



AARP® Andrus Community Service Award

Christine Powers Named 2023 AARP Andrus Award Recipient

by Claudia Thayne

On November 29, **Carlos De los Ramos**, AARP Delaware Assoc. State Director, presented South Coastal Village Volunteers' **Chris Powers** with AARP Delaware's most prestigious volunteer award honoring her for sharing her experience, talent, and skills to enrich her community. The program, which was held at **The Grand Opera House** – an-architecturally significant building located in Wilmington, Del. – began with a private reception hosted by AARP. Guests, all of whom were Delaware volunteers, then entered the 1,208-seat theatre for the performing arts to enjoy a Broadway Recital, composed of a medley of Broadway tunes sung by **Aidan Briggs**, accompanied by **SODELO (Southern Delaware Orchestra)**, an orchestral ensemble of amateur musicians directed by **James Allen Anderson**.



Alvin Ross and his wife, Chris Powers enjoying the AARP reception.



AARP's Carlos De los Ramos, George Meldrum, DE State President and Lucretia Young, DE State Director celebrate Chris Powers (2nd from left) on stage at The Grand Opera House in Wilmington.

According to AARP, Chris' work as Vice-Chair of SCVV embodies AARP's vision of "enhancing the quality of life for all as we age." As nominator Joan Gordon wrote, "Not only is Chris an exemplary volunteer, but she multiplies her effect by inspiring and organizing other volunteers." As she accepted the beautiful, engraved crystal award, Chris said she was so honored and humbled by the other nominees and the packed theater of volunteers. She said, "Between the (SCVV) Steering Committee, friends and family here, and the 140 volunteers who are working with us to make sure none of our members ever feels alone, and you, as volunteers, who know we get so much more back than we give, I share this award with you."



Herb & Betty Martin, Ron Kerchner, Kathy & David Green, Diane Strobel, Chris Powers and Alvin Ross, Claudia Thayne, Steuart Martens and Rochelle Dueser celebrate Chris' award.



Village Volunteers

Celebrating a Decade of Service

Ten years is only the beginning...

by **Claudia Thayne**

More than 200 members, volunteers and friends of **Village Volunteers** joined in an evening of wonderful music, dancing, laughter, and comradery to celebrate a decade of helping older adults live independently for as long as they can. The festivities were held December 2 at the **Nassau Valley Vineyards** in Lewes, Del.

Speakers included **Steuart Martens**, Village Volunteers President and Board Chair, **Wendell Alfred**, newly named President of AARP Delaware, **Jackie Sullivan**, retiring VV Executive Director, and **Jackie Sunderland Finer**, Village Volunteers founder. The pride in Dr. Finer's voice was palpable as she described highlights of a ten-year journey from an idea to the formation of a local non-profit called Greater Lewes Community Village, to its growth to neighboring towns and being renamed **Village Volunteers**, to its most recent expansion across the Indian River Bridge partnering with **South Coastal Village Volunteers**.

During the evening, attendees participated in a live auction of items including original art, baskets of cheer and gift cards, sailboat outings and vacations.

The celebration continued with Jackie Sullivan giving special thanks to the many sponsors, advocates and donors supporting Village Volunteers and noting the award of the 2023 AARP **Andrus Award for Community Service** presented to **Chris Powers**, SCVV vice-chair, on November 29.

South Coastal Village Volunteers was well represented with more than 50 of our volunteers and members in attendance.



Dar Lewis, SCVV staff, and her husband John enjoy the Gala celebrating Village Volunteers' 10th anniversary.



Among the more than 200 attendees were SCVV members, volunteers and staff including (l. to r.) Bob and Svetla Lawless, Marilyn St.Pierre, Steve Ricks, Diane Strobel, and Romas Laskauskas.

SPOTLIGHT ON MEMBER



Lynn Jordan by Joan Gordon

Lynn Jordan is one of the two South Coastal Village Volunteers members who also serves as a volunteer in the office. Lynn, who likes to give back to the community,

uses the skills she developed during her career to interact with callers and visitors as a friendly voice and face representing SCVV.

Lynn was born in Baltimore in the thick of a blackout during World War II, and lived there and raised her son and daughter there. She had a long career as a branch manager for a savings and loan. She also worked in customer service and had a great deal of experience managing several departments for a call center. Even after she moved to Delaware, Lynn worked part time at the reservation desk at an Ocean City hotel. SCVV is fortunate to have someone with Lynn's experience working in our office.

Lynn's son Mike and his family moved to the Bethany area in 2010 for the relatively quiet small-town atmosphere. Lynn followed them and rented a home in Millville, and several years later when Lynn's grandson graduated from high school her daughter Kathleen came to live with her. Lynn volunteered at Brandywine, helping the residents with activities and joining them for tea until driving became difficult for her.

After reading about Village Volunteer in a local paper years ago, Lynn researched on-line and carefully considered before becoming a member of South Coastal Village Volunteers in 2023, requesting only

transportation services. Lynn says, "Every time someone picks me up, I feel like I'm meeting a new friend." She loves SCVV and tells everyone about it. She enjoys working in the office, saying it gives her a chance for positive interaction that brings joy into her life, working with so many friendly, positive, happy people.

Lynn is a lifelong Orioles fan, and in addition to frequenting Camden Yards she takes an annual trip to Sarasota, Florida for spring training, attending at least three games there with friends. She hopes to go to Toronto to see the Orioles this summer.

Lynn is also a fan of horse racing and has been known to engage in on-line betting. A believer in exercise, Lynn swims, exercises, and walks five or six times a week. She uses the Sea Colony pool in the off-season and swims in her community pool every day during the summer season. She is also a voracious reader.

If you call or visit the SCVV office on a Monday morning, chances are the cheery voice you hear or the smile you see belongs to SCVV's member/volunteer, Lynn Jordan.

TESTIMONIALS FROM MEMBERS

"Thank you for the informative newsletter. I'm very grateful for your service and the compassion of your wonderful volunteers."

"What a great organization! I have met such kind and giving people. They have made my life so much better now that I have their service and a smile."

"It has been a privilege for me to have met the wonderful people that drive me each morning. Thanks to each and every one of them. I am so appreciative!"

SPOTLIGHT ON VOLUNTEER



Romas Laskauskas

by Joan Gordon

Following his mother's maxim, "You get what you give," and his parents' example of performing community service, when

Romas Laskauskas read about South Coastal Village Volunteers in the **Coastal Point** in 2021 he signed up to be a volunteer. Romas, who lives in Ocean View

with his long-time fiancée **Sharon**, believes in SCVV's mission and realizes the importance of staying independent. His first service was helping to turn SCVV's first member's mattress as soon as the pandemic allowed for in-home services.

Romas was born in Baltimore, where his parents settled after fleeing communism in Lithuania and spending a few years in a displaced persons camp in Germany after World War II. He grew up in Baltimore and lived there for many years and attended Mount St. Mary's College in Emmitsburg, Md. He worked for Phillip Morris for most of his career, traveling extensively to 49 countries and 45 states. His work took him to live in Richmond, VA, and Connecticut, and he pretty much "ran the business" for Phillip Morris in Lithuania during 1993-1994 because of his fluency with the language. He holds dual citizenship with the United States and Lithuania.

Romas' son and three daughters grew up mostly in Virginia and Connecticut, where Romas served as a Boy Scout and Girl Scout leader for 40 years. They now are parents of Romas' two granddaughters and two grandsons.

His family vacationed at the Maryland and Delaware beaches regularly. After looking around for a decade for the right place to retire, Romas and Sharon decided on Ocean View, "Where there is no ocean view," says Romas.

Romas, who took care of his aging father for 10 years, is willing to do anything that's needed as an SCVV volunteer. He has "adopted" a member who is an Alzheimer's patient and spends a great deal of time transporting him, visiting with him, and giving the member's wife some respite.

He also enjoys delivering holiday gifts to members and wants to do whatever he can to help people enjoy life.

Romas serves as president of his alumni group from Mount St. Mary's. Most of his spare time is taken up by his hobby of being a self-proclaimed "hoardentrepreneur," and he dabbles in selling what he has accumulated over the years on Ebay and Poshmark.

Romas is certainly living up to his mother's idea that "you give what you get" with his active, generous service to SCVV's members.

TESTIMONIAL FROM OUR FIRST MEMBER

"My work request to have someone paint my mailbox post was taken by Hans. He arrived and was finished in less than an hour. My mailbox looks great! He was very nice and even chatted with me for a while. So thank you."

TESTIMONIAL FROM A RELOCATED MEMBER

"Thanks to all who helped me; everyone was kind and extremely considerate. Not sure I'd ever have gotten all my packing done without your help."

FORGE AHEAD

Hail and Farewell! – and Welcome!

by Chris Powers and Ron Kerchner

Jackie Sullivan, Executive Director of Village Volunteers serving Lewes, Milton, and Rehoboth Beach, is retiring at the end of March. Jackie has served as the Executive Director since 2015. Much of South Coastal Village Volunteers' success is due to her wise leadership and generous sharing of her knowledge and experience.



In late 2019, Jackie gave presentations about Village Volunteers to the **Lord Baltimore Women's Club** and **St. Martha's Episcopal Church**. These presentations sparked the start for a small planning group that ultimately became the Steering Committee of South Coastal Village Volunteers. We sought Jackie's guidance from the outset. When South Coastal Village Volunteers was formed in 2020, we entered a collaborative relationship with Village Volunteers under the **Greater Lewes Community Village** umbrella, a nonprofit organization with a tax designation of 501(c)(3). Operating under an existing 501(c)(3) expedited the startup of SCVV. Jackie's leadership, mentoring, and guidance played a significant role in our formation, resulting in SCVV becoming fully operational within a year.

Jackie also helped secure a large grant that provided initial funding for SCVV. Since then, SCVV and VV have indeed become collaborative partners. We learn from each other and grow as we serve the needs of older adults in coastal Delaware.

We wish Jackie all the best in her well-deserved retirement. We are deeply appreciative of all she has done to help us. We never could have gotten to where we are today without her support, encouragement, and leadership.



Jackie's successor is **Anna Moshier**. Anna was the Director of Osher Lifelong Learning Institute at the University of Delaware (OLLI) | Lewes, DE, for more than a decade. OLLI is a nonprofit educational organization that serves older adults. Under her leadership, the program consistently grew in membership, volunteers, and donors. Anna is an excellent fit for the role of Executive Director, and we look forward to working with her. Anna will assume the role of Executive Director of Village Volunteers by the end of January.



FORGE AHEAD



Tax Return Preparation Available

The AARP Tax-Aide program offers free tax return assistance and preparation to taxpayers with low and moderate incomes, with special attention to those 50 years and older. Taxpayers do not need to be members of AARP to use this service. In the Bethany Beach area, the service will be offered by appointment at the **Masterson Center, St. Ann Catholic Church, Route 26, Monday through Wednesday, beginning February 5th. Appointments will be from 8:30 a.m. until 1:00 p.m. To make an appointment, call 302-858-3575.**

When taxpayers arrive for their appointment, they must present photo ID(s), must have proof of Social Security Number (SSN) for every individual to be named on the return, and must bring last year's (2022) Federal and State tax returns. All tax documents for tax year 2023, including income statements and proof of deductions and credits (when applicable), should be removed from their envelopes and made available to the tax preparer. A taxpayer who may be able to itemize deductions must bring a summary of the expenses to be itemized along with supporting documentation.

Additional information about required forms and the process for tax return preparation will be provided to the taxpayer when the appointment is made.

If an SCVV member is unable or unwilling to drive (or be driven) to the Center and remain there for the time required to prepare the returns, an SCVV volunteer who is certified to prepare taxes by the IRS has offered to make special arrangements to personally visit the member (by appointment), review tax forms to be sure that they have everything that will be needed, take the paperwork, either to the Center or to her home (if the Center is not open at that time), prepare the returns, have them quality-reviewed and printed, and then take copies of the returns back to the member's home for review and signature.

These arrangements can be made through the SCVV office during regular office hours.



Development Committee Info

2023 was a wonderful year for the South Coastal Village Volunteers Development Team. We welcomed **Ferne Cooper** and **Kathy Jankowski** as team members – they are a great addition to the Development Team as well as valuable volunteers.

We participated in the **Do More 24 Campaign** in March, hosted **Celebrate the Music**, a September fundraising event, participated in **Giving Tuesday** in November, had two **Dine & Donates** and completed the year with our annual **End of Year Campaign**. Thank you to everyone who helped make this year a success!

Your support is vital to the South Coastal Village Volunteers. Though members pay a fee to belong to SCVV, these fees alone do not cover all of our operating needs.

Watch for our fundraising events, come to the Dine & Donates, attend the fall fundraiser and make an annual donation. If you would like to join the Development Team, please let us know.

Our next event is **DoMore24** – 24 hours of fundraising from **Thursday, March 7 at 6:00pm to Friday, March 8 at 6:00pm.**

Save the Date of **April 18** for our next **Dine & Donate at Northeast Seafood Kitchen.**

We could not do what we do without you, and we **THANK YOU!**

The SCVV Development Team

Ferne Cooper, Kathy Green, Cindy Hughes, Kathy Jankowski, Kathy Johnson and Karen Taylor

EVENTS

Delaware Hospice Offers Quality of Life Options

by Claudia Thayne



Ann DeLazaro, Director of Provider Services for Delaware Hospice, Inc., recently spoke to South Coastal Village Volunteer guests at the SCVV office in Ocean View. Her manner was lighthearted,

humorous, compassionate, and anecdotal. Ann said she sees daily a lot of reactive planning – rather than proactive planning – and if her comments change one person’s view to plan more, “That’s a WIN!”

Ann quickly related to the SCVV guests and shared the journey she and her family navigated during her father’s sudden and sadly fatal illness. Among the lessons learned included:

- Endorsing clear communication with loved ones
- Putting your wishes in writing, having them notarized
- Sending the notarized document to family members and an attorney to ensure the individual’s wishes are known and followed
- Completing an Advanced Directive (form found at <https://www.caringinfo.org/wp-content/uploads/Delaware.pdf>) which takes about 3 minutes to complete

Ann said she sees a growing trend of retirees coming to Delaware without family nearby. She noted the importance of charitable organizations like SCVV to help combat isolation. Delaware Hospice, also a non-profit organization, has grown to include palliative services (living life to the fullest while receiving curative treatment for a

serious illness) and hospice care (designed for patients facing a limited life expectancy of approximately six months or less who have decided to pursue comfort measures and forego further curative treatment) to people in Delaware and parts of Pennsylvania. She described hospice as having a team approach. She said Delaware Hospice covers people with dementia and Alzheimer’s disease and can provide respite for caregivers to alleviate stress and “burnout.”

Thanks to donors, supporters, advocates, and volunteers who help Delaware Hospice minimize expenses and fill coverage gaps, Delaware Hospice never has to turn hospice patients away because of an inability to pay. Services are covered by Medicare, Medicaid, and private insurance, as well as by donations from generous supporters.

For more information or assistance, please visit www.delawarehospice.org or contact Ann DeLazaro directly at adelazaro@delawarehospice.org or 302-893-9456.

*“Accept what is,
Let go of what was,
And have faith in what will be.”
– Unknown*

EVENTS

Helen's 100th Birthday

by Dick Fox

Helen Rathbun, South Coastal Village Volunteers' very own *Rosie the Riveter*, surrounded by many friends and family, celebrated her 100th birthday at the VFW facility in Ocean View on January 9, 2024. The party was hosted by her children **Janice**, **Vincent**, and **Joyce**, joined by her son-in-law **Earnie** and grandson **Keith**.



Helen migrated from a farm in North Carolina to Baltimore shortly after the outset of WW II and joined the Glenn L. Martin Company, which was producing B29 bombers for the war effort. Due to her diminutive size, she could climb inside the bomber wings and rivet the gas tanks in place. Ergo - *Rosie the Riveter*!



After the war she married and raised her family. When the family was older, she drove a school bus in Maryland until age 60. She then moved to Delaware where she drove a passenger bus in Ocean City, Md. until she retired at 80.

Ocean View **Mayor John Reddington** of presented a proclamation from the Town Council recognizing Helen's amazing achievements. Also, CBS affiliate WRDE was on hand to record the festivities, and the party was shown during their 6 pm news.

Helen thoroughly enjoyed the party and reveled in seeing so many friends who care so much for her.

EVENTS

Dine and Donate at The Cottage Cafe by Joan Gordon

On the very cold evening of January 17, many supporters of South Coastal Village Volunteers braved the elements to go **The Cottage Café** in Bethany Beach. The **SoDel** restaurant kindly offered a percentage of their proceeds for both lunch and dinner that day as a donation to SCVV, and they even advertised the fund raiser on their marquee with SCVV's name. In addition to the delicious food,

the warm comradery made the evening most enjoyable. Several large tables held groups of SCVV volunteers and their friends, and most of the Steering Committee was in attendance. An added bonus was a potential volunteer who is interested in SCVV.

Thanks go to the Development Committee for planning the event and the great efforts they made to publicize it. And many thanks to SoDel and The Cottage Cafe for their generosity.

A large group of SCVV volunteers and friends enjoy dinner at the Cottage Cafe.



Sweets and Sunshine Committee Needs Help February 6

The Sweets and Sunshine Committee will meet **February 6** to make Valentine goodies for our members. Contact **Liz Bolton** at

lizbeachbum50@gmail.com to volunteer to help. And how about signing up to deliver the goodies of 2/7, 2/8 or 2/9.

EVENTS



by Liz Bolton

The SCVV Book Club met in January to discuss biographies, and everyone got to choose a book to present. The books were:

Life of Geisha by Mineko Iwasaki goes into detail about how it takes years to master the art of being a most requested geisha.

The Code Talker by Chester Nex is about how the Navajo language was used during WW II to send signals.

Ben Montgomery's **Grandma's Gatewoods Walk** tells the story of a 65-year-old woman who was the first female to walk the length of the Appalachian Trail by herself.

Three Ordinary Girls by Tim Brady is the inspiring story of three Dutch teens who were spies during WW II.

Goldie Hawn is an autobiography about the lessons the actress has learned and the wisdom she has gained.

Stephen Hinshaw's **Another Kind of Madness** delves into the life of a person with bipolar disorder and examines the limited options for treatment and the stigma attached.

Up in the Sky by Betty Riegel is about life aboard the world's most glamorous airline.

In **Agatha Christie**, the Queen of Mysteries explains her quirky life and how she created her novels and characters.

The meeting discussed the difference between biography and autobiography and highlighted a number of very interesting books to tempt attendees to read.

The next meeting is on **February 12, 3:30-5 pm** and will feature a discussion of **Remarkably Bright Creatures** by Shelby VanPelt.



EVENTS

HOW TO CONTROL HIGH BLOOD PRESSURE

by Sally Scarangella

On January 25th from 3:00 to 4:30 pm, the South Coastal Village Volunteers held an important program at their office about controlling blood pressure. Along with a slide show, **Tim Sparta, PA-C**, of **Ocean View Primary Care**, presented a clear and informative program on ways to lower your blood pressure. Over 20 volunteers and members were in attendance.

High blood pressure often has no warning signs or symptoms. It is often called a “silent killer.” If uncontrolled, it can harm your heart and contribute to kidney disease, stroke, blindness, dementia, sexual dysfunction, and a shortened life expectancy. High blood pressure is a major risk for heart disease, which is the leading cause of death in the United States.

There are ways to lower your blood pressure by following several recommendations: 1. **Increase your physical activity** by at least 30 minutes several days each week. 2. **Follow the DASH eating plan** which means consuming more fruits and vegetables and eating low-fat dairy products. 3. **Reduce your sodium**. 4. **Moderate your alcohol use**. 5. **Maintain a normal weight**. Losing weight helps lower blood pressure. 6. **Reduce stress** to help manage your blood pressure. 7. **Stop smoking**.

Tim was accompanied by Intern **Kelechi Omenyinma** and answered many questions and provided informational brochures. Ocean View Primary Care is located at 35247 Atlantic Avenue Unit #1 in Millville. Tim’s office phone is **302-829-1015**.



l to r: Tim Sparto, PA-C and Kelechi Omenyinma, Intern, provided ways to manage high blood pressure to members and volunteers at the SCVV Office in Ocean View.



Seaside Plumbing Sponsoring Donation to SCVV for February

Seaside Plumbing, a plumbing and gas service serving the Bethany Beach, Ocean View, Lewes and Rehoboth areas as well as Berlin, Ocean Pines and Ocean City, will donate a portion of their fees for the month of February to **South Coastal Village Volunteers**.

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

SCVV is very grateful to Seaside Plumbing for their continuing generosity.



Winter Updates

by Sheila Grant

The winter holidays are past, and now we are settling in for a couple of cold, dreary months. AARP has lots of activities planned to keep you engaged and connected!

Events

In November, AARP welcomed a group from South Coastal Village Volunteers and Village Volunteers to our Andrus Award Event at the Grand Opera House, where **Chris Powers** was honored. The very next week our new State President, **Wendell Alfred**, and I had the pleasure of attending the Village Volunteers' 10th Anniversary Celebration. It's been a joy to work with **Jackie Sullivan**, and I look forward to meeting the new Executive Director.

I hope some of you were able to join us for the SODELO concert and the free AARP screening of Wonka at the Midway Theater last month. Virtual yoga classes and bingo games will start again in January. To get invitations to future Movies for Grownups screenings and other local and virtual AARP events, create a free AARP account here:

<https://secure.aarp.org/applications/user/register>

Advocacy

AARP is working hard to protect Social Security. This critical program faces a long-term shortfall if Congress doesn't act in the next 10 years. You've paid into the program throughout your working life, and you've earned your benefits. If you want to tell your elected officials how important Social Security is to you, here's an easy, online form to send them an email:

<https://action.aarp.org/secure/protect-ss-letter>

The First State Action Team

Locally, AARP is working to improve the availability and accessibility of housing, help prevent gift card fraud, encourage "smart growth" in Delaware's communities, and support family caregivers. If you care about issues like these, please contact me to learn more about volunteering with AARP Delaware as an Advocacy Volunteer.

Thank you all for showing the power of volunteers! Have a cozy, rejuvenating winter, and I hope to see you at an AARP event soon.

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

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Stuart 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.

Self-Care, It's Time by Stuart 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.

Elevate your approach to self-care

• **Create space for self-care.**

Self-care takes time and commitment to cultivate. While it doesn't need to take hours, it does require carving out time to practice. Try scheduling specific times 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 a book club. If you're feeling creative, you might try dancing or crafting.

• **Connect with your "why".**

It's important to recognize how practicing self-care can reinforce your values and support your goals.

Whole-person Health Self-Care Toolbox

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 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, qi gong or acupuncture.
- Take regular stretch and movement breaks.
- Try out new, healthy and fun recipes.
- Eat more slowly to support digestion and help you feel satiated for longer.
- Try a calming herbal tea instead of caffeine to reduce jitters or restlessness.



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Self-Care, It's Time (Continued)

Mental Self-care

- Do a sudoku, crossword or jigsaw puzzle.
- Read a book.
- Listen to an inspiring podcast or attend a health workshop.
- Recite or write down positive affirmations.
- Use a planner to feel more organized and create space for relaxing activities.
- Declutter and organize your home or work space.
- Share your visions and goals with a friend.
- Unplug from all technology for at least an hour.
- 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.

Emotional Self-care

- Journal your feelings without reservation.
- Watch videos that bring you joy.
- Express how you feel out loud without judgement.
- Practice being in the present moment.
- Write and mail a letter to a loved one.
- Practice mirror work. Look at yourself in the mirror and tell yourself all the things you did well today, repeat positive affirmations.
- Make plans with a friend or set a regular meal date with a group of friends.
- Strike up a conversation with a stranger.
- Join a sports group, book club, support group, choir or hobby group.
- Ask someone you love for a big hug.

Spiritual Self-care

- Spend time in nature. (forest bathing)
- Donate time or money to a charity you admire and respect.
- Help a stranger in some way (e.g., pay for their coffee, open the door, give them a hello and smile in passing).
- Use compassion language with yourself and others.
- Sit in silence and observe your surroundings without trying to change anything.
- Spend quality time with a pet.
- Stargaze.
- Contemplate spiritual questions, such as “Who am I?” “Why am I here?” “What is my purpose?” “What do I value?”
- Meditate.
- Create a morning and bedtime routine. For example, begin each day with a calm and empowering practice and end each day with relaxation and gratitude.

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.



Steering Committee

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

At their January meeting, **Christine Powers** was elected Chair, **Ron Kerchner** was elected Vice-Chair, and **Betty Martin** was elected Secretary. **Claudia Thayne** was added to the committee.

- Christine Powers**, Chair
- Ron Kerchner**, Vice-Chair
- Betty Martin**, Secretary
- Elizabeth Bolton** - Outreach & Volunteers
- Dick Fox** - Rack Cards
- Jack Gordon** - Finance and Government Liaison
- Joan Gordon** - Communications/PR
- Kathy Green** - Development and Marketing
- Cindy Hughes** - Development
- Kathy Jankowski** - Development
- Donald Sheridan** - Technology
- Diane Strobel** - Operations Manager
- Claudia Thayne** - Communications, Marketing

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 | Vickie York |

Contact Us!

South Coastal Village Volunteers

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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.

“We make a living by what we get, but we make a life by what we give.”

- Winston Churchill.