



Helping older adults live independently



INAUGURAL DINE AND DONATE FUND-RAISING EVENT

Thanks to the careful planning of **Kathy Green** and **Karen Taylor**, the generosity of **Good Earth Market** and a perfect day, **South Coastal Village Volunteers** raised almost \$3,000 on October 7. Good Earth Market donated a percentage of the proceeds from both dining in and carry out lunches and dinners from 11 AM to 9 PM. SCVV is grateful to **Susan Ryan**, the proprietor; staff **Laura Say**, **Justin Packard** and **Melissa Held**; the culinary team led by **Carlos Herrera**; and musician **Bob Elliot** for providing both financial support and a lovely dining experience.

In addition to the donation from Good Earth, a raffle

and a 50/50 contributed to the funds realized from the event. Raffle winners were volunteer **Marilyn St. Pierre** (“Book and Board” valued at \$100), Coastal Point publisher **Susan Lyons** (wine basket valued at \$100) and **Sharon Karody** (Good Earth gift certificate for \$250). The 50/50 winner of over \$200 was **Terry Curtin**. Congratulations to the winners, and thanks go to everyone who supported the event.

In addition to raising funds for our program, volunteers at the Meet and Greet table were able to inform the market’s customers about SCVV and our work.



SCVV Chair **Ron Kerchner** with wife **Deb** and friends at left, and **Mare St. Pierre** and friends at right.



SCVV Meets the Public in September

Thanks to events sponsored by the Bethany-Fenwick Chamber of Commerce, South Coastal Village Volunteers was able to make its first public appearances. SCVV hosted an information table at the September 11 **Arts Festival** on the Bethany Beach boardwalk for its first participation at a public event, and then on September 22, SCVV took part in the Chamber's **Family Night Out** at the Millville Boardwalk.

At the Arts Festival, SCVV had a table on the Bethany Beach boardwalk to acquaint festival-goers with who we are and what we do.

Volunteers handed out both rack cards and information on the October 7 **Dine and Donate** while talking about SCVV to those who stopped by the table. They encouraged anyone who was interested to go to our website (www.southcoastalvillagevolunteers.org) to get a complete description of the organization. The day was highly successful for our Village as we got the names of three potential members and nineteen potential volunteers. Steering Committee members are following up with these people, and we have enrolled two new members and a number of new volunteers since the event.

At Family Night Out, we offered crayons and coloring books, lollipops, spider rings and stick-ons for Halloween to attract children to the SCVV table. Volunteers were able to distribute rack cards to families and to make them aware of our presence in the community. At the event, volunteers were able to identify some possible volunteers and to connect with representatives of other community groups who can be valuable contacts.

SCVV is grateful to the Chamber for providing opportunities for us to meet the public, and we'll continue to take advantage of their events and website to educate our community about South Coastal Village Volunteers.



Peggy Comerford and Betty Martin volunteer at the SCVV table at the Arts Festival in Bethany Beach.



Chamber Executive Director Lauren Weaver, Christine Powers (standing) and Kathy Green watch June Weaver and Kit Miller enjoy the SCVV table at Family Night Out.

Upcoming Events

Halloween Party - Thurs., 10/28, 1-3 PM - Millville Community Center

Holiday Party - Wed., 12/8, 1-4 PM, Millville Community Center

Go to www.southcoastalvillagevolunteers.org for details.

SPOTLIGHT ON THE DEVELOPMENT COMMITTEE

This issue spotlights two Steering Committee members who are well known in our community and who have a wealth of experience in fund-raising and event planning between them. **Kathy Green** and **Karen Taylor** co-chair the Development Committee, and with their knowledge and enthusiasm, they are building a firm financial base for the organization.

After months of careful planning, Kathy and Karen launched SCVV's Start Up Funding Campaign in the fourth quarter of 2020 with letters to community businesses and individuals. This campaign resulted in generous gifts, including in-kind donations which helped SCVV set up office space early in 2021. In July, the committee sent a "Where We Are Now" letter to donors to let them know about our progress. They also sent letters to local financial institutions offering sponsorship opportunities. With the help of State Representative **Ron Gray**, Kathy and Karen applied for and received a Grant in Aid from the State of Delaware for fiscal year 2022. These funds are earmarked for scholarships to make our services available to low-income seniors.

The inaugural SCVV fund-raising event was held October 7, 2021, a **Dine and Donate** at the **Good Earth Market**. Kathy and Karen will increase events and activities in the coming months once people can gather safely. They are planning to create a signature event for SCVV to be held annually.

Looking ahead, another "Where Are We Now" letter and an end of year solicitation will go out soon. Kathy and Karen will continue to identify and apply for funding opportunities to keep South Coastal Village Volunteers fiscally sound, able to operate successfully, and help older adults live independently in our community.



Kathy Green, SCVV Steering Committee Member and Co-chair of the Development Team, began visiting Bethany Beach in 1998.

Kathy was born in Chicago and she remains a Bears and Cubs fan. She met her husband David while in college, and they lived in Texas and Pennsylvania before retiring to this area in 2009.

Her Texas career as a merchandise buyer for an upscale store in Houston kept her busy with constant travel.

After relocating to Pennsylvania, Kathy served as the Director of Development of a private school for children with learning differences.

Her last move brought her full-time to Ocean View where for 10 years she owned and ran Seaquels, an upscale furniture consignment shop.

Since moving to the area, Kathy has dedicated substantial energy to various local charities. Currently, she is on the Board of the Friends of the South Coastal Library where she also serves as the Chair of the annual Beach and Bay Cottage Tour. Kathy is Executive Director of Justin's Beach House and is a member of its Board. Additionally, she is Vice President of the Board of the Ocean View Historical Society and recently was appointed a member of the Sussex County Library Advisory Board.

Kathy and David have three children, three grandchildren and a wonderful yellow lab, Scarlet. Kathy is an avid reader, loves to cook and travel, and is passionate about her family, her community, animals and the beach.

SPOTLIGHT ON THE DEVELOPMENT COMMITTEE

CONTINUED



Karen Taylor was born in Erie, PA and grew up in Harrisburg. Her three children were born in PA before she moved to the Washington, DC area, where she resided in Montgomery and Fairfax Counties.

Karen spent forty-five years working in the for-profit tech industry, culminating with the position of Executive Director, Corporate Events for AOL. Her career was an interesting and exciting one, getting in on the ground floor of the information technology boom.

She retired from AOL in 2001 and moved to Bethany Beach. After spending many years living in the Salt Pond community, where she served a term as a member of the Salt Pond Association Board of Directors, Karen moved to Bishops Landing.

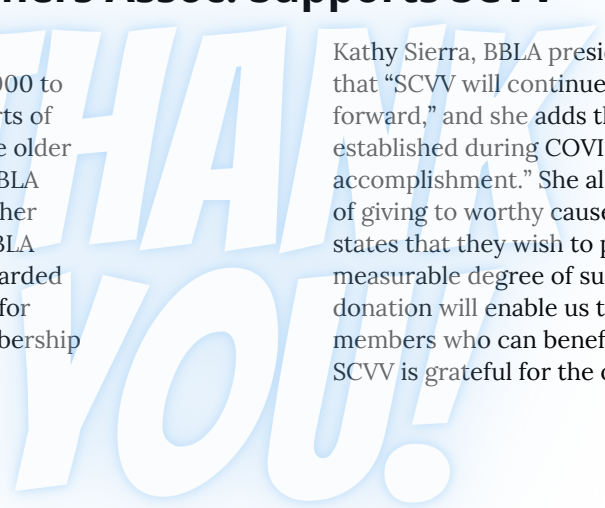
Upon retiring to the Bethany area, Karen was recruited to become active with the Friends of the South Coastal Library (FOSCL). She served as co-chair of FOSCL's major fund-raising event, the Beach and Bay Cottage Tour, from 2009 through 2012 and was a member of the group's Board of Directors. She played a major part in the Friends' Capital Campaign to raise money for the renovation of the library, serving as Chairman of the campaign's Harvest Ball in 2005 - 2007.

Karen co-chairs the SCVV Development Committee with Kathy Green, and is dedicated to the mission of the South Coastal Village Volunteers. She hopes that, as the pandemic gets behind us, they will be able to reach out to more businesses and community members for support. Karen hopes the visibility she and Kathy have in the community helps their efforts to seek funding for the Village.

Bethany Beach Landowners Assoc. Supports SCVV

In September of 2020, the Bethany Beach Landowners Association (BBLA) donated \$1000 to serve as seed money to help launch the efforts of South Coastal Village Volunteers to serve the older adults in our community. This September, BBLA gave SCVV the opportunity to apply for another donation, this time for a specific purpose. BBLA carefully considered the application and awarded another \$1000 donation to SCVV to be used for scholarships to help offset the costs of membership where needed.

Kathy Sierra, BBLA president, stated that BBLA hopes that "SCVV will continue to grow and flourish going forward," and she adds that SCVV's effort "to become established during COVID-19 is a recognized accomplishment." She also noted BBLA's "long history of giving to worthy causes in the community" and states that they wish to provide SCVV with "a measurable degree of support" for its mission. This donation will enable us to provide services for members who can benefit from financial assistance. SCVV is grateful for the ongoing generosity of BBLA.





Volunteers and members enjoy ice cream, cookies, and friendly conversation (left photo), while **John McGee** (center) entertains guests with **Liz Bolton**, and **Lisa Laird** (right photo).

We "Scream" for Ice Cream at the SCVV Social

South Coastal Village Volunteers held its first Ice Cream Social at **John West Park** on the afternoon of September 8.

Thanks to the meticulous planning of **Liz Bolton** and **Lois Pastore**, the weather was good, and about 45 volunteers and members enjoyed a sweet treat.

Liz and Lois, with the help of volunteer **John McGee**, created a quiz with trivia about ice cream and came up with a list of fun facts on the subject. John, a former pastry chef, baked delicious shortbread cookies to go with the ice cream and played the emcee with information on America's favorite dessert.



See What our Members, Their Families and Our Volunteers Are Saying: Unsolicited Praise for SCVV

A member's son who moved away from the area:

"When I talk to my mother, she frequently talks about the volunteers and the bonding and friendships that have been created... We are very grateful for the South Coastal Village Volunteers and the unselfish time they put into the organization. Knowing that my mother has such a great group of people nearby has undoubtedly made our move much easier."

Volunteer: "It's been a great time getting to know her and spreading some cheer. Funny thing is when you spread joy, you always receive. So happy I stumbled onto this great group of volunteers!"

Member: Thanks to your wonderful volunteers for driving me to my cataract surgery appointment and my spinal shots! I can't say enough how friendly everyone is AND how comfortable I felt with them!



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.

Colds and Flu - How Do We Cope?

Can we get a less severe version of the flu?
Can we prevent *ourselves* from getting sick?

The answer is yes. Here's how:

During the Pandemic last year, we saw that cases of the Flu were significantly lower. Why? Many of us were wearing masks, staying 6 feet apart from one another, not gathering in large groups, and washing our hands more frequently.

We heard the phrase “citizens with underlying conditions were more vulnerable to getting sick.” What is that? According to Baton Rouge General Hospital, part of the Mayo Clinic Care Network, underlying conditions include but are not limited to heart disease, obesity, cancer and kidney disease.

If we want to support our chances of getting less severe or fewer colds or flu, we can take additional actions beyond masking and distancing.

Eat more fruits and vegetables.

Stop drinking sugary drinks including soda, sports drinks and energy drinks.

Get eight hours of good sleep. Sleep improves your immune system for both recovery and prevention.

Eat foods rich in Beta Glucans.

- In an article written in *Molecules Research* in 2019, Beta Glucans are defined as a type of fiber found in the cell walls of certain yeasts, bacteria, fungi, algae (like seaweed) along with other plants like oats, barley, wheat, rye and mushrooms.
- Beta Glucans can have far-reaching beneficial effects on your well-being, touching everything from heart health to your immune system, gut and blood sugar levels.

So how do you make sure you're getting enough Beta Glucans in your diet?

- You can start with these high-fiber foods: oats, barley, whole grains, bakers yeast, mushrooms (reishi, shiitake, maitake).
- (If you are not able to eat these foods, check with your doctor regarding Beta Glucan supplements.)

Here's to a healthier winter season.

Note: one potential drug-nutrient interaction to mention is immunosuppressants. Because Beta Glucans promote and stimulate the immune system, a person on immunosuppressant drugs should discuss any plans to significantly increase their Beta Glucan intake with their health care practitioner. It's always a good idea to consult with your Doctor before making any major lifestyle changes, especially if you take any medications.

The information received from Stuart Martens, NBC-HWC/National Board Certified Health and Wellness Coach is intended for your educational use only and is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before starting any diet, exercise, medication or supplement program or if you suspect that you have a medical problem.





Village Volunteers founder Jackie Finan, 91, in her totally accessible kitchen.

Village Volunteers virtual tour of exceptional beach kitchens

An exciting new fund-raising venture by **Village Volunteers** will offer a virtual tour showcasing the exceptional kitchens in a dozen homes in Delaware's beach towns that have been designed and built in a variety of styles. Village Volunteers, which serves Lewes, Rehoboth Beach and Milton, is the host organization for **South Coastal Village Volunteers**, and SCVV operates under their 501(c)(3) non-profit status.

The tour covers a broad representation of kitchens of different eras and styles,

including homes from Lewes, Rehoboth and Dewey Beach with historic kitchens; classic kitchens, contemporary style kitchens, and Village founder **Jackie Finan's** totally accessible kitchen. Interviews with owners are merged with the work of award-winning filmmaker **Rob Waters** and his production company, W Films.

"**Autumn at the Beach Kitchen Tour**" will be available for viewing through Nov. 7. Tickets for the virtual 12-episode, hour-long presentation are \$25, now on sale at villagevolunteer.org

SCVV Visits Millville By The Sea

Thanks to arrangements made by volunteers **Mike** and **Mary Ann Dunevant**, several representatives from SCVV met on September 27 with about 15 homeowners from **Millville By the Sea**.

Ron Kerchner, Chris Powers, Liz Bolton, Lois Pastore and **Diane Strobel** held a lively discussion explaining our mission, followed by surprise entertainment courtesy of member **Nancy Main**, who played a recording of a song about SCVV with lyrics she composed to the tune of "YMCA."

Look for more public appearances soon.



October 2021

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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/Membership
Coordinator

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

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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Why Volunteer?

The following statistics were taken from a Health and Volunteering Study sponsored by the United Health group:

- 90% of respondents said their volunteer efforts give them a richer sense of purpose in life
- 95% said volunteering makes their community a better place
- 94% said volunteering improves their mood
- 78% said volunteering lowers their stress level

With our growing membership, we need more volunteers!

Help make our community a better place for older adults to live independently.

Go to www.southcoastalvillagevolunteers.org to work with us, enriching your life along with the lives of the members we serve.



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