

Park View Village

Newsletter – Vol. 5, No. 6

November-December, 2015



Calendar:

PVV CHRISTMAS PROGRAM

Friday, Dec 4, 2015, 6:00 PM
Park View Mennonite Church
Fellowship Hall

Join Park View Village members for a fun evening of party foods and entertainment. Potluck: light refreshments. This time we will make our own Christmas music. Please bring instruments if you play music, and Christmas memories to tell. Look forward to games.



BOARD PRESIDENT UPDATE

The Park View Village Board has reviewed the membership requirements for Park View Village. Previously PVV members who moved to Virginia Mennonite Retirement Community (VMRC) were no longer eligible to be members. The board modified this residential requirement; Park View Village members who now live at VMRC are welcome to maintain their PVV membership and are welcome to participate fully in PVV activities.

You are encouraged to share the PVV Website address with your family. If you wish you can share your user name and password. This allows your family member to learn more about the Park View Village.

Hope you enjoy your Thanksgiving Holiday.

Keith Gnagey, President

CHINESE GUEST STUDIES HOW AMERICANS COPE WITH AGING ...

Li Spencer (Li Guangdian in China) addressed the PVV members and friends who came out on a rainy night (Nov. 10) to hear about "The Elder Population in China and How the Christian Church is Responding to Their Needs."

As an intern at VMRC, Mr. Li reports that when he speaks of "children having a responsibility to their folks, people like my ideas." Such a sense of responsibility (*cont'd*)



is basic to Chinese tradition, but he notes that elderly people in China now face hardships. The one-child policy, in effect for 36 years though currently being relaxed, has led to a shortage of caregivers and to many Chinese living their aging years in isolation. In cities, Mr. Li said, 70 percent of older people do not have children or grandchildren nearby, “just pets.”

Mr. Li, director of social work for the Luoyuan Christian Church (LYCC) near his home in the Fujian province of China, will soon complete a year studying at EMU and interning at VMRC. LYCC hopes to open a facility for the aged. That will take time, says Mr. Li; hiring good eldercare staff is a challenge. He has spent the past year in Harrisonburg learning how Americans cope with aging and looking for ideas to take home.

LYCC, founded in 1873 by an Anglican missionary, is a large, self-governing church with four Sunday services. Fujian’s approximately 10,000 Christians, who comprise 6 percent of the province’s population, make up LYCC’s congregation. Mr. Li’s primary work for LYCC has been with summer camps for children of poor families.

Mr. Li, who will go home in December, was joined here for the summer by his wife and four-year-old daughter. He leads a Bible study for Chinese students at EMU, and recently enjoyed a visit by friends from China who accompanied him to church – their first-ever church visit. He said they found the service

inspiring, and got plenty of help navigating the hymnals.

Report and photos by Chris Edwards

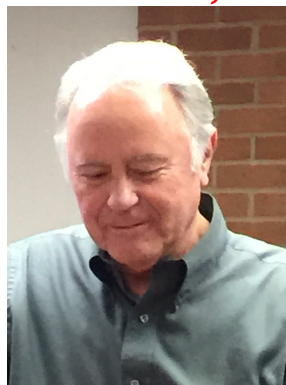


Li Spencer

DR. SAM SHOWALTER DISCUSSES ADDICTION; AGING; GRACE

“Addiction and the Elderly” was the subject of PVV’s Oct. 20 talk by Sam Showalter, MD – a graduate of EMHS, EMC (now EMU) and the Medical College of Virginia, who has practiced medicine for 46 years and focused on addictions.

When Dr. Showalter became a director of an addiction treatment center early in his career, he expected his work in that area to be
(continued, p. 3)



temporary, but treated more than 1,000 drug addicts and alcoholics over a decade before joining a family practice in Bergton.

"The difference between a normal person and an alcoholic is what your liver does with alcohol," Dr. Showalter explained. Alcohol has an effect on alcoholics similar to the effect of sugar on diabetics, he said.

When a heavy drinker denies being an alcoholic, he said "I trick them by asking how much alcohol they can drink and still function normally." If the answer is "a six-pack," his response is, "OK, you're an alcoholic."

For several years recently, Dr. Showalter chaired the board of directors of the Gemeinschaft Home, a local transitional facility where former prisoners often must work to recover from addictions as they re-enter society.

Yet addiction can afflict persons who never drink or use illegal drugs, he said. He advises caution with medications as we begin needing them more for pain and other aspects of aging.

Oxycontin, widely prescribed for pain, is a narcotic with effects similar to alcohol which can be addictive – as can other drugs including Visine and Benzodiazepine, Dr. Showalter said. He does not recommend medications

labeled "PM" for inducing sleep. They can help someone "get to sleep fast, but not get a restful sleep," he says.

Dr. Showalter recommends Dr. Gerald May's book, *Addiction and Grace*, a treatment of addiction from a faith perspective. He shared the following quote from May's book: "To be alive is to be addicted. To be addicted is to be in need of God's grace."

Report and photos by Chris Edwards



FILM SERIES PREMIERES THE DECEMBER-TO-MAY LINE-UP.....

More popcorn times are ahead -- the Movie Committee has lined up films to show one Friday per month, from December to May, at the Heatwole home theater. We've aimed for a mix of themes: classic, history, comedy, nature, sports, foreign offerings and relationships between generations. Watch for email announcements (including any schedule changes), and please register to attend on the PVV website. (If you need help with online registration, please contact Evelyn Driver.)

- Dec. 11, 2015 "Empire of the Sun" (history)
- January 8, 2016, "A Face in the Crowd" (classic)
- February 12, "Roxanne" (comedy)
- March 11, "Cold Mountain" (history, nature)
- April, 8, "Wild Strawberries" (foreign, generations)
- May 6, "About Schmidt" (generations)





VENDOR SPOTLIGHT

Need A Handyman?

Should you need a handyman to help with the Fall chores, Jay and Peggy Landis and John and Virginia Spicher found one that exceeded their expectation.

Wendel Metzler from Broadway has a broad array of skills to offer, ranging from snow removal and landscaping to fine carpentry. Wendel is equipped to clean and repair our gutters and replace doors and windows.

Fixing leaking faucets and changing light bulbs would be considered, as would almost any home maintenance task locally as long as it doesn't include jobs involving electricity or major water leaks.

Wendel may be contacted at **540-810-6520** or at **wkmetzler@gmail.com**.

PVV Members: would you please notify **John Spicher, Vendor Services Coordinator**, of **vendors you have hired** that performed exceptional services at reasonable prices? John may be contacted at **vspicher@gmail.com** or **442-8252**.

“CHECK-INS” FOR SAFETY?

Members: Your Park View Village Board needs your thoughts and suggestions.

A major theme undergirding the “Village” concept is that of neighbors helping neighbors while creating a sense of community. Within our Park View Village community we have members of varying ages along the continuum from the late 50's into the 90's. Some of us live alone, others live with a spouse who is in good health, and others may have a spouse who is in declining health or is traveling a lot. Whatever the situation, we share a wish to remain “independent” by continuing to live in our own separate homes. The wish is normal and understandable, yet carries a risk that we all tend to minimize. That risk is some variant of: “I have fallen and can't get up” (cannot reach my phone, but I am normally so independent and active that people don't usually think to call to check on me).

Several years ago we explored the idea of setting up a telephone contact system by which members would call one another regularly to “check in.” Only one person expressed interest in the idea at that time so no such program was developed. Of course, any of us can invest in one of those services in which, for a monthly fee, you wear a wrist band or pendant that can be pressed to initiate a call to the Emergency Medical System. Some may be reluctant to do that because of financial concerns or out of denial of our own vulnerability. So the question has been raised: What should we as a Village do in regard to this vulnerability that comes with aging?

Your thoughts and suggestions are needed to answer this question: What type of system (if any) should Park View Village have in place so that no neighbor is so isolated that, in the event of a serious health emergency in which they are incapacitated, they are alone for days without anyone knowing and sending assistance?

Please send your thoughts, suggestions, and/or additional questions to **Evelyn Driver** at **evelynjd@goshen.edu** or by phone at **540-432-1505**. I will collect the

responses and share them with our Board and with the Member Services Committee. **Please respond before Christmas 2015.** Thank you in advance for your time and attention to this issue.

Evelyn Driver

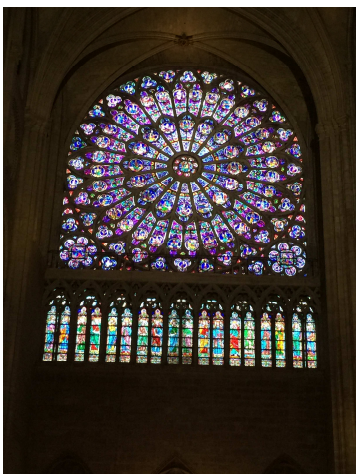
HELPING HANDS:

PVV members may have light home repairs or maintenance to prepare for winter. Late fall yard work may need attention. And as always, there may be transportation needs. Volunteers may be available to assist with such work. To arrange for help, or offer to volunteer, please contact **Volunteer Coordinator Cliff Lind**, 433-8225 or hope35lind@verizon.net.

Thoughts for the Year's Longest Night (Dec. 21-22, 2015)

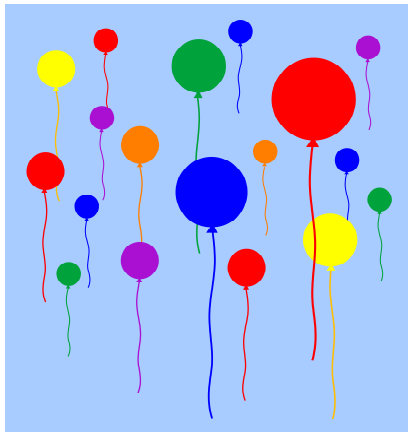
On Solstice Eve, value the dark. On this longest night of the year, before the light overcomes the dark, sit in the dark (alone or with others) and think about the importance of darkness. Bless mushrooms that grow in the dark and honeysuckle that sends its luscious scents into the night. Be grateful for the darkness that soothes us to sleep, the darkness that animals require for hibernation. Give thanks for sheltering dark places: the rich earth where seeds germinate, the caves that harbored our ancient ancestors (and where some of our sun gods were born), the cellars that keep us safe from tornadoes, the wombs that provide our first nourishment. Acknowledge the darkness of suffering, which can deepen our appreciation of life and strengthen our connection to one another.

<http://www.uuworld.org/> -- excerpted from In Nature's Honor, by Patricia Montley.



Rose Window in Notre Dame Cathedral, Paris . . . Midwinter sunset in Park View

Happy birthday, PVV members!



Upcoming birthdays

December Don Albright, Phil Helmuth, Joe Lapp, Greg Versen, Susie Versen

January

Nancy Clark Faulkner, John Heatwole, Dick Lantz, Carol Schirch, Lena Showalter, James Stauffer, Dorothy Jean Weaver, Lloyd Weaver

The Park View Village Board

Ed Bontrager – Program Committee Chair
Evelyn Driver – Vice President
Chris Edwards – Newsletter Editor
Keith Gnagey – President
Nancy Gunden – Treasurer
Peggy Landis – Program Committee
Cliff Lind – Volunteer Coordinator
Robin McNallie – Program Committee
Anne Miller -- Membership
John Spicher – Vendor Services Chair
Arlene Wiens – Member Services Chair
Clara Yoder – Secretary
Paul Yoder – Member Recruitment

To contact Park View Village:

540-705-0432

website, <http://parkviewvillageva.org/>

Please remember to respond to Evelyn Driver's query of PVV members on page 4 (titled "CHECK-INS FOR SAFETY? Members: Your Park View Village Board needs your thoughts and suggestions.") She hopes to hear from you before Christmas about how we might help ensure each other's safety.

Have you gotten on the Park View Village website lately? <http://parkviewvillageva.org/> is where you can renew membership, register for events, find a fellow-member's phone number, read this newsletter, and keep up with what's happening elsewhere in the "Village" movement. A 5-page guide for using the website, titled "**Park View Village – Web Page – Quick Reference Guide**," was distributed recently. If you don't have a copy and would like one, or have questions about using the site, please contact Evelyn Driver, 432-1505 or evelynjd@goshen.edu.

Deadline is **Jan. 18** for submissions to the **January-February, 2016 PVV newsletter**. Do you like to write? Your ideas, as well as help with reporting on PVV events, would be very welcome. Send all items to **Chris Edwards, editor, 434-0457; chrisedwardshburg@gmail.com**. Thanks to all who contribute!

– Chris Edwards

