



Helping older adults live independently



## SOUTH COASTAL VILLAGE VOLUNTEERS BEGIN SERVICES

### **Membership**

After more than a year of planning and organizing, South Coastal Village Volunteers began offering services to our members early this year. Some of the restrictions imposed by the pandemic have been lifted, allowing for transportation for trips in addition to medical appointments and brief in-home visits, helping SCVV to get off to a fine start and to offer more services to our members.

**We have provided assistance in scheduling and getting covid vaccines.**

**Betty Martin**, SCVV Secretary and Membership Committee member was tireless in chasing the elusive vaccines to schedule our members for their shots. She even resorted to getting on-line at 4 AM to accomplish this. Volunteers were able to assist with vaccinations by driving members to Georgetown and Dover for appointments.

**SCVV volunteers are following a team approach in meeting our members' needs.**

One member needs a team to walk her dog, get her mail, take her trash can in and out, and get some help with shopping and other errands.

Another, in addition to transportation, enjoys visits and conversation and loves to go out to lunch. A third depends on a SCVV volunteer team to take her to medical appointments and to help her with grocery shopping. Other members rely on their teams for transportation for shopping and errands and also for some help with household and yard tasks.

**Check-in and friendly conversation calls are popular with our members.**

A call reassures us that our members are doing well and may offer a bright spot in the day of the recipient.

**Membership is growing as our community becomes aware of what SCVV offers.**

We have almost reached the membership goal that we set for ourselves for the first year already, and with over 50 trained and vetted volunteers, we can accommodate the needs of many more members. As the pandemic eases and we are able to attend meetings and participate in public events, we look forward to educating our community of our existence and services.





## SCVV BEGIN SERVICES CONTINUED

### Volunteers

Volunteer Coordinators **Liz Bolton** and **Lois Pastore** are meeting the challenge of keeping our many volunteers engaged and enhancing their experience until SCVV is free to perform unlimited services for an expanded membership. They offer:

- Monday e-mails - Each Monday, volunteers receive an e-mail with interesting news and some puzzles or games.
- Round table discussions - bi-weekly interactive Zoom events that share information relevant to Village programs:
  - **Chris Powers & Betty Martin**- description of member intake process
  - **Kelly Eckman** - process when a 911 call is made
  - **Millville Fire Chief John Watson** - safety and using the Knox Box
  - **Sue Soulas** - Suicide Prevention and Gatekeeper Training
  - **Katie Bourke, Salted Vine** - food and wine pairings (this one's just for fun)
- St. Patty's Day baskets - creating and delivering cards and goodies to members
- Easter baskets - creating and delivering Spring cards and goodies to members
- Birthday cards - sending our good wishes to our members



South Coastal Village Volunteer and Member

## SPOTLIGHT ON STRATEGIC PARTNERS

While the day-to-day operations of South Coastal Village Volunteers are run by the ten member Steering Committee, invaluable help is provided by the Strategic Partners. These community members contribute their expertise to advise and support the Steering Committee. With experience and knowledge of finance, health, law, business, graphic design, technology, home organization, real estate, and local government, South Coastal Village Volunteers' Strategic Partners are an important part of our operations.

We are especially honored by and grateful to the Town Managers of the four towns located in the area currently served by our Village. They are committed to helping to make their communities aware of our services to benefit their residents. Get better acquainted with **Deborah Botchie** of Millville, **Cliff Graviet** of Bethany Beach, **Maureen Hartman** of South Bethany and **Carol Houck** of Ocean View.



**Debbie Botchie** has been the Town Manager for the Town of Millville for the past 15 years. Prior to working for the Town of Millville, Debbie worked at a local bank for 21 years, followed by 7 years at a law firm. After taking a sabbatical to care for her ill mother, Debbie began her career with the Town of Millville.

In her years of working with the Town, Debbie has seen an increase from 282 full-time residents to 1,700 full-time residents, a huge amount of

commercial growth, two expansions of the Town Hall and the newly completed construction of the Town's first park/playground and community center.

In addition to being the Town Manager, Debbie also functions as the Town's Planning Department, working very closely with the Town's Engineer and Solicitor on multiple planned communities. She often states, "Working as a public servant has been the most rewarding career I've ever had." It has always been Debbie's goal to spend, invest and save taxpayers' monies wisely, and she has succeeded in that Millville is fiscally sound with no debt.

Debbie, a "home-grown" Sussex Countian who graduated from Indian River High School, has a lust for life and surrounds herself with positive people. She is devoted to and gets her inspiration from her family, including her 9 grandchildren.



## SPOTLIGHT ON STRATEGIC PARTNERS

CONTINUED



**Cliff Graviet** began his career in public service as a State Trooper in Delaware. During his time with the State Police, he held a variety of assignments throughout the State, including undercover investigative assignments for State Police Special Units and the Governor's Investigative Strike Force.

In 1985 he was appointed Superintendent of the State Police. In 1992 he served in dual roles as Delaware's Secretary of Public Safety and

Superintendent of the State Police. Cliff retired in 1994 from the State Police as the longest serving Superintendent in the organization's history and began his second career in Bethany Beach as the Town's Chief of Police.

Cliff served as Police Chief until 2001, when he accepted the position as Town Manager. During his time as Town Manager, the Bethany Beach Town Council has been busy and completed a number of different projects and initiatives, including the construction of a new Bandstand and Boardwalk Plaza, the Town's ornamental horticulture initiative, the construction of the Nature Center, the acquisition of the property Central Park is located on, and the development of the Park itself. In addition, Cliff was involved with the national accreditation of the Bethany Beach Police Department, the Storm Emergency Relief Fund, the move and restoration of the historic Dinker/Irvin home and its development as a museum and establishing Bethany Beach as a fiscally sound municipal government.



## SPOTLIGHT ON STRATEGIC PARTNERS

CONTINUED



**Maureen Hartman** grew up in York County, PA and moved to Delaware in 2017 after accepting the position of Town Manager with the Town of South Bethany. Prior to her interest in local government, Maureen was an environmental scientist in the private sector; she successfully headed environmental teams for projects in Maryland, Virginia, Delaware, Pennsylvania, and DC.

Maureen started in local government as the Community Development Coordinator for Hellam Township, PA. With the endorsement of Township officials, Maureen promoted development in the Commercial/Industrial and Interchange Zones of the Township, creating unprecedented growth for the community. After three years, Maureen accepted the position of Township Manager with

Lower Windsor Township, a large rural community bordering the Susquehanna River. During her employ, Maureen was presented with the Governor's Award for Local Government Excellence for working with neighboring communities when the Township's public works building and all its equipment were destroyed by fire in 2013.

During her time in the Town of South Bethany, Maureen obtained her ICMA credentialed manager designation in 2017. She sits on the Board of Trustees with the DeLea Founders Insurance Trust and has been involved with numerous Town initiatives. She strongly supports and has been successful with multi-municipal endeavors, and she looks forward to a long career in the Quiet Resorts.



## SPOTLIGHT ON STRATEGIC PARTNERS

CONTINUED



**Carol Houck** has been a public servant her entire career, including work with the YMCA of Philadelphia, the City of Philadelphia, Naval Station Philadelphia (Department of Defense). She spent 28 years with the City of Newark, Delaware, where she accepted roles with increased responsibility through the years, ultimately serving as City Manager.

While with Newark, Carol led numerous large infrastructure projects, including the development of the Newark Reservoir, and instituted health care and pension reforms that resulted in significant savings. After retiring from Newark, Carol served as City Manager of Delaware City for a year and a half, successfully addressing several long

standing operational and infrastructure projects before leaving to assume the role of Ocean View's Town Manager in January of 2019. Already an Ocean View property owner at the time and having years of experience in local government ensured Carol's smooth transition.

Highlights of Carol's key skills are developing partnerships, community engagement, and problem solving, which have already proven to be beneficial here in Ocean View. Carol is a credentialed member of the International City/County Managers Association (ICMA) and participates with Sussex County Association of Towns, the Delaware League of Local Governments, and the City Manager's Association of Delaware. She is on the Board of the Ocean View Historical Society's Coastal Towns Museum.

Carol was instrumental in obtaining the Ocean View office for South Coastal Village Volunteers.

**"A person always doing his or her best becomes a natural leader, just by example."**

**- Joe DiMaggio**





**Stuart Martens**, a member of the BOD of Village Volunteers, is a National Board Certified Health & Wellness Coach. He is also certified as a Nutrition Health Coach by the Institute for Integrative Nutrition and by the DE Department of Health & Social Services to facilitate classes. He conducts Healthy Eating Workshops.

Spring is officially here! Nature is in her rebirth or reawakening stage. We are, too.

With winter behind us, we get longer days and more sunlight, and thus more vitamin D. That's a good thing. Increased Vitamin D helps your body naturally reduce cravings for carbohydrates. What a great time to go through our own reawakening in our diet and getting stress-eating from the Pandemic under control. There are no quick fixes. We accumulated the health we currently have over decades, not weeks. Inflammation becomes chronic because it happens over a long period of time. But we can slow it down or possibly reverse it.

If you want to improve your overall health, reduce inflammation and make changes that are sustainable, here is an idea to help you: **Binge snacking and emotional snacking can increase chronic inflammation.**

Try exchanging blue cheese, ranch, and cheese dips for healthier hummus, homemade salsa, plain Greek yogurt, homemade guacamole or tzatziki. Your gut will thank you. A quick dip example—mash ripe avocado with a squeeze of lime juice and a pinch of sea salt and any of your favorite spices. Use cucumber slices or baby carrots for dipping.

**Add mushrooms, celery, radishes, cucumber, carrots or jicama to your weekly shopping list.** Substitute any of these healthy veggies for unhealthy carbs like chips, crackers and processed foods with flour, sodium and increased sugar.

**Mushrooms:** They're a superfood. They're low in calories and great sources of fiber and protein. They're a good source of B vitamins and Vitamin D. Mushrooms make you feel full, thereby reducing appetite and aiding in weight loss. Eating shiitake mushrooms daily can give you immune boosting

benefits not found in any pharmaceutical drugs, according to a University of Florida study.

**Celery:** Even though it's about 95% water, celery contains two anti-cancer compounds - apigenin and luteolin. A study in the Journal of Clinical Biochemistry and Nutrition found that apigenin was effective at causing apoptosis (cell suicide) in numerous types of cancer cells—particularly human breast cancer cells. Additionally, research from China suggests that eating two stalks of celery 2-3 times a week can help reduce your risk of lung cancer by 60%.

**Radishes:** Radishes are a great snack for the munchies. They contain *virtually no fat* and only 12 calories per ½ cup. They are a good source of vitamin C. The vitamins and minerals help prevent cavities, keep teeth strong and chase away wrinkles. Just cut them in slices and sprinkle sea salt or tajin (a blend made with mild chili peppers, lime and sea salt). You get a good crunch from them, a jolt of flavor, and a release of tension.

**Cucumbers:** Good for weight loss and hydration, cucumbers are actually a fruit with 96% water and antioxidants which reduce free radicals. *One cucumber has only 45 calories and no fat.*

**Jicama:** Health benefits of Jicama are too numerous to be covered in this article. To prepare this root vegetable, take a very sharp knife and peel the thick skin deeply. Then slice in sticks or slices and eat raw. A touch of lime juice gives it a zing. Jicama is nutrient dense, low glycemic, good fiber, and great for those with diabetes.

The key is frequency and consistency. When you add a healthy food or delete an unhealthy one, do it consistently and frequently for a couple months and notice how your body feels.

**Hint:** Take one unhealthy processed food out of your diet each month and put a healthier whole food item in your pantry or refrigerator. **Happy Spring!**

April 2021

Issue 3

## Steering Committee

*The Steering Committee is responsible for completing the day-to-day tasks of organizing the South Coastal Village Volunteers*

**Ron Kerchner**, Chairman

**Christine Powers**, Vice-Chairman

**Betty Martin**, Secretary

**Elizabeth Bolton & Lois Pastore** -  
Outreach & Volunteers

**Jack Gordon** - Finance and Government  
Liaison

**Joan Gordon** - Communications/PR

**Kathy Green & Karen Taylor** - Development  
and Marketing

**Diane Strobel** - Operations Manager

## Development Committee

### Kathy Green & Karen Taylor

As we move forward through 2021, we want to thank you for your support with our Start-Up Campaign.

Your generosity has enabled us to make great progress, and we look forward to your continued donations as we move ahead.

Please stay tuned as we are hoping to have an in-person event in the fall.

*Thank you!*

## Strategic Partners

*Our Strategic Partners are a group of area professionals who have special skills to contribute to the development and operations of the South Coastal Village Volunteers*

**Debbie Botchie**

**Christine Connor**

**Cliff Graviet**

**David Green**

**Maureen Hartman**

**Carol Houck**

**Charlie Kopay**

**Michele Morgan**

**Annie Raskauskas**

**John Robbert**

**Tempe Steen**

**Claudia Thayne**

## Contact Us!

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



**Coming Soon! Look for our website**  
[www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org)



South Coastal Village Volunteers is a branch of Village Volunteers, an IRS approved 501(c)(3) nonprofit organization.

For more information, visit [www.villagevolunteer.org](http://www.villagevolunteer.org)