

Park View Village
Newsletter – Vol. 5, No. 1
January-February, 2015



.....**CALENDAR**.....

Friday, Jan. 30, 2015: Launching of the **PVV Scrabble Group**. It's your turn and these are your letters! What word will you make? See page 2 for details.

N D E I S O T

Friday, Feb. 13: PVV Movie Night presents "Doctor Zhivago." (To get on the film group's announcement list, contact Chris, 434-0457; chrisedwardshburg@gmail.com.)

Wednesday, Feb. 18: "Seniors and Their Medications" will be the February program presented at 7:00 p.m. at Park View Mennonite Church. Dr. John D. Wenger, D.O. will be our presenter. Dr. Wenger is the physician at the Sentara-RMH Integrative Medicine Center. He has Board Certification in Family Practice and has been a member of the RMH medical staff since 2009. The emphasis of integrative medicine is on wellness and disease prevention and includes teachings on nutrition, the use of supplements and botanicals, mind-body therapies, and conventional medicine. He is willing to answer our questions about multiple medications prescribed by several doctors, when supplements are beneficial, which over-the-counter cold and flu remedies can safely be used, plus other questions we may bring. Please mark your calendar!

March program (date to be announced): A "Show and Tell" evening to help us get to know one another a little better. Watch for details.

.....**BOARD PRESIDENT UPDATE**.....

As you make plans for 2015, I trust you will renew your Park View Village membership and consider serving on a committee or the board, as we have two special needs: one, for a board member/secretary, and two, for a board member/treasurer. Our special thanks to Yvonne Stutzman, who served as secretary for the past 3 ½ years and as the startup newsletter editor from February 2011 through summer 2013. Yvonne's organizational skills and her careful minutes will be missed. Also Paul Yoder is transitioning to a new role promoting the Park View Village, so we need a treasurer to maintain the Park View Village financial records. If you're interested, please contact Evelyn Driver (evelynjd@goshen.edu) or Keith Gnagey, (kagnagey@gmail.com).

(continued)

Last evening I finished reading *Being Mortal; Medicine and What Matters in the End* by Atul Gawande. This book was a gift from our children, Matt and Jenny. Dr. Gawande, a surgeon, offers a helpful perspective on our health care system.

A review from Goodreads.com summarizes the message: "Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified."

I was delighted to note that Dr. Gawande highlights the work of "villages" (like Park View Village) organized to support elders in their homes as long as possible. Often home can serve as the place to live until death. This book is recommended as you consider "necessary conversations" with friends and family about your goals as you age, including death. It is very interesting to consider that as individuals we value autonomy; however, as friends and family of elders we value safety as the highest goal.

Let our program committee members know if you would like join a book club to read this book or other books together.

I look forward to your involvement with Park View Village.

Keith Gnagey, President

Announcing. . .Scrabble games for PVV players!

Do you enjoy the fun and challenge of a good game of Scrabble? If your answer is "yes," then join a group of PVV friends for a fun evening of play once a month. This is to be a group of people who like word games, not a group of champions. You can play well enough to join!

The group will meet the last Friday of each month, January 30 through May 29 at the home of Jay and Peggy Landis, 120 Hillcrest Drive (group size permitting). Although not a tournament, individual scores will be kept from each game for a cumulative total and the grand winner will be announced in May.

If you would like to join the PVV Scrabble Group, please contact Jay and Peggy Landis by email (landisjp@comcast.net) or by telephone (434-9708) before January 28.

RECENT EVENTS

HPD officer shares safety tips



A visit with Officer Chris Monahan (at right) -- photo by Paul Yoder

Never pay to receive a "prize" you're offered. Be careful when strangers ask for personal information or donations to an unfamiliar charity, or knock on your door to offer paving, roof or yard work. Refuse to be rushed into anything. Do not pay for a service until work is satisfactorily completed.

These are among the suggestions that Harrisonburg Police Dept. Community Resource Officer Chris Monahan gave to the 17 PVV members and guests at our January program on safety and crime prevention. Seniors – believed to be trusting and unfamiliar with the latest ripoffs -- are often targeted by scams, Ofcr. Monahan said, while also sharing tips for personal safety.

Responding to our questions, he said local law enforcement's relationships with our heterogeneous community are good, but the HPD needs more diversity in its personnel.

"Don't hesitate to call us," he advised.

The following is contact information for Ofcr. Monahan, plus some resources he recommends:

- **Ofcr. Monahan**, 540-437-2672; Chris.monahan@harrisonburgva.gov
- **National Do Not Call Registry** (to stop telephone solicitations): 1-888-382-1222 (TTY, 1-888-290-4236); www.donotcall.gov

- **AARP in Virginia** (American Association of Retired Citizens), 1-866-542-8164, www.aarp.org/states/va/
- **Guidestar** (searchable database on nonprofit organizations), 1-800-421-8656, www.guidestar.org
- **Harrisonburg-Rockingham Nonprofit Search** (linked with Guidestar and sponsored by the Community Foundation and United Way), <http://www.tcfuwhr.org/>
- **Eldercare Locator**: A service of the U.S. Administration on Aging; provides information on community services to older adults. <http://www.eldercare.gov/> or 1-800-677-1116.



Virginia Bethune: Left, with husband Dick Bethune; right, meeting PVV member Peggy Landis (photos by Ed Bontrager)

Harp therapist brings both holiday and healing music

Virginia Bethune – whose harp performances on solo and ensemble CDs have netted over \$100,000 in donations to Habitat for Humanity – provided lovely renditions of Christmas carols for 36 PVV members and guests at our holiday dinner. But to understand her work as a certified therapeutic musician, she advised, “wipe from your screen any connections with entertainment or performance.” She often does not even play familiar melodies at the bedsides of people “in transition” (a term for end of life) but rather, improvisations of sound that may evoke a sense of comfort; peace; spirituality.. Her training has included matching the tempo of music to a patient’s optimal heart rate. A lifelong pianist and church organist, Ms. Bethune discovered the harp 20 years ago. Soon her husband, Dick, a retired Presbyterian pastor, began building the instruments. She plays both Celtic and Paraguayan harps, instruments with an opposite arrangement of strings. Bringing the sound to healthcare settings, she has served as Musician in Residence at UVa Hospital and locally, as an Area Coordinator for the Music for Healing and Transition Program, helping other musicians earn certification. To learn more about her work, see <http://www.healingharpmelodies.org/>.

Service Provider Spotlight: **SNOW REMOVAL**



SHOVELING JOBS

BruCrew

Proprietor, Everett Brubaker
Phone: 540-435-9596
e-mail vabrucrew@gmail.com
Minimum charge: \$20 first hour
\$15/hour after first hour

Rachel King (EMU student)
e-mail Rachel.King@emu.edu
\$20 first hour, \$15 after first hour

JOB REQUIRING A TRACTOR

Wendell Metzler

Phone number : 810-6520
References: Jay Landis, John Spicher
Minimum charge: \$30/hour
\$60/hour after first hour
Equipment available, Steiner tractor
with blade and bucket. Most residences
can be cleared for \$30.
Offering 5% discount

***Need a volunteer?
Want to volunteer?***

Park View Village matches members with volunteers who can help with trips to appointments, phone check-ins, home tasks and more. Do you want help? Or to volunteer?? Contact **Cliff Lind**, 433-8225 or hope35lind@verizon.net.

***Darkness cannot drive out darkness;
only light can do that. Hate cannot drive
out hate; only love can do that.***
-- The Rev. Dr. Martin Luther King, Jr.



Happy birthday, PVV members!

February - Kenton Brubaker, Dorothy Jantzi, C. Norman Kraus, Omar Showalter, Sam Weaver, Janet Wenger, David Wiens

March - Vernon Jantzi, Mary S. Kauffman, Edie Bontrager, Ruth Stauffer, Janet Weaver, Arlene Wiens, Clara Yoder

Deadline is March 16 for submissions to the March-April 2015 PVV newsletter. Send items to Chris Edwards, editor, 434-0457; chrisedwardshburg@gmail.com

Park View Village Board Members

Ed Bontrager – Program Committee Chair
Evelyn Driver – Vice President
Chris Edwards – Newsletter Editor
Keith Gnagey – President
Peggy Landis – Program Committee
Cliff Lind – Member Services Committee

Robin McNallie – Program Committee
John Spicher – Vendor Services Chair
Arlene Wiens –
Member Services Chair
Paul Yoder
NEEDED: TREASURER & SECRETARY

To contact Park View Village: 540-705-0432; website, <http://parkviewvillageva.org/>