



SCVV volunteers attended the 2024 Governor's Awards for Outstanding Volunteer Services at the Modern Maturity Building in Dover, DE. Pictured (L-R) are Joan Gordon and Chris Powers; (seated L-R) Karen Taylor and Ferne Cooper (standing L-R) Joan, Chris, Claudia Thayne, Jack Gordon and Ron Kerchner, and Ron happily displaying the raffle prize he won.

Kathy Green Recognized by Governor's Award

Joan Gordon

In recognition of exemplary volunteer work, **Kathy Green**, a member of the SCVV Steering Committee since it was established, received one of the **2024 Governor's Awards for Outstanding Volunteer Services**. The awards were presented April 4 at a dinner reception in Dover.

Kathy won the award on the basis of her countless hours of volunteering not only for **South Coastal Village Volunteers** but also for the **Beach & Bay Cottage Tour to benefit the South Coastal Library** (to take place in person 7/24-25) and **Justin's Beach House**, which provides vacations for families with cancer as well. Kathy credits "the hundreds of volunteers that selflessly give so much of their time to make these fine organizations succeed" and thanks the donors whose "generosity is crucial to our ability to offer services."

SCVV Chair **Chris Powers**, Vice-chair **Claudia Thayne**, Steering Committee members **Ron**

Kerchner and Joan and Jack Gordon and volunteers **Karen Taylor** and **Ferne Cooper** attended the dinner to honor Kathy. Since Kathy was unable to attend, **Joan Gordon** accepted the award for her. Kathy's award is the third for SCVV leaders in recent month. Last summer, Ron Kerchner won Sea Colony's prestigious **Ron Wickwire Award** for his outstanding service to our community in a variety of capacities.

In November, Chris Powers was presented with **DE AARP's Andrus Award** for her volunteer work with our Village which furthers the mission and goals of AARP. Each state awards only one Andrus Award annually.

These awards indicate the quality and dedication of SCVV's leaders.



Joan Gordon accepts the 2024 Governor's Award for Outstanding Volunteer Services for Kathy Green, on April 4 in Dover.

Update of Steering Committee Officers and Thanks to Ron Kerchner

Joan Gordon



This year sees some changes in the officers of the South Coastal Village Volunteers Steering Committee. As of January 1, **Christine Powers**, who served as vice-chair since the committee was formed, took on the duties of Chair. We are fortunate to have Chris, with her experience and willingness to work hard, leading our organization. **Ron Kerchner**, who served as chair from the beginning, became vice-chair on January 1 and remained as chairman of the Finance Subcommittee.

As of the end of the first quarter on 2024, Ron stepped down as Vice-chair, retaining his role in finances. **Claudia Thayne**, who was a Strategic Partner since we started, agreed to join the Steering Committee and become vice-chair at that time. Claudia has been participating in Steering Committee meetings all along. In addition to serving as graphic designer of the newsletter, Claudia designs rack cards, business cards, posters and anything else used by SCVV. We welcome Claudia to her new role.

Chris and Claudia serve as the SCVV members of the Village Volunteers Board of Directors.

Thank you 

All of our SCVV members and volunteers owe great thanks to Ron Kerchner for his insightful leadership through these formative years of our organization. Ron was one of the founders, involved from the very beginning, and has skillfully led the group since the initial meetings in late 2019. He steered us through the Covid years and led the beginning of our offering services to members starting in 2021.

Ron continues to be a member of our Steering Committee and to be closely involved with financial management.

Thank you, Ron, for your dedication to South Coastal Village Volunteers.

INTRODUCING SCVV CARE MANAGER

Elizabeth (Liz) Williamson

Betty Martin



South Coastal Village Volunteers is so happy to welcome **Liz Williamson**, the latest asset to our team providing services to SCVV members. She joins

the SCVV staff as Care Manager, under a partnership with the **State of Delaware's Division of Aging**. Liz has more than twenty years of experience providing varied and extensive nursing care in our local community hospital, ensuring quality health care for all patients.

As care manager, Liz will be working closely with SCVV members to help them live independently in their own homes. She will help SCVV understand and adjust to the changing needs of SCVV members and assist members to access the varied services that SCVV offers.

"I am very excited to join this amazing group of people serving the community I have grown up in," Liz said. "They are so dedicated to helping our members continue their independence as long as safely possible. I look forward to working and learning from them."

Chris Powers, chair of SCVV, said: "Liz's skills and experience are a gift to our village. She helps our members get the most from our services and can help address the concerns of families and volunteers. I am grateful to have her as an advisor on our team."



**TESTIMONIALS FROM
MEMBER'S FAMILY**

"In lieu of flowers, contributions to honor our mother can be made to the South Coastal Village Volunteers PO Box 1453 Bethany Beach, DE 19930. This wonderful group allowed our mother independence, beautiful window boxes, and a sense of self-worth."



INTRODUCING

Anna Moshier Takes the Helm as Village Volunteers Executive Director

Jerry Hames

Anna Moshier, the new executive director of Village Volunteers, believes that seniors must have a quality of life that enables them to live with dignity and independence for as long as possible. She succeeded **Jackie Sullivan**, the organization's first paid executive director, on March 1. Sullivan retired after serving in that capacity since 2015.

If anyone wants to seek Moshier out, she won't be found behind a desk. She has already embarked upon face-to-face meetings with committee members, encouraging them to set goals and then assisting with their execution. She is actively seeking new volunteers to answer the ever-increasing number of requests for assistance from seniors in the communities of Lewes, Rehoboth and Milton.

Explaining her interest in applying to lead Village Volunteers, an organization that has expanded exponentially since it was founded a decade ago, Moshier said she wanted to work locally, especially with the senior population. Today, 394 Village members now live independent lives at home thanks to the assistance of 312 volunteers who help with a broad range of tasks from transportation and friendly calls to household chores.



“Overall, there are still not enough services to care for older people in need,” Moshier said. “One just has to look around. When people find they can’t live in their home because of physical limitations, most often they move out of town or in with family members who support them. This situation really speaks to me. I want to know that I’m making a difference in people’s lives in a direct

way,” she said. “I see older people as vibrant, people whom I have so much to learn from. I can’t wait to tap into all their knowledge.”

At the Osher Lifelong Learning Institute, where Moshier directed programs and facilities from 2009 to 2021 across five locations in Sussex and Kent counties, she dealt extensively with both volunteers, including instructors, and member-students. Their average age was 73. “I learned that for seniors – whatever their age, members or volunteers – continued learning and socializing is of vital importance,” she said. “I’ve learned from them how to age gracefully.”

Village President **Steuart Martens** praised the work of the search committee
(Continued on page 5)

Development Subcommittee Update

The SCVV Development Team:
Ferne Cooper, Kathy Green,
Cindy Hughes, Kathy Jankowski,
Kathy Johnson and Karen Taylor



The year 2024 has been a busy year for the **Development Team**. **Seaside Plumbing** chose the **South Coastal Village Volunteers** as their charity for February.

We participated in the **Do More 24 Campaign** in March – thank you to those who donated on Delaware’s Day of Giving.

On **April 18** we had a **Dine & Donate at Northeast Seafood Kitchen** in Ocean View – it’s always fun to let someone else do the cooking.

Please **Save the Date for September 19** for our **Annual Fall Event**. This year we will celebrate the South Coastal Village Volunteers at Cripple

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

If you would like to join the Development Team, please let us know.

Watch for our fundraising events and come see us.

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



Anna Moshier

Takes the Helm as Village Volunteers Executive Director

(Continued from page 4)

that recommended Moshier. “What attracted the search committee’s attention is Anna’s ability to lead others, build relationships in the community, and adapt to the fast-changing culture of Sussex County,” Martens said. “What stood out above all else was her motivational fit – her empathy and compassion for helping others. It didn’t take her long to recognize that all the volunteers she met had the same empathy and

compassion,” he said.

Martens noted that the search committee included **Chris Powers** from the three-year-old South Coastal Village Volunteers, serving the communities of Bethany Beach, South Bethany, Millville and Ocean View. SCVV recently extended a collaboration agreement with Village Volunteers to continue working together until at least January 2026.



Village Volunteers

Update



Clare Gorman Joins VV Suzanne Hain

The Village Volunteer's board of directors realized that the challenges of running the organization required a single focus and the creation of a separate development manager position for raising funds. **Clare Gorman** joined VV as development manager in July 2023. Her role is to raise revenue through fundraisers and appeals. This important job provides 50 percent of the Village's operating budget. "I am excited to be a part of this team to find financial support to carry out its mission," Clare commented.

Since joining the Village, Clare helped organize the organization's 10th anniversary event in December 2023, where the Village raised \$10,000. She wrapped up the 2023 Annual Appeal and promoted Do More 24, coordinated through United Way. Clare is preparing the 2024 Annual Appeal, submitting grant requests and finding new funding sources.

Clare brings more than 40 years of experience with nonprofit organizations, primarily in Baltimore City.



Retirement Reception for Jackie Sullivan

On January 31 a retirement reception was held at Irish Eyes in Lewes for Executive Director **Jackie Sullivan**. Jackie, the only executive director to serve Village Volunteers, led the organization for eight years.

A group from SCVV, consisting of **Chris Powers** and **Alvin Ross, Ron Kerchner, Diane Strobel, Liz Bolton, Lois Pastore, Betty** and **Herb Martin** and **Joan** and **Jack Gordon** attended the affair to represent our Village. More than 70 volunteers and members were there to celebrate Jackie's retirement.

There was a slide presentation of highlights from Jackie's tenure with VV, accompanied by a tune with very entertaining original lyrics by VV's **Kathleen Schneider**. Several volunteers, including VV founder **Jackie Finer** and **Ron Kerchner** from SCVV, praised Jackie's contributions to the organization. VV president **Steuart Martens** made some tearful remarks and presented Jackie with a crystal plaque and a custom golf putter as parting gifts from the board of Directors.

Jackie welcomed her successor, **Anna Moshier**, who took over March 1. Jackie commented she will be hitting the links and hitting the road in her RV headed for new adventures, but that VV will always be home. She had words of praise for the work of the volunteers who make the Villages so successful.

All of us at SCVV are exceedingly grateful to Jackie. Without the advice, wisdom and expertise she shared with us, our village would not have accomplished what it has since our 2021 start.





SCVV Growth Since Inception

Donald Sheridan

Looking for metrics showing South Coastal Village Volunteers growth? The chart below represents select performance figures tracked by SCVV, representing the first quarter of 2024, and calculated March 31, 2024. Each line depicts the steady growth of a measurement by quarter since SCVV’s inception in the beginning of 2021.

The orange line represents the number of requests filled by our volunteers each quarter, currently more than 600. The green line represents the number of volunteers, currently more than 150. The blue line at the bottom represents the number of service-eligible members of SCVV, 95 at the end of the first quarter of 2024.

Growth Graph

Requests Completed / **Number of Volunteers** / **Service-Eligible Members**



EVENTS

Dine and Donate at Northeast Seafood Kitchen Is Another Success!



Romas Laskauskas and his fiancée Sharon enjoy date night at Northeast Seafood Kitchen.



(L-R) Sue Cullen, SCVV's first member, with Pat Nitzche, our newest member, and Suzanne Schwartz.



Northeast Seafood Kitchen guests (clockwise) John Szczur, Chris Powers, Alvin Ross and Kathy and David Green enjoy their meals.



Clockwise, Cherie Dorfman, Marylou Tietz, Faith Denault and Karen Taylor salute Northeast Seafood Kitchen as they prepare to order dinners.



Dar Lewis, Nancy Main, John Lewis and Steve Ricks enjoy good food and conversation at the Dine and Donate on April 18 at Northeast Seafood Kitchen.



Liz Bolton

The South Coastal Village Book Club continues to meet monthly at the Village office. The February meeting was lots of fun. Instead of a discussion of the best-selling book **Remarkably Bright Creatures** by Shelby VanPelt, the group played a specialized version of Bingo. To play, readers had to answer questions pertaining to the book. The questions made everyone really think about the details of the book. For March, the readers had a St. Patrick's Day theme that was very enjoyable. The book was the first non-fiction choice for the club, **Finding Freedom** by Erin French. The club recommends that if

you ever want to go to Maine and have a delicious dinner at French's restaurant, **The Lost Kitchen**, try reading the history of the author. April's choice was **The Secret Book and Sconce Society** by Ellery Adams. The club met April 9 at the Village Office for a lively discussion. On May 14, the group will take their discussion of **Thank You for Listening** by Julia Whelan to a local restaurant. A summer pool party will feature the discussion of a book still to be selected along with the date and location. Look for an update notification.



COMING SOON

Come and join us **Thursday, May 2** for our Annual SCVV Volunteer Meeting. Agenda items include: Welcome **Chris Powers**, our new chair of SCVV, **Claudia Thayne**, our new vice-chair and **Liz Williamson**, our new care manager. Also, important issues and changes will be discussed.

Our meeting theme this year is *It's Almost Cinco de Mayo*. We'll have a **Chili/Cornbread Cook-off Contest**, so bring a pot of your famous chili or a basket of cornbread to share with your fellow volunteers.



Spring Updates

Sheila Grant

AARP Delaware has a new advocacy blog called **First State Action**. It's got the latest news on issues impacting you and your family, including care giving, fraud, Social Security, livable communities and finances. It also includes a list of upcoming advocacy meetings in Dover and the dates of our Third Thursday Noon Zoom Strategy Calls (try saying that three times, fast!). If you'd like to learn more and find out how you can get involved in making Delaware an even better place to live, check out First State Action: <https://states.aarp.org/delaware/first-state-action>

At the federal level, Social Security is always a priority for AARP, and we've been bringing AARP volunteers together with lawmakers to talk about how important the program is and to urge them to protect it.

AARP is also proud to support two federal bills that will impact older Americans:

- The bipartisan ABC Act (Alleviating Barriers for Caregivers), cosponsored by Delaware Sen. Chris Coons and
- The bipartisan WARM Act (We're Addressing the Realities of Menopause), sponsored by Delaware Rep. Lisa Blunt Rochester.

Here in Delaware, AARP has a 2024 DE Voting Guide with everything you need to know about voting in the First State: <https://states.aarp.org/delaware/election-voting-guide>. Due to court decisions and legislation, there may be some late changes to early and absentee voting in the 2024 elections, so check this site for updates.

Fraud prevention is a big issue for AARP. We're supporting HB 317, which requires stores selling gift cards to post notices warning about gift card fraud.



We're also hosting an AARP Shred Event at South Coastal Library in Bethany on 6/15/24 from 10 am to 1 pm. Shred trucks will be on site to help you safely dispose of your personal documents. Register here:

<https://events.aarp.org/ShredBethany>

Be well, have fun, and stay engaged!

For more information, email Sheila Grant at sagrants@aarps.org.

**Follow us on Facebook <https://www.facebook.com/AARPDE/>
and Twitter @AARPDE**



Stuart Martens, president of the Village Volunteers board of directors, is a national health and wellness coach. He also is certified as a nutrition health coach by the Institute for Integrative Nutrition and by the Delaware Department of Health and Social Services to facilitate classes. He conducts healthy eating workshops.

All About Nutrition Labels

Stuart Martens

FOCUS ON FOODS WITHOUT LABELS

Our goal is not to eat a lot of foods that require packaging, ultra-processing or food labels. Most of these items can be purchased without packaging (unless the package just functions to hold a single ingredient, like raisins or beans), because they are intact, whole natural foods ... and we want these to comprise the bulk of our diet. However, there are a variety of prepared and lightly processed foods that make eating a whole-food, healthy diet a lot easier to maintain. For example, there are whole-grain products like crackers, wraps, and pizza crusts; canned products like beans, tomato paste, and tomato sauce; boxed products like plant milks, and of course frozen fruits and vegetables.

DON'T BELIEVE ANYTHING YOU READ ON THE FRONT OF A PACKAGE

Food packages tend to be plastered with bold, exciting, and mostly meaningless, unregulated assertions. Be skeptical of deceptive marketing hype that makes junk foods appear healthy. The Food and Drug Administration (FDA) is the regulatory body that sets the standards for health claims on food packages and labels. However, the FDA's ability to regulate unfounded claims is severely limited, both legally and practically, due to limited resources for investigation and enforcement.

READ THE INGREDIENT LIST

Reading the ingredient list is key. Aim for shorter ingredient lists with recognizable ingredients and watch out for words ending in "ose." That signifies the substance is a sugar. Ingredients are listed in order of descending volume, so if you see wheat flour first followed by glucose, high-fructose corn syrup and maltose, it's likely the total sugar from those three (by weight) adds up to more than the amount of flour. In addition, don't fall for any promises that a flour is made from whole grains unless the ingredient listed is "100% whole wheat flour" or "100 percent whole grain spelt flour."

CHECK THE NUTRITION FACTS FOR TOTAL FAT

Although the Nutrition Facts label no longer includes calories from fat, you may want to avoid foods with saturated fat and trans-fat. If a food has partially hydrogenated oil, that means it has < .5 grams of trans-fat per serving. Aim for the fat calories to be 15% of total calories or less (so that's fat calories/total calories < 0.15). Doing this calculation will steer you toward foods that have little to no added fats and oils.

CHOLESTEROL

Next, note the cholesterol count. Plant foods don't contain cholesterol, so if you see anything greater than "0" next to cholesterol, that's a clue to reread the ingredient list and check for hidden animal products.

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All About Nutrition Labels

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SODIUM

The USDA has set 2,300 mg as the upper safe limit for daily sodium intake. If you eat only meals with almost no added salt, you'll still easily get adequate sodium from whole plant foods. So if you eat any packaged or prepared foods, keeping to the 2,300 mg limit (or better yet, 1,500 mg) is possible only by eating foods that contain very little to no added sodium.

Opt for low sodium foods when possible and rinse foods with high sodium content to lower the sodium.

SUGAR

Finally, take a look at the sugars. Remember that whole plant foods will contain some naturally occurring sugar (which, unlike highly processed sugar, comes packaged with fiber and other nutrients). You'll want to avoid products that have a significant amount of sugar added. The new Nutrition Facts label, which completed its rollout in January 2021, discloses the amount of added sugars in a given product, making it easier than ever to check for this.

TWO NUTRITION FACTS ELEMENTS NOT TO WORRY ABOUT

Protein: Don't worry about the protein! If you eat a whole-food, plant-based diet, you will naturally get all the protein you need, without having to think about it.

Daily Values:

The amount of any particular nutrient that we absorb and metabolize can vary widely from person to person and time to time, based on a multitude of factors, including our need at that moment, and what else we eat at the same time. At best, food labels provide ballpark estimates of nutrient content, given the poor quality assurance, inadequate sample sizes, and lack of evaluation standards common in the industry.

Another reason not to get too excited about using the Daily Values is that they were calculated only for adults and haven't actually been updated in decades. Now we grow using depleted soil; hence the need for regenerative farming.

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.



SOUTH COASTAL VILLAGE VOLUNTEERS

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.

At its March meeting, **Claudia Thayne** was elected Vice-Chair.

- Christine Powers**, Chair
- Claudia Thayne**, Vice-Chair
- Betty Martin**, Secretary
- Elizabeth Bolton**, Outreach and Volunteers
- Jack Gordon**, Finance and Government Liaison
- Joan Gordon**, Communications/PR
- Kathy Green**, Development and Marketing
- Cindy Hughes**, Development
- Kathy Jankowski**, Development
- Ron Kerchner**, Finance
- Donald Sheridan**, Technology
- 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 | 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!

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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.

- Edited by Joan Gordon and Diane Maddex
- Designed by Claudia Thayne

**“Start where you are.
Use what you have.
Do what you can.”**

~ Arthur Ashe