists featuring paintings, woodwork, metal, clay, jewelry, and more. Event Information: <https://bethanybeachartsfestival.com/info>
SCVV will sponsor a table to provide information about our organization and opportunities for membership and volunteering.

September 28
2-4 pm
SCVV Office

Workshop on Fighting Fraud & Stopping Scams

Join SCVV members and volunteers for an informative workshop presented by **Sergeant Russ Carter**, Police Resource Manager for the Ocean View Police Department on fighting fraud and stopping scams. Brochures and helpful hints will be provided.
This is a workshop you won't want to miss!

October 19
Volunteer Forum - SCVV Office

September 19
5:30 to 8:30 pm

**Magnolia Room of Signatures at
Bayside Resort Golf Club
in Selbyville, DE**

Celebrate the Music!
Fundraising Event

**Featuring An Evening of Fun,
Dinner and Music**

October 18
Dine & Donate
**at Sea Colony
Marketplace**



Ongoing Events

SCVV Book Club

by Liz Bolton



The SCVV Book Club will meet again on **Tuesday, September 5 from 2PM to 3:30PM** at our Ocean View office. The first book of the season will be **The Echo of Old Books** by Barbara Davis. Whether or not you believe in psychometry, come and join us for a lively discussion.

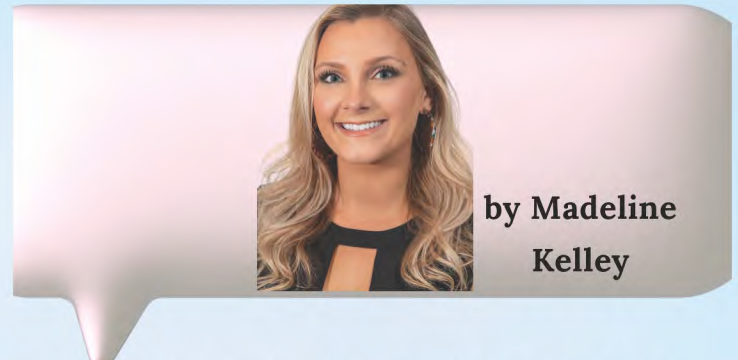
The Book Club will meet the first Tuesday of each month, and everyone is invited to attend.

Please contact Liz Bolton at lizbolton50@gmail.com for further details.

So please, oh please, we beg, we pray,
go throw your TV set away, and in its
place you can install a lovely
bookshelf on the wall.

- Roald Dahl

Social Media and Community



Summertime is here and life seems to pick up and get busier. But let us not forget that caring for an aging loved one is a year-round gig. That's why we're here. We are a true community. And, in modern times, our community extends beyond the day-to-day interactions - it lives online too.

Our Facebook page [Facebook.com@SCVVolunteers](https://www.facebook.com/SCVVolunteers) is an extension of our community! It's a place to be connected, to stay informed, to meet one another, and to find support.

Having an aging loved one or being the aging individual can be incredibly lonely. According to NAMI, community can provide three critical benefits to the psyche:

1. Belonging
2. Support
3. Purpose

Finding a community where you have common interests, values, are in a similar stage of life, and location are all great for keeping your mental health intact. So don't be shy - follow us on Facebook to boost your online community presence. Put yourself first this summer. Seize the day!



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Committee Volunteers Needed!

Steering Committee Members

SCVV has been providing services now for 2½ years, and before that it was in the planning stages starting in late 2019. The Steering Committee has remained the same, almost in its entirety, since the organization's inception.

It's time for some new leadership to step forward to ensure the continuity of SCVV. We need to appoint new members to the Steering Committee and are hoping you may be interested in getting involved at a new level. There are openings on the Steering Committee now, and there will be additional openings starting January 2024. We need volunteers with talents and skills in many different areas to get experience and prepare to take responsibility for the administration of the organization.

While some committees have successfully been able to attract members who will be in a position to take leadership roles, there are many areas in which we need help. If you have skill in finance, marketing, communications, event planning, organizational development or fundraising, SCVV needs you to consider becoming a part of our administration. Whether you are a volunteer of long standing or someone who is new to the group, we need your help.

To explore the possibility of becoming part of our administrative team, please contact Joan Gordon at jjheron936@aol.com. Thanks for your consideration.

Sweets and Sunshine Committee

Last year, several SCVV volunteers decided to form a committee to spread cheer to our members. **Lois Pastore** came up with the name **Sweets and Sunshine**. Around the time of various holidays, committee members **Liz Bolton, Ferne Cooper, Lori Gentry, Jan Gibson, Nancy Main, Sue Meginley, Sally Scarangella** and **Karen Taylor** get together to create "goodies" for our members. SCVV volunteers pick up the gifts at the office and deliver them. It's an easy way for volunteers to say hello to members and pay them a visit.



This year we have something special. **Sharon Fox** is making Fourth of July pendants for all of our female members. Sharon creates beautiful, unique jewelry out of seashells; her pieces are quite a work of

art. (Sharon also makes earrings for Operation SEAS the Day, a popular annual area event for wounded veterans and their families.)

If you are interested in joining the Sweets and Sunshine Committee, call **Liz Bolton** at **301-646-7396**. Come and join great conversation and delicious snacks while putting together timely little gifts our members have come to love.



Five Surprising Remedies for Acid Reflux

by Steuart Martens

Having occasional heartburn after a heavy, spicy meal is one thing, but dealing with acid reflux on a regular basis is a horse of a different color. There are a number of surprising remedies.

SEA SALT

A pinch of sea salt, dissolved in your mouth followed by a glass of water is a simple remedy for acid reflux. According to Dr. Batmanghelidj's "Water Cure" research, sodium chloride gives your body much-needed trace minerals and balances the hydrochloric acid in the stomach.

Dosage: Divide your body weight in pounds in half. This is how many ounces of water you will need to drink each day. Before drinking the water, allow 1/8th teaspoon of unprocessed sea salt to dissolve in the mouth.

When: Divide your daily dosage of water into 5-8 manageable doses, depending on the severity and frequency of the symptoms. Some of us have to be on a low sodium diet and it is recommended to talk to your physician in this case. One may still be able to do this remedy, just with less frequency.

What form: The following are recommended: Celtic Sea Salt, Pink Himalayan Sea Salt, and Real Salt. The water needs to be chlorine free, preferably natural pure water.

BUTTERMILK

Buttermilk is a refreshing and healthy drink that's used extensively to aid in digestion in many countries. Rich in lactic acid, it helps to neutralize stomach acid and soothes the stomach as it coats the stomach lining, reducing irritation.

Continued on pg. 13



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.



Probiotics are helpful in the treatment of gastritis, acid reflux and inflammatory bowel disease, and buttermilk is a good source of probiotics, thanks to the live cultures added to ferment the milk sugars, according to **Dr. David Williams**.

Dosage: 1 small glass of chilled buttermilk. Adding spices like ginger, cumin and caraway seeds that aid digestion also adds to the flavor.

When: Sip on spiced buttermilk after a meal.

GARLIC

When used correctly, raw garlic is a powerful remedy for alleviating symptoms of acid reflux. Herbalists and naturopaths recommend raw garlic eaten on an empty stomach, or garlic supplements. As a natural antibiotic, garlic kills the H.pylori bacteria that affects almost 80% of reflux sufferers.

COCONUT WATER

The alkalizing effect of tender coconut water can bring instant relief. Sweet coconut water aids in mucous production in the stomach which coats the stomach lining, preventing irritation from excessive acid production. Coconut water is rich in fiber, aiding digestion and prevents the re-occurrence of reflux.

Five Surprising Remedies for Acid Reflux

Dosage: 1 glass fresh tender coconut water

When: Have some after every meal, keeping in mind to eat a nutritious, healthy GERD (gastro esophageal reflux disease)-friendly diet.

What Form: Fresh tender coconut water is preferable over the bottled variety.

SACCHAROMYCES BOULARDII

Chris Kresser, a renowned Practitioner of Functional Medicine says research indicates that Esophagitis and GERD are caused in part by bacterial overgrowth. Saccharomyces Boulardii is a probiotic strain specifically for the small intestine, and can reduce H.pylori infections and prevent gastric ulcerations. It also helps reduce gut inflammation and improves the body's ability to absorb nutrients from food.

Dosage: 500mg, twice a day

When: After meals

What Form: Though available in liquid and powder form, capsules provide the most accurate easy-to-take dose.

While these unusual and surprising remedies for acid reflux are worth trying, they cannot replace conventional treatment for GERD. Talk to your doctor or a naturopath to make advisable changes in your diet and lifestyle to find permanent relief from acid reflux. Contact Steuart Martens with questions about this article. lsteuartmartens@gmail.com.



Helping older adults live independently

Tips to Improve Your Brain Health



Most of us know that physical activity is a valuable part of an overall body wellness plan. But how often do you consider your brain in that planning? Studies indicate we can reduce the risk of cognitive decline by choosing key lifestyle habits – such as engaging in regular cardiovascular exercise to elevate the heart rate and increase blood flow to both the brain and body.

When it comes to improving and preserving brain health, the good news is it's never too late to start. Consider physical activities that may also be mentally or socially engaging, such as walking with a friend, taking a dance class, joining an exercise group or golfing.

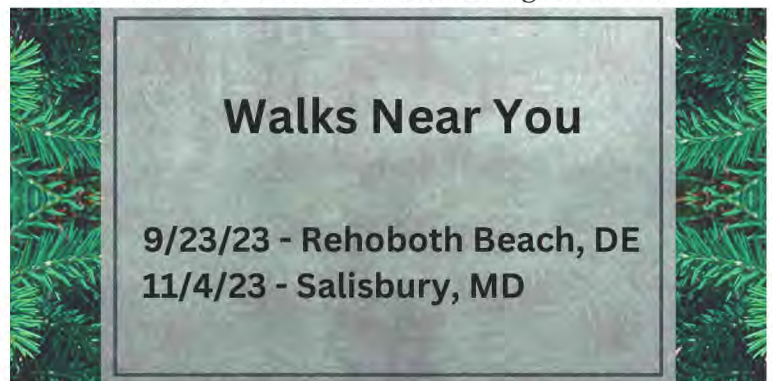
Heed the head-heart connection

Growing evidence suggests that many factors that increase the risk of heart disease also may increase the risk of dementia. These factors include smoking, obesity, diabetes, high cholesterol and high blood pressure. Adopt these healthy lifestyle habits for improved brain health:

- Visit your doctor regularly.
- Get your “numbers” checked, including weight, blood sugar, blood pressure and cholesterol. When needed, actively seek treatment to keep yourself within healthy ranges.
- If you have diabetes, manage it properly with your healthcare provider.
- Stop smoking. If you don't smoke, don't start.
- Take action to minimize stress. Studies have found that regular physical activity decreases stress, increases your ability to manage stress and leads to better mood overall.

- Get enough sleep. Inadequate sleep due to conditions like insomnia or sleep apnea can result in problems with memory and thinking.
- Avoid excess alcohol.
- Seek professional assistance to address anxiety, depression or other mental health concerns.

Take a walk and make a difference in your health and in the fight against dementia. Are you ready to take a walk? A great way to improve your cognitive health while making a difference is to get involved in the Alzheimer's Association **Walk to End Alzheimer's** – the world's largest fundraiser for Alzheimer's care, support and research. Find a Walk near you by visiting alz.org/walk and register. Then, join us on Walk Day for an inspiring community event that celebrates our commitment to ending the disease.



About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter serves 18 counties in Delaware, South Jersey and Southeastern Pennsylvania. For more information, contact the Alzheimer's Association 24/7 Helpline at **800.272.3900** or alz.org/delval.



Helping older adults live independently



Updates

by Sheila Grant



Summer is here, and beach life is heating up! AARP Delaware has a lot going on, too.

Livable Communities: Did you know AARP supports projects that make communities more “livable” for people of all ages through its Community Challenge Grant program? We are excited to announce these 2023 winners from Sussex County!

The Seaford Community Garden in Seaford, DE will receive \$2,500 to expand community gardens and raise vegetables for consumption by residents. The program waives seasonal fees for local veterans, most of whom are aged 50+.

Nurses Nextdoor in Rehoboth, DE will receive \$5,500 to provide transportation vouchers for older adults with physical limitations or who are unable to drive so that they can utilize an on-demand ride service.

The 2024 grant application process will open in January.

Events: We are adding virtual and in-person events each week, including bingo, yoga, shred truck events, Movies for Grownups, happy hours, and the Amish Country Bike Tour. We’re hosting a special virtual event with the University of Delaware’s Osher Lifelong Learning Institute on August 23rd called Curtain Up: An Introduction to Broadway’s Golden Years. You can keep up with all of AARP’s local events and register to join us here:

<https://www.aarp.org/DEEvents>

Advocacy: AARP Delaware has advocated this year for funding

- to combat homelessness,
- to help seniors stay in their homes by supporting the DE Division of Aging’s Home Modification program, and
- to expand transportation options for non-drivers by paying for preliminary studies to build a commuter rail station in Newport, DE.

The proposed 2024 State Budget includes all these items and is expected to pass by June 30th. We have also submitted comments on proposed regulations for Delaware’s Paid Family Leave program and for the state’s Digital Equity Plan, to ensure family caregivers and seniors are not overlooked as these important programs are designed.

Have a great summer, 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 - Marketing

Betty Martin, Membership Coordinator

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

Bonnie Burnquist, MD

Christine Connor

Cliff Graviet

David Green

Maureen Hartman

Carol Houck

Charlie Kopay

Madeline Kelley

Michele Morgan

Zita Pennypacker

John Robbert

Susan Ryan

Claudia Thayne

Vickie York

Contact Us!

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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