

## The Village is COVID smart



By Jackie Sullivan

When will COVID go away? The tough answer is, never.

What can we do to live a healthful life? As Yogi Bear would say, “Be smarter than the average bear.” Continue to do what you know is right: Wear a mask, keep your distance, wash your paws. Er, hands.

Village members and volunteers have been wearing masks for almost two years and, in the past 13 months, the overwhelming majority have been fully vaccinated and boosted. (The decision to get vaccinated was difficult for some or medically impossible for others.) We’ll continue to wear masks to protect our valued members.

The Village didn’t stop helping members during the pandemic. Before vaccines were available, the Village limited services to medical appointments and doing errands for members rather than with them, to stall the spread of the virus and keep members and volunteers safe.

Once most people were vaccinated, we resumed full services, including friendly visits and nonmedical transportation. The number of hair appointments in June 2021 saw Village service requests soar to numbers unknown.

We adapted again when COVID spiked in November 2021 and the Omicron variant this year caused us to return to friendly phone calls with members instead of in-person visits.

According to the Delaware Division of Public Health and local hospitals, the number of new COVID cases and hospitalizations has diminished greatly and more than 93% of Delawareans older than 18 have at least one shot. **We are happy to share that all Village services now are available.**

Thank you for your support during these past two years. Your creative suggestions such as visits on a porch or bench on a nice day, sharing books and puzzles, sending cards, friendly phone calls,

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welcoming spring 2021 with a soup lunch delivered to members, donations and more helped us stay connected as a community. Village Volunteers has seen a significant growth in members and volunteers.

As always, we are grateful for your support and your trust in the Village. We are humbled by the volunteers who continually offer their time and their generosity of spirit.



## Lunch With a Purpose will focus on the Village

By Jerry Hames

Lunch With a Purpose has chosen Village Volunteers as the beneficiary of a fundraising event at Baywood Clubhouse Restaurant in Millsboro on May 4.

The lunch, which is expected to attract up to 200 people, will be among the season’s initial in-person events since the organization was forced to go virtual two years ago because of the pandemic.

Lunch With a Purpose began 14 years ago with a small group of local women who were determined that lunch should not be their only reason for gathering. Led by Cheryl Mitchell, they began to collect goods for charity while enjoying a lunch and good company.

The organization, recognized recently with a Governor’s Outstanding Volunteer Award, has expanded. Monthly luncheons are held at different venues, each supporting a different Sussex County charity. Board members choose beneficiaries from applicants and encourage them to promote their cause and provide raffle items for bid. Charities receive 100 percent of the proceeds.

**Lunch With a Purpose continued on Page 3.**



## Volunteers helping neighbors

Meet your neighbors and learn how volunteers help Village members live independently.

### Meet Barbara and Jerry Hames

*'We are moving from giving to receiving.'*

By Jennifer VanBlarcom

Jerry and Barbara Hames have been part of the Village family since they retired to Lewes in 2014.



Barbara and Jerry Hames

"When we visited Lewes, it checked all the boxes for us: near the ocean and driving distance to family as well as arts and culture, OLLI classes and an active church," Barbara said.

They met Kathryn Harris and Carol Wzorek, Village Volunteers board members, at St. Peter's Episcopal Church in

Lewes. "They co-opted Barbara to write press and media releases on behalf of the organization" Jerry said.

The Hames embraced life in Lewes, enjoying the people and a shared commitment to community. When Barbara left her communications work at the Village several years later, Jerry stepped up to take her place.

Barbara described a philosophy they adopted from Village leaders: "Someday we will need support from others. We want to help others now while we can." Former membership committee Chairman Steve Hanzel introduced the phrase "Know Us Before You Need Us" to the Hames. His prompting encouraged them to make an annual contribution as sustaining members.

"Although we did not need personal service from volunteers then, when we get involved in something we like, we believe we should support that endeavor," Barbara said. "And there were benefits to this contributing membership. We had access to the vendor list and enjoyed special events, workshops and the annual lunch offered by the Village."

In the past year, Jerry and Barbara decided to make another transition in their journey with the Village. Although they remain active and have no major health issues, they considered the steps at their condo and dependence on one car and began to think a time for extra assistance might be in their future.

When their storage unit flooded, they needed to make multiple trips to salvage possessions. "We were realizing that things can happen suddenly and it would be prudent to take a full membership now, rather than wait," said Barbara. One of their first requests for Village help as full members was assistance getting their belongings returned to storage.

In their time with the Village, the Hames have contributed time, resources and skills. Their full membership means they now are giving and receiving the many benefits of Village Volunteers.

### Meet Rosemary Lee *'I found the Village when I gave up driving. What a wonderful group and so dependable.'*

By Suzanne Hain

Rosemary Lee arrived in Lewes from Pennsylvania after her husband passed away in 2014. An active, energetic person, she moved here looking for a place to meet people and enjoy retirement.



Rosemary Lee

This year Rosemary decided to give up driving and joined the Village. She had heard of the Village through friend and former neighbor Jack Murray, whom she helped as he aged. Although Jack died in Cape May, N.J., with his family, Rosemary wanted to submit an obituary to The Cape Gazette because of his many friends in Lewes. With his family's OK, Rosemary worked with a Village Volunteer to write and submit it.

Rosemary is enjoying a full and active life. She visits with three children, five grandchildren, 13 great-grandchildren and two great-great-grandchildren. Her family began when she married Michael DeSteffano at a young age and traveled with him as he followed his military career. After fighting in the Korean War and serving in Alaska, Rosemary and Mike started a wedding catering business, while raising a family.

Rosemary loved running the business. She handled all details, perfecting her skills to where she could juggle seven weddings in one day. The business grew, enabling the DeSteffanos to purchase a home and a business facility. Rosemary tired of wedding catering and sold the business. After a divorce, she moved West with her youngest son, recently divorced daughter and two granddaughters.

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They lived in Anchorage, Alaska, for a while. Then, in 1984, all her children were living their own, so Rosemary returned to Pennsylvania, where she met and married her second husband, Joseph.

Rosemary walks 200 steps a day and exercises to keep in shape. She reads, visits her son in New York and daughter in Rehoboth Beach. All that, and she takes care of old people. The Village is delighted to have Rosemary join our community.

### Meet Kevin Kirk 'I look forward to friendly visits'

By Jerry Hames

When he made Lewes home in August, Kevin Kirk didn't have the slightest idea that within five



Kevin Kirk

months he would be back on stage. This time, it would not be a return to a choir, or as tenor in a trio, but performing live in a musical before an enthusiastic audience.

Kevin made his stage debut in junior high school in Kingston, N.Y., in an

original play based on Tom Sawyer. "I did my costume and makeup. I got a taste for it," he said.

Kevin is 68 and suffered a stroke in 2005 that left him paralyzed on his right side. He mentioned his musical background to a caregiver, who encouraged him to investigate a theater group.

He found the Possum Point Players website, appeared for an audition, sang "The Impossible Dream" from "Man of La Mancha" and joined the cast. In December, he appeared with the Georgetown troupe, seated in a wheelchair, in the hit musical "Elf" for six sold-out performances.

Kevin was told he was the first physically disabled person to have appeared with the theater company. "I did my own costume changing," he said proudly. "I hit the jackpot with the P.P.P."

Kevin, who excelled in mathematics and computer science as a young man, began work on mainframe computers and was associated with IBM for 22 years until 2000.

Kevin and Christine were delighted when their 22-year-old son, from San Diego, visited them during the Christmas holidays.

Sheri Ackerman and Kathy Boucher are two Village Volunteers who have made friendly visits to Kevin, who says he looks forward to their

return. He has talked about Hawaii with Sheri, when they discovered they had each taken the same tour in different years.

"He's got a great attitude, a very positive attitude," Kathy said. "He's a pleasure to be around."

### Village Volunteers, SCVV to collaborate on social media



Marketing maven Madeline

Kelley has volunteered to boost the social media presence of Village Volunteers and South Coastal Village Volunteers.



Madeline Kelley

Madeline recently moved to Bethany Beach from Oklahoma after living in Connecticut and New York City. Madeline works in sales and event planning for a women's organization,

Ellevate Network, and has worked in the nonprofit sector as a fundraiser, event planner and grant writer.

Madeline wanted to volunteer with South Coastal Village to help support the community. Madeline was eager to share her extensive marketing experience. She joined SCVV's communications committee to build awareness of the organization, increase volunteers, members and donors.

Steuart Martens, communications committee chairman for Village Volunteers, needed support to improve the Village's social media presence. He met Madeline through SCVV and she readily agreed to do her part.

With this collaboration, the Village and SCVV build on their cooperation and their missions to their communities.

### Lunch With a Purpose, continued from page 1

For the past 13 years, until the pandemic prevented in-person gatherings, Lunch With a Purpose had regularly sold out monthly luncheons. Each month from September through May, women gathered at area venues to support local charities through raffles, 50/50s and collection of in-kind goods. The group also donated food each month to the Food Bank of Delaware. This organization is consistently one of the food bank's largest private donors.



## Village Vendor Services

By Keith Pilkington

When you need a service or repair at your home, remember that all Village memberships include access to our roster of prescreened and approved local vendors. This list includes providers of everyday household services, such as electricians, roofers and plumbers.

Each Village Vendor undergoes a rigorous application process that requires:

- Evidence that they possess a valid business license and insurance certification;
- Submission of three references who attest to the quality and professionalism of their work;
- Completion of a criminal background check by an independent investigative agency.

For a Vendor referral, call the Village at 302-703-2568.



**When living at home isn't possible, Oasis Senior Advisors can help**

The goal of Village Volunteers is to help members continue to live independently at home. Circumstances can change, however, and other options might become necessary. It's easy to feel overwhelmed when selecting the right living solution for the next phase of life.

Oasis Senior Advisors offers free senior housing services, taking the time to understand goals and needs, offering compassionate, personalized support and guidance.

### What sets Oasis apart?

The members of the local Oasis team are longtime Delaware residents, led by Lynn Paxson, a certified senior advisor. Other senior advisors are Anne Marie Crossan and Tracy Juergens.



Lynn Paxson



Anne Marie Crossan



Tracy Juergens

Oasis takes a dedicated, one-on-one approach to help clients explore and evaluate senior housing. Team members understand that moving can be challenging—at any stage of life—which is why they strive to provide the caring support seniors and their families need. They have contacts and

experience with all types of housing alternatives, from independent and assisted living to skilled nursing homes.

### The Oasis five-step process

Oasis uses a five-step approach when assisting with senior housing:

- **Initial, no-obligation consultation:** Meet your Oasis advisor in person during a free no-obligation consultation to learn what to expect and how she can help.
- **Identify lifestyle needs:** An in-depth conversation about lifestyle preferences, care needs, location and finances.
- **Reduce monthly costs:** Identify ways to lower costs with funding options such as veterans' aid, long-term care benefits and reverse mortgages.
- **Housing options:** Provide a list of local housing choices, personalized to specific needs.
- **Tour communities:** Arrange visits to facilities or communities and attend tours with clients.

Oasis advisors are available to answer questions, address concerns and provide caring, one-on-one support and guidance. They offer a wealth of information and knowledge to better help clients select a senior community.

Information or a referral to Oasis, contact the Village at 302-703-2568.

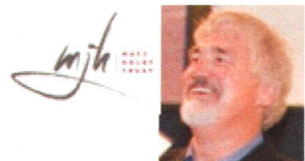
## Matt Haley Trust recognizes the Village

**Makes \$10,000 grant to Village Volunteers**

The Matt Haley Trust, named for the philanthropist and restaurateur who died in 2014, has made a \$10,000 grant to Village Volunteers to further its work.

"Thank you for all that you're doing for Sussex County seniors," Steven Himmelfarb, trustee of the Matt Haley Trust, wrote in a note announcing its partnership with the Village. "Matt Haley is smiling on your good work."

A photo of Village officers with leaders of South Coastal Village Volunteers and a description of the services provided appears on the Matt Haley Trust website. Village Executive Director Jackie Sullivan announced receipt of the award and expressed deep appreciation from the board of directors and volunteers.



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In its application, the Village stressed that while senior centers closed during the early days of the pandemic, Village volunteers continued providing services, transporting older adults to medical appointments and treatments. Village Volunteers grocery-shopped for members; ran errands for seniors, such as delivering prescriptions; and made more than 1,000 friendly calls.

“Isolation is of great concern to this population’s health,” Sullivan wrote to the trust. “Volunteers wrote hundreds of cards and letters to bring a moment of pleasure during a time when so many seniors were feeling alone and isolated.

“So many older adults live alone with families geographically dispersed. We are doing the best we can to serve seniors. That said, we need assistance to continue making a difference.” Sullivan said grant funds will help offset the cost of training new volunteers and upgrade the organization’s operating system and website.

“Matt Haley had a life journey like no other,” the trust’s website says. “He returned from the edge and built a legacy that will forever affect our world. Matt was a convict, a James Beard Award-winning chef, an entrepreneur, a traveler, a loyal family member and friend, a truth teller, and a giver. Matt’s core tenets were built on redemption, truth, soul and travel.”

Haley was killed in an accident in India in 2014. The trust was established to help organizations that provide innovative solutions to tough problems in Delaware and abroad.

The trust’s website states that its mission is to further his legacy and keep his powerful voice relevant and effective. “Matt was a force of good locally and globally, and the trust seeks to continue positive change by supporting the people and truths Matt fought for throughout his life.”

*“My humanity is bound up in yours,  
for we can only be human together.”*

— Archbishop Desmond Tutu

## Village Services Health Corner



By Stuart Martens, National Board Certified Health and Wellness Coach

### Relationships can improve your health and wellness

**Truism:** Humans desire human connection.

All human relationships have the potential to affect your health, whether with partners, friends, family, neighbors or your everyday community

contacts. Two things affect almost all relationships—fear and trust.

You can stop fear once you realize its power dwells in the past. Typical fears have their roots in failure, embarrassment, guilt, shame, losing love, being abandoned and not trusting. The first step in developing trust is letting go of distrust.

Take a person who has earned your distrust through his negative actions. Why did he earn your distrust? How can you allow this person to re-earn your trust? Consider a fresh start that is nonjudgmental. This will empower you and those with whom you have relationships.

We all hold beliefs. They distort the lens through which we look at life and tend to be self-fulfilling. Think of a negative view you hold, such as “all politicians lie.” Now recall a time a politician told the truth. Watch for the opposite of your negative belief to let it go.

Renowned author Dr. Brene Brown believes that trust is the foundation of any healthy relationship, and she breaks trust down into seven components.

**1. Boundaries.** Trust starts with clear and honest limits. I trust you if you are clear about your boundaries and hold them. You are clear about my boundaries, and you respect them. Trust doesn’t exist without boundaries.

**2. Reliability.** Do what you say you will do, every time. This means knowing your capabilities and not taking on more than you can handle.

**3. Accountability.** Our ability to own up to our mistakes and apologize for them. This promotes trust between people.

**4. The Vault.** What’s said in the vault stays in the vault. You hold confidences.

**5. Integrity.** Choose courage over comfort. Choose what’s right over what’s fun, fast or easy. Practice your values, not just profess your values.

**6. Nonjudgment.** Be able to ask for help without being judged by the other person and vice versa.

**7. Generosity.** Make a generous assumption about others. Check that their intention is not hurtful.

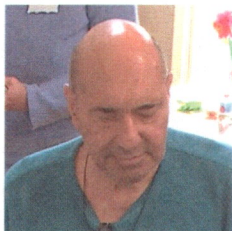
Finally, a spectrum of hope in relationships ranges from feeling hopeless about creating change to embracing the possibility of change. Self-trust is the foundation for your trust with others. Trust away and create joy and kindness in your world of healthy relationships.



# IN MEMORIAM



*We feel a sadness when we lose members with whom we have spent time and grown to care about. In that way the Village is truly a family. We will cherish our memories of the following members, celebrate their lives and share in the sadness of their departure.*



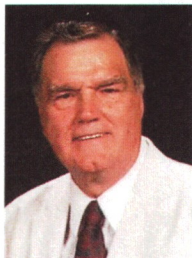
**John Truglio** passed away Dec 21, 2021



**Aimee Weist** passed away Jan 8, 2022



**Bob Cahill**, passed away Jan. 13, 2022



**James Travis** passed away Jan 23, 2022



**Dianne Moran**, passed away Feb 1, 2022



**Dick Waples** passed away Feb 4, 2022



## **Voice of the Village**

Suzanne Hain, editor, writer, photographer  
Jerry Hames, writer/photographer  
Steuart Martens, writer  
Keith Pilkington, writer  
Jennifer VanBlarcom, writer  
Ann Ward, copy editor/writer



## From the Desk of the Executive Director

Dear Friends,

Beacon Hill Village, the first Village in the nation, celebrated its 20th anniversary this month. A small group of prescient seniors gathered for coffee in 1999 and shared concerns about aging as their parents and grandparents did – in a nursing home or living with family, leaving their friends, their community and control behind.

These Massachusetts seniors determined that would not be their path. They had no control over growing old, but they had control of how and where they lived. They wanted to age in place, in community, with friends and with freedom. They heard from many “experts” that their ideas would not work. It’s just not the way getting old works, they were told. This cannot be done, they heard.

In 2002, members of this formidable group opened a Village, determined to provide the support and services they, their friends and neighbors needed to continue living the way they wanted.

On Feb. 2, 2022, Massachusetts Rep. Stephen F. Lynch read into the record of the House of Representatives a celebration of the 20th anniversary of Beacon Hill Village and recognition of the roughly 300 Villages across the United States and four countries abroad. With this proclamation, the U.S. House of Representatives designated Feb. 15, 2022, as National Village Day.

The founding board of Greater Lewes Community Village, now Village Volunteers, used the model of Beacon Hill Village as a starting point. Our founding board members saw the need and the value of aging in place and with dignity. They, too, were visionaries. They also wouldn’t take “no” for an answer. They asked older adults in our area what they wanted and needed to continue living independently. With those answers, they formed the structure and opened the Village in November 2013.

Next year, Village Volunteers will celebrate our 10th anniversary. In that time, we have served older adults in Lewes, Milton and Rehoboth Beach, helping hundreds of older adults live independently. We have provided about 70,000 hours of service, thanks to caring and committed volunteers.

In July 2020, amid the pandemic, we partnered with our neighbors south of the Indian River Bridge to open South Coastal Village Volunteers serving Bethany Beach, Millville and Ocean View.

The mission of the Village hasn’t changed. We are neighbors helping neighbors. As stated by our friends at Beacon Hill Village, while we cannot control the aging process, we can control how and where we live. Control comes from making ourselves aware of available resources, staying connected in our community and becoming part of the Village movement.

Sincerely,

**Jackie Sullivan**  
*Executive Director*

### Board of Directors

Bennett Connelly, President	Ron Kerchner
Ingrid Miller, Vice President	Ellen Le
Kathryn Byrne, Secretary	L. Steuart Martens
Gavin Radka, Treasurer	Sally Powell
Janet Davis	Chris Powers
Jackie Finer	Kathleen Schneider
Dave Garner	

Jackie Sullivan, Executive Director
Lisa Corrado, Services Manager
Lori Flak, Care Manager



## Contact the Village



**Village Office**  
**16686 Kings**  
**Highway, Suite B**  
**Lewes, DE 19958**

[www.villagevolunteer.org](http://www.villagevolunteer.org)

Email: [lewesvillage@gmail.com](mailto:lewesvillage@gmail.com)

*For services call (2 weekdays prior):*

**302-703-2568**

**Mon – Fri, 10:00 AM – 4:00 PM**

## Village Member Services (max. 2 hrs. per service)

### Transportation

- Medical Appointments
- Vet Appointments (with member)
- Social or Cultural Events
- Hairdresser/Barber
- Grocery Shopping
- Errands (with member)
- Special after hours (case by case)

### Friendly Visits

- Provide conversation and companionship
- Respite for a family caregiver
- Do a puzzle or play a game
- Visit to share stories, photos, memories

## Village Vendor Services

- Accounting
- Computer Tech/Set-up
- Electric
- Gardening
- Gutter Cleaning
- Handyperson Jobs
- Heating & Air Conditioning
- Home Modifications
- Home Repairs
- Home Safety Assessments
- House Cleaning
- Occupational Therapy
- Personal Emergency Response System
- Personal Care Assistance
- Pet Sitting
- Physical Therapy
- Plumbing

*Please provide notice of two weekdays when requesting a service.*

**Shop at Amazon Smile.** When you purchase products marked "Eligible for AmazonSmile donation" 0.5% of purchase will be donated to the Village. Click on this link: <http://smile.amazon.com/ch/45-4573582>

### Household

- Household organization
- Assist with accounts
- Balance checkbooks
- Label/organize food
- Care of plants
- Occasional pet care
- Minor household chores
- Occasional yardwork

### Handyperson

- Change light bulbs
- Check smoke alarms
- Install screens and/or storm windows
- Hang pictures
- Clean out refrigerator
- Move furniture
- Turn mattress
- Simple repairs

### Run Errands

- Grocery Shopping
- Other shopping for clothing or gifts
- Pick up prescriptions

### Telephone Check-in

- Friendly conversation
- Inquire as to well-being
- Inquire as to needs

### Technical Assistance

- Program cell phone
- Set up email
- Perform simple computer tasks
- Electronic gadgets
- Program thermostats, TV, remotes

### Office Assistance

- Data entry
- Communications
- Scheduling
- Record keeping
- Training
- Marketing