

# Park View Village

Newsletter – Vol. 7, No. 6

November-December, 2017



## CALENDAR:

### Christmas Banquet Tuesday, Dec. 12 at Village Hall

For our holiday celebration this year, we will gather on Dec. 12 at **VMRC's Village Hall**. Please bring potluck dishes to share. We can begin arriving at 5:30 pm. Dinner will begin at 6, followed by a program (TBA) at 7.

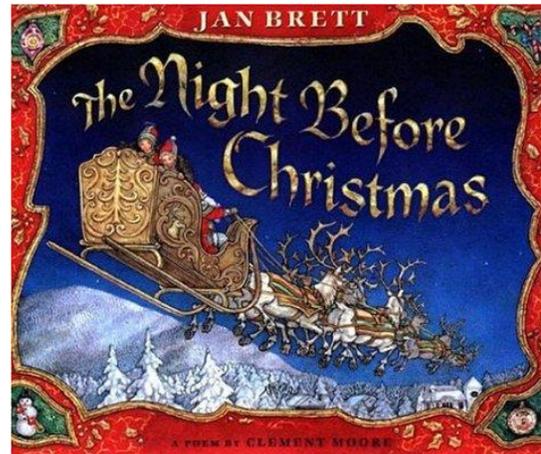
Village Hall is off of Shank Drive, down a driveway beside the intersection with Harmony Drive. See VMRC's campus map: <http://www.vmmc.org/campus-map>.

### PVV Movie Night Dec. 15, Park Place Cinema Room

**Friday, Dec. 15, 6 p.m. -- Holiday Inn.** A classic romantic comedy starring Bing Crosby. It introduced a new song, "White Christmas." 1942. Shown in our new venue, **Park Place Cinema Room**. Please arrive before doors are locked at 6 pm ... and watch for announcements of our 2018 movie line-up starting in January.

### EMU President Susan Huxman Meeting with PVV Jan. 23, 2018

Dr. Susan Huxman, now completing her first year as EMU's 9<sup>th</sup> president, will present our program at 7pm Tuesday, Jan. 23 at the PVMC Fireplace Room.



**How, and when, did reindeer first  
show up for Christmas?  
See pages 6-7 ☺**

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## BOARD PRESIDENT UPDATE:

Park View Village is fortunate to have committed members who serve on the board, plus additional members who serve on the 2.0 Strategic Planning Project. Project members are: Evelyn Driver, Nancy Gunden, Peggy Landis, Cliff Lind, Daryl Peifer, Sadie Showalter, John Spicher, Ann Yoder, Clara Yoder, and Paul Yoder. This group reviewed the 2017 Member Survey Summary at our November board meeting. My

thanks for the thoughtful comments and suggestions. Also special thanks to Evelyn Driver for contributing hours to prepare the report. The full report is being posted on the Park View Village website.

Also in November, Sadie and Harley Showalter and Ann and Paul Yoder attended the Annual Village-to-Village Fall Conference: Enhancing the Power of Aging. They have provided their conference report and the information gained while networking with members of Village to Village organizations. I hope we can develop a draft strategic plan in December. Plan to attend the upcoming Christmas potluck hosted at VMRC Village Hall on Tuesday, December 12 at 6:00PM. (See page 1.) Happy holidays to all!

*Keith Gnagey, Board President*

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### **THE VILLAGE-TO-VILLAGE GATHERING: Reports from PVV's delegation**



***(File photos, from left): PVV's Harley and Sadie Showalter and Ann and Paul Yoder attended the 9<sup>th</sup> annual national Village-to-Village conference. Following are reports from Sadie and Paul:***

***By Sadie Showalter:*** Harley and I attended the 9<sup>th</sup> Village-to-Village (VTV) conference in Baltimore November 6-8. We were challenged with very interesting information about the Village Movement.

The first session on Sunday evening was a film about Maggie Growls. Maggie was forced to retire at age 65 from a job she loved. Her outrage forced her to begin the Gray Panther movement. This has changed the lives of older Americans, getting mandatory retirement laws repealed and proving that "old" age is not a dirty word. Maggie, like the movement, was very

committed to justice, peace and fairness to all, regardless of age.

Maggie worked tirelessly up until she died. She provided housing for students, which allowed her to have people around her to mentor and provided a great social outlet. Sue Leary, who had been her personal assistant, spoke after the film about her experience and addressed questions.

Another highlight of the conference was hearing the Secretary of the Maryland Department of Aging talk about what the agency is doing for the aging community. Rather than saying "aging in place," they think of it as "aging in community."

There were several sessions on the digital revolution and its uses. It is important to develop a Facebook page, highlighting various members, and schedule a day on how to use technology. A company, Televisit, has developed the use of a tablet that will wake up persons, remind them of their appointments, play their music, etc. all done without using a keyboard. It allows persons to be connected and not feel isolated.

Senior Center without Walls gives persons a list of classes, with lessons

they can take by just listening on the phone, although a few are available on the computer. These classes, provided by the Episcopal Senior Communities, are developed quarterly and are free to anyone who signs up.

One of the sessions focused on how to get village members involved in the community, helping to reduce social isolation. Some such activities include volunteering in the schools to help during lunch and play times and after school, perhaps even walking with students to schools and safely crossing streets. One village sponsors service Saturdays. Organizers determine who has projects at their homes and then work with volunteers to fulfill needs. They team up with sports teams, coaches and parents to serve.

Some interesting statistics: some villages have many different ways of funding. By applying for grants and substantial fund raising, some older communities have business plans and established endowments. Most villages have between 100-400 members, depending on the age of the village. Most of the services used by members are for transportation, companionship and/or social events.

One question for a village to ask is whether it is sustainable for the next ten years. It still remains to be seen if the VTV movement impacts a later need for institutional care.

**By Paul Yoder:** Thanks to Sadie for a very good synopsis. Ann and I arrived later than did Harley and Sadie, so we took in a few different “break-out sessions.” There were as many as four during each time slot. We also attended a couple of general sessions with input from skilled professionals.

Some additional statistics. There are currently 250+ “open” Villages, meaning they are open for membership. In addition there are about 150 Villages in development. The popularity of the Village movement has spiraled as a result of the growing senior population. The Village Movement, now in its 15th year, is expected to grow with continued enthusiasm.

The need for modifications of one’s home, since most seniors want to remain where they have lived, calls for changes in bathrooms and kitchens, as well as reducing the need for steps. Valerie Jurik-Henry not only has created modifications that are available for existing homes, but encourages new homes to be built to accommodate the needed changes that make life easier even for people before they reach their retirement years.

Another speaker, Roger Anundsen, addressed the topic “Brain Health,” giving us the following important ways to keep “thriving” (instead of “aging”). Here are his conclusive statements.

**Six important things to remember as you thrive -**

- **Physical Movement**
- **Mental Stimulation**
- **Social Engagement**
- **Diet & Nutrition**
- **Sleep & Rest**

Another speaker, Peter Rabins, shared helpful information on keeping older people from loneliness, which spirals into depression and can result in developing early stages of Alzheimers. Again the emphasis was on staying active and involved socially, mentally and physically. If one enjoys a stimulating activity, it’s okay to continue doing that. Villages are the perfect place for interaction to happen.

But it requires reaching out to neighbors who have few family connections or who tend to withdraw as they age or lose a spouse.

There is also a movement of Village groups in various communities to form settings where they share problems and successes with each other. One group from Washington DC area meets tri-annually, and a group of villages in California meet on a regular basis. The benefits appear to be an exchange of ideas. This was seen as an addition to the need for an annual gathering that

helps Villages obtain fresh, new ideas for across the country.

Use of social media was encouraged in several break-out sessions as a way of getting more exposure and inviting business sponsorship within the community. Overall, there were helpful exchanges that provided inspiration and support for our own Village. Many resources are available. But it takes a Village to make it happen!

To learn more about the VTV movement, see <http://www.vtvnetwork.org/>.

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### **Programs of the Season Past**



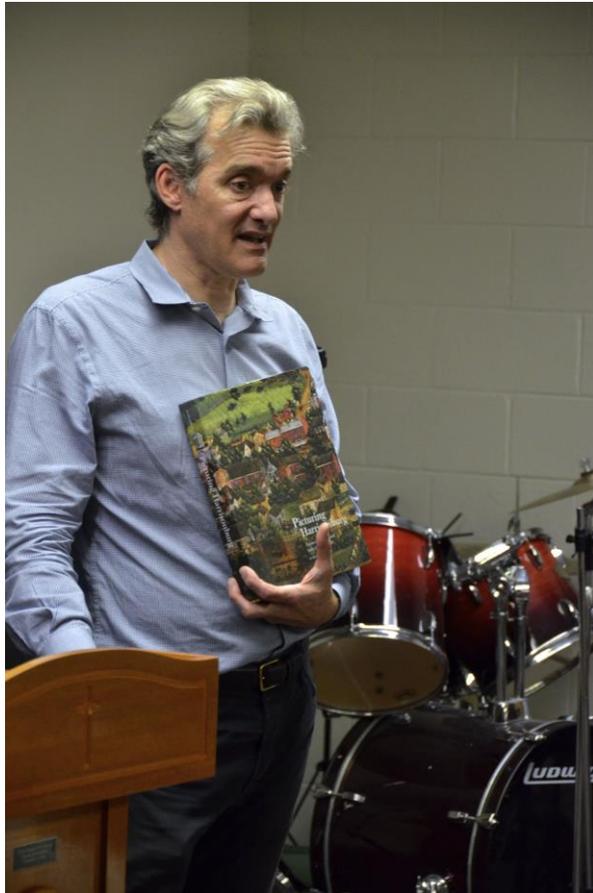
**September: Annual Meeting** -- Forty members and guests attended, enjoyed a potluck meal and began responding to a survey about their hopes for Park View Village. (All photos by Greg Versen.) Thanks go to the Program Committee -- Greg, Robin, Peggy and Keith -- for our varied and lively programs!

### **October: Harrisonburg's Well- and Lesser-Known Story, Pictured**

In October, 21 PVV members and guests heard JMU Art Professor David Ehrenpreis, director of the Institute of Multidisciplinary Studies, discuss and show historic photos from his new book, *Picturing Harrisonburg: Visions of a Shenandoah Valley City Since 1828*.

He first displayed a panoramic painting of Harrisonburg c. 1867 by Emma Lyon Bryan that he called "incredibly bucolic." Although it showed most recognizable buildings of the time (ex., the original springhouse on Court Square -- source of drinking water until the 1840s), David noted the piece entailed "something of a lie," taking liberties with proportion and ignoring social problems of those years.

Downtown's construction boom occurred between 1890-1915, when "most of the buildings we know were built" – including the original Rockingham Memorial Hospital, the "normal school" that is now JMU, the now-bygone Cavanaugh Hotel, and in 1898, today's courthouse, David informed us. Harrisonburg became a city in 1916.



***Clockwise from left: David Ehrenpreis shows PVV guests his new book, "Picturing Harrisonburg," and slides from its old photo collection, including the huge parking lot created by urban renewal – while addressing our questions. (Photos by Greg Versen)***

Cloverleaf Shopping Center, named for the nearby cloverleaf then under construction, replaced Court Square as the city's retail center. An aerial photo of downtown shows the result of an ordinance requiring that 85 percent of its space be designated for parking: a sea of empty spaces. Cloverleaf had 1,000 spaces. And the vast parking lot for the shopping center containing Rose's has remained mostly empty since its construction half a century ago, he noted.

David discussed changes within the context of the city's changing mottos: "The Friendly City" (1934); "The City With The Planned Future" (1958).

The "urban renewal" project that demolished much of northeast Harrisonburg, beginning in 1962, was small compared to similar federally-funded projects then implemented around the U.S., but represented a "planned future" run amok, David said. In that largely African American neighborhood, he said, "there were nice places, and

blighted places,” but much of it was demolished wholesale, with officials burning some homes. Good, owner-occupied homes and locally owned businesses were destroyed without challenge. Even one man whose church was being torn down said meekly, “I believe in progress.”

New, racially segregated public housing soon went up, aided by federal funding. Charlottesville’s Vinegar Hill neighborhood underwent a yet more destructive “renewal,” while Staunton chose to forgo the trend, David reported.

He sees more historic memory in Harrisonburg than it had at midcentury, as well as “mixed use” making a comeback, helping to form walking communities.

The book, subject of an exhibit at JMU in the Fall, is available at sites including Barnes and Noble and Amazon. – C.E.

### **November: The American History Of Thanksgiving And Christmas**

Mark Sawin, a cultural historian with a doctorate in American Studies, encourages his students at EMU to ask such questions as “What is the difference between history and heritage?” and, “What makes our traditions ‘traditional’?”

In November, speaking at PVV’s program on the history of Thanksgiving and Christmas celebrations, he noted that the settlers credited with celebrating the first Thanksgiving, c 1621-1623, were not a merry bunch. Puritans even observed one holiday named “The Day of Wretched Loathing.” Their inviting the Native Americans to a harvest festival signifies they did not view the occasion as religious. They did find “a great store of wild turkies,” and enjoyed venison supplied by Chief Massasoit. Other Thanksgivings were celebrated in Dutch and Spanish colonies, and Virginia.

By the late 1800s Thanksgiving became associated with urban “ragamuffin parades” and college football games descending into brawls, but it quickly became the start of the Christmas shopping season. Enter, Macy’s Day Parade, in 1924.

Thanksgiving’s date was moved back in 1941 to add more Christmas shopping days, Mark noted.



Why is the day after Thanksgiving “Black Friday”? Because most retailers operate “in the red” until the Christmas shopping spree begins!

The traditional turkey and cranberries are New World products, but many Native Americans shun the holiday for its cultural appropriation. *(continued)*

As to Christmas, the “Christ Mass,” Mark said, “Why and how we celebrate it has little to do with Jesus’s birth.”

Not all Christians have celebrated Christmas. In the late 1600s, Boston, where the Puritan tradition shunned the holiday as pagan, fined anyone caught doing so, Mark pointed out.

The Bible names no specific date for the birth of Jesus. In Luke 2:8, shepherds “keeping watch over their flock by night” hint at lambing season, not midwinter -- but Dec. 25 happened to be the Roman Saturnalia (a Mardi Gras-like feast), as well as the birthday of the Zoroastrian god Mithra.

Most of the best-loved carols arrived in the mid-19<sup>th</sup> Century. “We Wish You a Merry Christmas” dates to the 14<sup>th</sup> Century, however, with the singers’ cheerful threat not to leave unless you “bring us a figgy pudding.” “White Christmas” (1942) is the No. 1-selling holiday tune, though snow on Christmas is usually more a wish than a reality.

Mark discussed several cultural phenomena that have defined Christmas. Clement C. Moore’s 1823 classic, “A Visit From St. Nicholas,” gave us the reindeer pulling the sleigh. Rudolph’s addition began with a promotional booklet from Montgomery Ward, which was adapted for the immortal song in 1949.

Mark referred to Christmas figures in other cultures, such as the kindly Italian witch, La Befana. Like Christmas trees, he reported, candy canes were invented in Germany, shaped to remind children of the shepherds’ crooks in Bethlehem.

The stories do evoke deeper, timely meanings, he noted. In years of rising industrialism and poverty, Dickens’ “A Christmas Carol” offered a moral lesson along with cheer. Now, with more refugees than any time since World War II, Mark finds that in the Biblical Christmas narrative, “the story of wandering homeless folk is relevant.”

--C.E.



*Page 6 and this page at left: Mark Sawin meeting with PVV guests (photos by Greg Versen). At right: La Befana, who brings Italian children gifts at Epiphany (source, yourguidetoitaly.com.)*

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## **HAPPY BIRTHDAY!**

**December** 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

**A thought for the New Year:** Retirees enjoy inexpensive courses on nearly countless themes through the JMU-sponsored Lifelong Learning Institute, starting up in January. Details: call 568-4253 or see <http://www.jmu.edu/outreach/programs/all/lii/index.shtml>.

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**IN MEMORY**



**Mariellen Roché DuVal**  
Feb. 5, 1925-Nov. 9, 2017

Our condolences to PVV members Tom DuVal and his wife, Lorie Merrow, on the passing of Tom’s mother. Three other PVV members attended Mrs. DuVal’s memorial service at Bethel United Church of Christ in Elkton.

*Peace I leave with you;  
my peace I give to you.*  
– John 14:27



**VENDOR SPOTLIGHT: STUDENTMOVERS**

Joe and Hannah Lapp have located and engaged an ambitious young fellow who has dreams of growing a “moving company.” He is a Bio-Med graduate student at EMU and has connections at JMU. The Lapps recommend STUDENTMOVERS for those home maintenance jobs when we wish for help. **STUDENTMOVERS’ proprietor Sheriean Iroegbu** says his company is ready to tailor-make a job to our satisfaction. Job categories include landscaping, garden work, gutter cleaning, snow removal with shovels, painting inside and outside, packing and moving heavy boxes. STUDENTMOVERS offer a 10% discount for first time engagements, a senior discount and disability discounts. E-mail [sherieanIroegbu@yahoo.com](mailto:sherieanIroegbu@yahoo.com), or call [919-771-8342](tel:919-771-8342).

**THE PARK VIEW VILLAGE BOARD**

Evelyn Driver – Vice President  
Keith Gnagey – President  
Nancy Gunden – Treasurer  
Peggy Landis – Program Committee  
John Spicher – Vendor Services Chair

Clara Yoder – Secretary  
Paul Yoder – Member Recruitment  
**STAFF:** Denise Sauder –  
Administrative Assistant

**TO CONTACT PARK VIEW VILLAGE:**  
**540-705-0432; website, <http://parkviewvillageva.org/>**

Deadline is **Jan. 22, 2018** for submissions to the January-February 2018 issue of **PVV’s bimonthly newsletter**. Send items to **Chris Edwards, editor, 434-0457; [chrisedwardshburg@gmail.com](mailto:chrisedwardshburg@gmail.com)**.

*A note: **Sorry this newsletter is so late!** Our aging home computer crashed without warning. (Better it than us, right?) Fortunately, webmaster Denise Sauder was able to get event announcements out by the website and emails. Happy holidays to all! –C.E.*