

Park View Village

Newsletter – Vol. 5, No. 2

March-April, 2015



BOARD PRESIDENT UPDATE



Our newest board member, **Nancy Gunden** (pictured at a fall program), has been elected. Shortly after joining Park View Village last fall, she was asked to consider serving on the board and also as Treasurer. Following the March board meeting, which Nancy attended to get familiar with the organization, she was elected to both positions. Thanks, Nancy for serving our Village.

Also special thanks to **Paul Yoder**, who has served as Treasurer since Park View Village started operations in 2011. Now, Paul will serve on our membership committee, where he will help us grow our village memberships.

We still have the **Secretary** position vacant. The primary responsibility is taking meeting minutes. Please contact Evelyn Driver (evelynjd@goshen.edu) or Keith Gnagey (kagnagey@gmail.com) if you are interested or want more information.

Keith Gnagey, President

CALENDAR.....

Thursday, March 26, 7pm. Get Acquainted with "Show and Tell," at Park View Mennonite Church Fellowship Hall. The purpose of our "Show and Tell" social event is to become better acquainted with each other. Please bring an item to show and be ready to tell why it is important to you. Examples include something from your childhood, something from your career, something you have made or collected, or received as a gift. Join the fun! Light refreshments will be provided.

Sunday, April 5: Happy Easter!



Wednesday, April 8 at 7pm: A Visit to the Gemeinshaft Home. For 30 years, this transitional residential facility in our neighborhood (shown above in a photo from the website, www.gemeinshafthome.org) has helped former prisoners transition to productive lives through programs including job placement and counseling. (Those entering

Gemeinschaft cannot have been convicted of violent or sex-related crimes.) Gemeinschaft is a German word, meaning “community.” The home, a nonprofit operating under the Virginia Department of Corrections, has benefitted from strong local support. Richi Yowell, program director, and Sam Showalter, board chairman, will tell us about the program, answer questions, show us around and introduce us to residents.

Directions: The home is a one-time farmhouse (pictured on page 1) just over the Rockingham County line at 1423 Mt. Clinton Pike. If you’re westbound, go 1/5 mile beyond EMU’s entrances, continuing on the Pike up a slight hill. The Gemeinschaft Home will be on your left; turn left into the parking lot just beyond it. We’ll meet in the “Bender Building,” the small house behind the large one. **Want to carpool?** Please contact Chris or Robin, 434-0457 or chrisedwardshburg@gmail.com.

Friday, April 10, PVV movie, “A River Runs Through It,” 7pm, Heatwole home theatre.
May movie (date to be arranged), **“Monsoon Wedding.”** Look for announcements and check PVV website for details and registration.

Tuesday, May 12, 1-3 pm, African-American Local History Tour. Led by Stan Maclin, an



SPOTLIGHT ON SERVICE PROVIDERS.....

First Choice Home Health

370 Neff Ave. Suite C., Harrisonburg, VA 22801 540-434-3916 www.firstchoiceharrisonburg.com

First Choice offers skilled nursing, and physical, occupational and speech therapy, to homebound persons in Harrisonburg/Rockingham County and nearby counties. These services, which must be ordered by a physician, are 100% covered by Medicare, Part A.

Also, private duty services are available for people who do not have a skilled nursing need. Such services, paid out of pocket at an hourly rate, may include bathing and dressing, meal preparation, cleaning, laundry, or outings for pleasure.

A new addition to First Choice is a social worker, hired to help clients assess needs and locate services. First Choice is jointly owned by Bridgewater Retirement Community, Virginia Mennonite Retirement Community and Sunnyside Presbyterian Retirement Community.

Contact: Sheina Merica, Outreach Coordinator

advocate for civil rights and immigrant rights in Harrisonburg, we will hear about the Harriet Tubman Cultural Center and take a walk through Newtown, the earliest local settlement for African Americans (located in what is now Northeast

Harrisonburg). We may also visit Zenda, about five miles north of Harrisonburg -- another early settlement. Mr. Maclin hosts an online radio blog, and has been active in organizations including the Virginia Organizing Project (which named him Leader of the Month when it published the accompanying photo).



Friday, June 5 - Our 3rd annual PVV picnic at Morrison Park. . .with a sing-along.

August: A tour of the Museum of the Shenandoah Valley (date to be arranged).

September: Annual meeting (date TBA).

Helping hands –

PVV has volunteers ready
...and chances to volunteer



Volunteers are what Park View Village is all about! To help us “age in place” as long as we can, we match members with volunteers who can help with many activities of daily living – whether short-term (such as while recovering from an illness) or longer. Do you need help? Neighbors are waiting for chances to help in many of the categories here. Do you have time to volunteer? Below is a partial list of services that PVV members might do for each other. Pick the ways you want to serve. **To offer, or request help, contact PVV Volunteer Coordinator Cliff Lind, 433-8225 or hope35lind@verizon.net.**

TRANSPORTATION

- ☐ Appointments
- ☐ Church events
- ☐ Groceries
- ☐ Night events
- ☐ Other: _____

YARD WORK

- ☐ Mowing
- ☐ Planting
- ☐ Weeding
- ☐ Snow removal
- ☐ Other: _____

LAUNDRY

- ☐ Washing and folding
- ☐ Dry cleaning trips
- ☐ Changing bed linens
- ☐ Other: _____

MEDICATION ASSISTANCE

- ☐ Set up pill boxes weekly
- ☐ Other: _____

COMPUTER HELP

- ☐ Trouble-shooting
- ☐ Email help
- ☐ Using Facebook, etc.
- ☐ Other: _____

MEAL PREPARATION

- ☐ When ill
- ☐ Planning meals

☐ Other: _____

HOME MAINTENANCE

- ☐ Routine cleaning
- ☐ Small repairs (light bulb changes, cupboard hinges/latches, painting touch-up, fixing sticking doors, hanging pictures, etc.)
- ☐ Larger projects (steps, handrails, furniture repair, shelving, etc.)
- ☐ Other: _____

AUTO UPKEEP

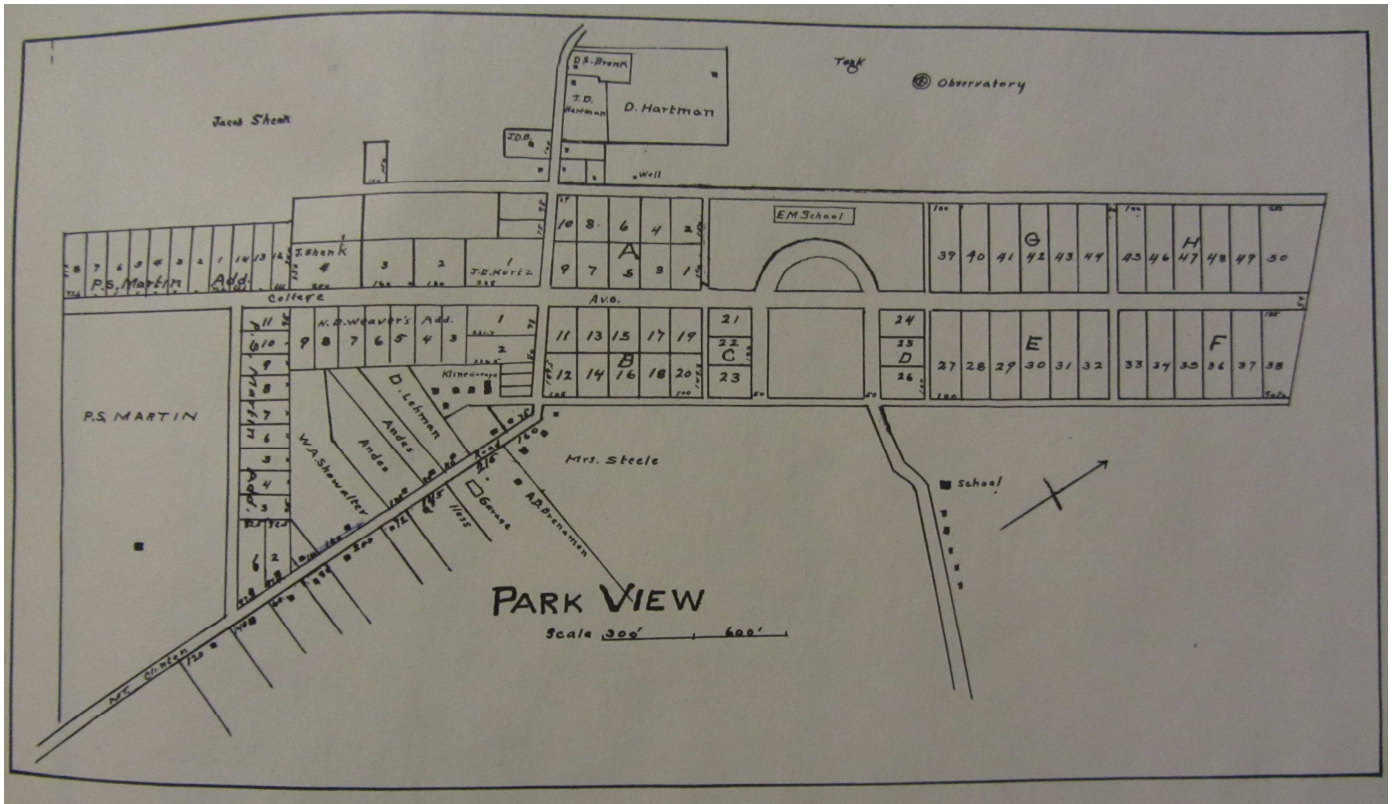
- ☐ Fueling up
- ☐ Checking oil, tires, battery
- ☐ Washing
- ☐ Other: _____

SOCIAL

- ☐ Physical activities; walking, biking, etc.
- ☐ Participate in hobbies and social events
- ☐ Daily contacts for personal safety
- ☐ Discussion of events/concerns
- ☐ Helping with US mail
- ☐ Other: _____

FINANCIAL MANAGEMENT HELP

- ☐ Balancing checkbook
- ☐ Paying bills
- ☐ Short form tax return
- ☐ Other: _____



From *Atlas of Rockingham County*, 1939
 Noah D. Showalter, author and publisher

A page from *Park View's past*: The above map, from a book obtained at a local fundraiser, shows Park View as the town that it was 76 years ago, decades before being annexed by Harrisonburg. We see it extending from the then-"E.M. School" observatory, at upper right, to the long diagonal road at lower left. (That road is labeled "Mt. Clinton Road" here, but isn't it now part of Chicago Avenue?) The "town" of Park View in those days was a much smaller community than the present neighborhood. Having some space to fill here, I thought the map would be fun to share, both with fairly recent arrivals like Robin and myself, and lifelong Park Viewers who will recognize names on the map's parcels, and might know stories behind them. If you read the newsletter online, you can zoom to expand this photo-image (shown about ½" narrower than the original) for a better view. (I'd love to show anyone the atlas book, and hear more about these places!)

-- Chris Edwards

"Life is like a bicycle. In order to keep your balance, keep moving."
 -- Paul Yoder

OUR DRUGS; OUR HEALTH

Conversations with Dr. John D. Wenger at PVMC Fellowship Hall in February



Dr. John D. Wenger, D.O. (Doctor of Osteopathy), the physician at the Sentara-RMH Integrative Medicine Center, spoke on **“Seniors and Their Medications”** to about 20 PVM members and guests at our Feb. 18 program. Dr. Wenger has board certification in family practice and has served on the RMH medical staff since 2009. “Integrative medicine shifts the foundation of medicine from disease management to wellness and disease prevention,” he explains. The field emphasizes mind-body therapy; Dr. Wenger advises that “We can’t separate ‘mind’ and ‘body.’”

He quoted a source from the pharmaceutical industry who characterized medications as “helpful poisons.” More than 100,000 Americans per year die from the effects of prescription medications taken *correctly*. Dangers include taking numerous drugs, prescribed by different doctors without coordination. “Electronic records are still fragmented, and there is no requirement for health professionals to talk to each other,” Dr. Wenger informed us. He noted RMH owner Sentara plans to consolidate its record system, but consumers need to be proactive about their medications.

Most nations (unlike the U.S.) prohibit drug companies marketing directly to consumers, he noted. In much of Europe, but not here, “If a

substance has potential harm to humans, it’s banned.”

Outdated drugs can be dangerous; Dr. Wenger recommends discarding medications after a year.

Most Americans need more Vitamin D and calcium, he said. Fish oil is associated with reducing arthritis symptoms, depression and cardiovascular death. However, even supplements can be over-used, and they cannot replace nutrition. Dr. Wenger recommends looking for the “USP (U.S. Pharmacopeial) Verified” stamp on supplements.

More points from our lively question-and-answer session:

- Problems in diet and/or lifestyle are factors in 80 percent of cardiovascular illness.
- Dr. Wenger said the causes of cancer seem to be approximately 1/3 lifestyle, 1/3 genes and 1/3 unknown factors.
- Most psychotropic medications apparently have a placebo effect. That is not necessarily bad, Dr. Wenger said, but little is known about the safety of long-term use for most drugs.
- How do you know if you’re overdoing exercise? “Your body will tell you,” Dr. Wenger advised. He cited a man who learned to enjoy different exercise routines

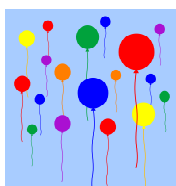
as he aged, transitioning from running to biking; later, hiking, and eventually, swimming.

- Asked about safe treatment of colds, Dr. Wenger advised caution with medications that begin with “de-” (ex., decongestants), or are labeled “PM” (i.e., containing

Benadryl) for people with heart conditions. Some decongestants increase congestion if used too long. Antibiotics (now the most over-prescribed medications) cannot help most sinus infections, which are viral.

- Rest, and hot tea with honey, can’t hurt!

Happy birthday, PVV members!



April - Keith & Linda Gnagey, Glenn Kauffman, Rhonda Kraus, Anne Miller, Earlynn Miller

May - David Alleman, Ed Bontrager, Marijke Kyler, Clifford Lind, Mildred Miller, Virginia Spicher, Claytie Spillman, Marvin Stutzman

NEWSLETTER NOTES: Deadline is May 18 for submissions to the May-June 2015 PVV newsletter. Send all items to *Chris Edwards, editor, 434-0457; chrisedwardshburg@gmail.com.*

Starting with this issue, we hope to have sections in each newsletter on two ways PVV can help our members: (1) There are the service-provider vendors – small businesses and professionals recommended by PVV members (see page 2 for the spotlight on our provider of the month, First Choice Home Health). (2) Then, there are the volunteers, who are at the heart of Park View Village. Volunteer coordinator Cliff Lind hopes to match up more volunteers with more people needing help (see page 3). Do you have a volunteer story to tell? Can you send us some notes on your volunteer experiences, or hopes? Please share!

Park View Village Board Members

Ed Bontrager – Program Committee Chair
Evelyn Driver – Vice President
Chris Edwards – Newsletter Editor
Nancy Gunden -- Treasurer
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 – Membership Growth
Coordinator

NEEDED: SECRETARY

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