



SCVV Attracts New Volunteers at the Seaside Crafts Show

Joan Gordon

Following SCVV's practice of taking advantage of opportunities to make our organization known to the community, we had a table at the June 1 Seaside Crafts Show. At the event, sponsored by the Historical and Cultural Affairs Committee of the Town of Bethany Beach, people thronged the boardwalk to see the artisans' jewelry and other crafts. Many visitors stopped to chat with our volunteers at the SCVV table.

In addition to spreading the word about who we are and what we do, SCVV collected the names of almost twenty prospective volunteers. Many are recent retirees to Sussex County who are looking for a worthwhile way to spend some of their time. A number of seasonal residents also showed interest in contributing to the community.

Thanks go to **Ron Kerchner, Chris Powers, Betty Martin, Liz Bolton, Cindy Hughes, Dar Lewis, Steve Ricks and Jack** and **Joan Gordon** for managing the SCVV table. The next event SCVV will participate in is the **September 7 Arts Festival** sponsored by the Bethany-Fenwick Chamber of Commerce. We hope to attract more volunteers and members as we continue to introduce ourselves to our community.



Left to right: **Maureen Killmer, Karen Taylor, Carol Calef and Bethany Beach Vice Mayor Ron Calef.**

Addy Sea Spring Fling

Chris Powers

South Coastal Village Volunteers participated in **Addy Sea's** 2024 Spring Fling Fundraiser on April 28. The inn's new owners, **Mark Bauernhuber** and **Andrew Turczyn,** hosted the event, which raised more than \$7,000 for the **Bethany Beach Volunteer Fire Department.**

SCVV's **Karen Taylor** and **Chris Powers** were among the representatives of local nonprofits, restaurants, and businesses. "We were fortunate to have our table next to the **Parkway Restaurant** table," Chris noted. "We could share information about SCVV while people waited patiently to enjoy the Parkway's delicious nibbles, beautiful weather, and great music. It was a delightful event that we look forward to participating in again."

We thank **Katie Duke,** the Addy Sea Event Manager, for her hard work organizing this successful event and for including us.

Volunteer and former Bethany Beach Mayor Jack Gordon talks to former Mayor **Carol Olmstead** at the Seaside Crafts Show on the boardwalk.



Volunteers look on during the meeting and presentations at the Southhampton Community Center in Ocean View.



Mare St. Pierre was awarded first place for best cornbread by Liz Bolton.



Donald Sheridan admires his trophy for best chili with meat.

Chili and Cornbread Cook-off

Liz Bolton

If you missed the May 2 event, you missed a good one!

The Volunteer meeting and chili and cornbread cook-off was held at the Southhampton Community Center in Ocean View. The food was unbelievable – so many chilis to taste and so many cornbreads to sample. I had no idea cornbread could be made so many delicious ways. The winners who earned bragging rights were:

Donald Sheridan for best chili with meat
Oksana Hoey for best alternative chili and
Mare St. Pierre for best cornbread.

The hit of the event was the sinfully delicious strawberry shortcake-like dessert created by **John McKee**. He is our favorite baker, and outdid himself.

In addition to great food, we had an interesting discussion among the volunteers. In attendance were many new volunteers, who were welcomed with open arms. SCVV's seasoned volunteers and our new ones had an opportunity to get to know one another, and it was great to see the interactions.

We are always looking for new volunteers, so if you have friends who might like to become part of our organization, please refer them to me at Lizbeachbum50@gmail.com or to Cindy Hughes at Cindyhughes2@verizon.net.

SCVV Book Club

The May meeting of the South Coastal Village Volunteers Book Club was held at **Kaiser's Delights** in Millsboro to discuss **Thank You For Listening** by Julie Whelan. The theme of the book is getting to know yourself. The group decided to take an online personality test, which had some surprising results. Both the food and the discussion were great and a treat for all the Book Club ladies.

The next book for discussion is **Becoming Bulletproof** by Evy Pompouras. Date and place will be announced later this summer.

Fourth of July Celebration

SCVV volunteers worked for months to collect and repurpose jars, remove the labels, fill with candy and Fourth of July goodies, write a cheery note and deliver to our members. What a great way to celebrate our nation's birthday.



Ruth DeLeon loves her Fourth of July gift and card.

VOLUNTEER SPOTLIGHT

Vicky Holden

Diane Maddex



To hear **Vicky Holden** reflect on her time as a South Coastal Village Volunteer, one might conclude that the organization's members are providing her a service – rather than the other way around. "I feel like I have a real purpose in life," she says of her year and a half as a volunteer.

Vicky and her husband, David, moved to the beach from Baltimore in 2016.

As the office manager for a busy ob-gyn practice in Baltimore, she didn't have extra time to devote to activities beyond work and family. "I knew when I retired that I wanted to volunteer," she explains. "Having been behind a desk, I needed to do something different, be outside, talk to people."

Vicky came to SCVV after a stint working with the Independent Transportation Network Southern Delaware, driving seniors to appointments in the Rehoboth and Long Neck areas. After Covid disrupted the organization's work, it encouraged its volunteers to transfer to SCVV. An immediate benefit for Vicky was that SCVV and its members are much closer to her home in Millville (and her daughter and grandchildren who followed the Holdens in 2018).

For the most part, Vicky provides rides for SCVV members up to a few days a week. But she has also jumped in to help one member clean out her closets, to assist another in packing up Christmas decorations, and to work with another to pay bills. Most of all, she takes pleasure in "just meeting people" and offering some companionship. "Finding a connection with them is important," she adds.

One of Vicky's most memorable connections happened when she arrived at a member's home an hour early one morning. She fondly recalls that, despite the surprise timing, the member sat down at her piano to serenade her SCVV visitor with a moving rendition of Stephen Sondheim's famous song "Send In the Clowns." Says Vicky, "It was my best experience with this organization." She was also impressed with a man who was recovering from a stroke but had lost his hearing. "He was nonetheless so positive and friendly."

Meeting people like these members tops the list of reasons why Vicky enjoys volunteering with SCVV, and she encourages others to follow suit. "It is flexible and introduces you to new places," she notes. "And it's a good way to learn the back roads of Sussex County," Vicky laughs.

"Volunteering is the best thing to do in a new community. It gives you a purpose," she concludes. "Almost all of the members I drive or visit thank me. People truly appreciate your help."



MEMBERS SPOTLIGHT

John and Jane Robbert

Claudia Thayne

When South Coastal Village Volunteers was first established, **John** and **Jane Robbert** were among our first members and sponsors. John, whose career as an attorney specializing in estate planning, elder law and special needs planning spans more than 50 years, and Jane, a retired consultant who traveled the world for Fortune 50 executives, settled in Ocean View, Delaware in 2006 and now live in the community of Bear Trap.

And the roads they have traveled are long and winding. In college, Jane, a petite and brilliant woman, worked as an intern in the automotive industry, designing automatic transmissions. She laughed when she described how she was surrounded by burly car mechanics. She then designed detonators for nuclear bombs, was among the first to work with artificial intelligence, and ultimately consulted with General Electric CEO Jack Welch reorganizing companies. She traveled through Mexico, Canada, and most of Europe on business trips and became fascinated with hand-made tiles, beautifully created from natural stones such as onyx and granite. Many are displayed in the storefront located next to John's office, **Chesapeake Legal Counsel, LLC**, on Atlantic Avenue in Ocean View.

Before law school, John spent a year teaching Algebra in Iraq at a school sponsored by Jesuit priests at the College of the Holy Cross in Worcester, MA. He planned to be in the Middle East for two years but left a year early because of escalating political unrest.

After graduating from Tulane University School of Law, John began his practice in New Orleans, was elected to public office, and then after a few years, relocated to Annapolis and earned a Masters of Law in Taxation from the University of Baltimore. He is licensed to practice law in Maryland, Delaware, and Louisiana. "There are many emotional issues dealing with estate planning. In my career, I've learned it's

more about relationships. Planning properly throughout your life offers the opportunity to have choices. I've counselled my granddaughter Allison to sign a power of attorney to her parents as a sophomore in college. It's never too soon to plan for the 'Oh My God' moment."

As planners, John and Jane saw the benefit of SCVV from the start and offered to sponsor printing information to share with the community. Going forward, John encourages neighbors to work together through nonprofits, churches and state agencies to do what we can to keep adults in their homes. He said no one group can do all the heavy lifting, but collectively, we can make a difference. It does take a village.



John and Jane Robbert standing before an oak tree in New Orleans' City Park, on the very spot - and under the very tree - that he played at as a child. Photo taken by their son (and Office Manager), Brad Robbert.

Development Subcommittee Update

The SCVV Development Team:
*Ferne Cooper, Kathy Green,
Cindy Hughes, Kathy Jankowski,
Kathy Johnson and Karen Taylor*



2024 continues to be a busy year for the Development Team! You have received our annual Where We Are Now letter with the latest news and numbers about SCVV – if not, go to southcoastalvillagevolunteers.org, to check it out.

Please save **September 19** for our annual fall event – **Autumn Is in the Air** at **Cripple Creek Golf and Country Club**.

Coming up **November 6** is our next **Dine & Donate**. We hope to see you at **Fins**, located in the Marketplace at Sea Colony, to enjoy good food and great company!

Your support is vital to the South Coastal Village Volunteers. Though members pay a fee to belong to SCVV, these fees alone do not cover all our operating needs. In particular, for those members who cannot fully afford the fee, our fundraising efforts supplement costs so everyone can take advantage of SCCV's volunteer services.

If you would like to join the Development Team, please let us know – we are a lively bunch with lots of ideas and we welcome even more. And don't forget to join us for our fundraising events. We could not do what we do without you, and we THANK YOU!



Autumn Is in the Air

Kathy Green

We are pleased to invite you to our 3rd annual fall event, **Autumn Is in the Air**, on Thursday evening, September 19th at **Cripple Creek Golf and Country Club, 29494 Country Club Drive, Dagsboro, DE**.

Kick off the fall season by joining us for a delicious dinner, lively conversation, expanded silent auction items, a 50/50 raffle and music by **5th Avenue**.

Our annual fall event is the largest and most important fundraiser for the South Coastal Village Volunteers. The monies you donate, tables you sponsor, guests you bring, and items you bid on mean that we can continue to provide outstanding service, much-needed social interaction and peace of mind for all of our members.

As the South Coastal Village Volunteers continues to grow, so does the need for funds to supplement memberships and hold events, both educational and social, for our members. We also continue to engage expert speakers for the volunteers on subjects that pertain to the care of members; including Alzheimer's, computer security and much more.

Sponsorships for this event are available. Please consider meeting or even exceeding your commitment from last year, and if you have not been a sponsor, please consider becoming one this year. Please go to southcoastalvillagevolunteers.org and click on **Autumn Is in the Air** for sponsorship information and tickets.

What could be more enjoyable than a great dinner, music to dine and dance to, supporting a great cause and feeling good about your contributions to life-enhancing services offered by the SCVV? We look forward to your support and seeing you and your friends on September 19. The cost is \$150 per ticket.



SCVV Growth Since Inception: Looking for metrics showing South Coastal Village Volunteers’ growth? The chart below represents select performance figures tracked by SCVV, representing the second quarter of 2024 and calculated June 30, 2024. Each line depicts the steady growth of a measurement by quarter since SCVV’s inception in the beginning of 2021.

New Members and Volunteers: In June, we added eight members -- two additional subsidized memberships, a new household membership, a new individual membership, a short-term household and a short-term individual.

We also added fourteen new volunteers to help our members, most of whom signed up at the June Boardwalk Arts Festival! Seventy-one volunteers provided 287 services, down from 340 in May.

Where We Are Now: SCVV has 164 active volunteers who complete about 300 member requests per month; we are serving 104 members.

Since 2021, volunteers have completed more than 5,300 member services and given more than 8,500 hours of service since 2021.

A heartfelt thank you to our volunteers!

Growth Graph

Donald Sheridan

Service-Eligible Members/Requests Completed / Number of Volunteers





Village Volunteers

UPDATES

Village Volunteers Keeps Getting Stronger

Suzanne Hain

Since the beginning of 2024, Village Volunteers has experienced big changes. We've welcomed **Anna Moshier** as our new Executive Director and **Emily Buckingham** as Member Service Manager. They bring a new and youthful perspective to this amazing organization that has matured over the past decade. Looking forward, their goal is to continue to grow the volunteer services provided for our members as well to ramp up social events to build our community.

During the first quarter alone, the Village completed 1,935 services equaling more than 3,700 hours. This was done by 128 volunteers who helped 154 members. To keep things running smoothly, 24 volunteers worked the office to ensure services are scheduled and completed effectively.



Yet the real fun has been the social events we're enjoying. In May, our members had the opportunity to go to **Goat Joy Farm** to pet the goats and socialize.



Earlier that month volunteers learned flower arranging from **Ken Norman** of Floral Inspirations. In June, members strolled the **Farmer's Market at Crooked Hammock** to select fresh produce, after which they enjoyed a delicious lunch.



Left to right: **Winners Jeanette Higgs, Dave Garner, Emily Buckingham (Village Member Services Manager), Ketty Bennett, and Mike Mulligan. Not pictured are Trudie Thompson and Abby Tschoepe.**

Forty Village Volunteers met at the **Wheelhouse** in Lewes on June 27th for a celebration of their generous volunteer efforts to help older community members age in their own homes. Many thanks to **Waves Car Wash** for donating gift cards that were raffled off to six lucky winners.

As we look forward, the Village is planning to hold its first ever **Harvest Hustle 5K Run/Walk** on September 21. Look for more information on this fun, healthy activity to bring the community together.

HARVEST HUSTLE 5K



Run/Walk

Join us for the Harvest Hustle 5K!

Lace up your shoes, gather your friends and family, and hit the pavement for a community event with heart. Every step you take supports our mission of empowering older adults to live at home independently for as long as possible.

**RUN TOGETHER,
THRIVE TOGETHER**

\$25 ENTRY FEE*



**September 21, 2024
9:00 am**

T-shirt for all racers if registered by Monday, September 16th at noon.

*Entry fees increase beginning September 16th



**Cape Henlopen State Park
Fishing Pier**



**Visit Our Website
www.villagevolunteer.org**





Summer Updates

Sheila Grant

There's a lot going on in advocacy at AARP.

Lobby Day. State directors from across the country just finished a week of meetings in Washington, D.C., which included Lobby Day visits with members of Congress. We were joined on the Hill by members of the Creative Coalition—celebrities who educate and lobby Congress on significant public issues such as care-giving, protecting Social Security and retirement security.

Delaware Legislature. Closer to home, the Delaware General Assembly recently wrapped up its 2023–24 legislative session. AARP helped pass HB 317, a bill to prevent gift-card fraud. We also supported several successful bills to address the shortage of affordable housing, improve oversight of long-term care facilities and ensure accessible polling places.

Elections. Speaking of polling places, the Delaware Supreme Court recently ruled to leave in place provisions for ten days of early voting and permanent absentee voting for the November 2024 election (although the measures still could be challenged by another plaintiff with standing). For all you need to know about the September primary and the November general elections in Delaware,

visit the AARP Delaware Voting Guide:

<https://states.aarp.org/delaware/election-voting-guide>

AARP Challenge Grants. Continuing AARP's support of Sussex County organizations, the Town of Milton received more than \$5,000 to expand its Art Cross-walking Tour to promote pedestrian safety; Seaford received \$5,000 for a community garden.

Successful Shred Event in Bethany. I hope some of you were among the large crowd at the South Coastal Library on June 15 for AARP's Shred Event. It was great to see so many people taking advantage of this opportunity to protect themselves from fraud.

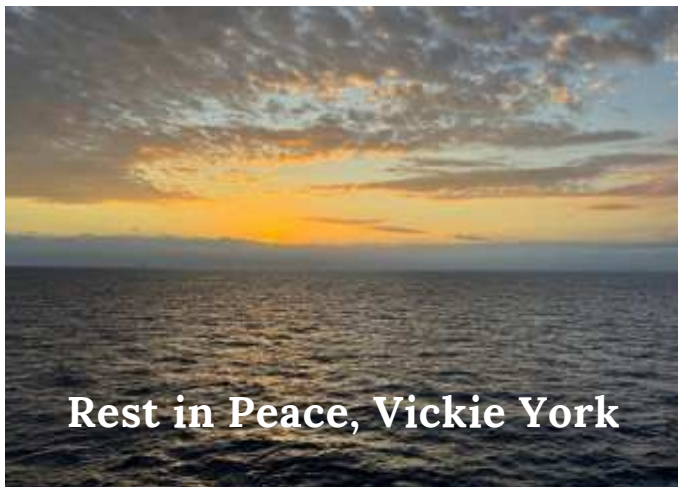
Keep up with news and events at AARP Delaware on our state blog page: <https://states.aarp.org/delaware>

For updates on advocacy issues impacting you and your family and to find out how you can get involved in making Delaware an even better place to live, visit the AARP First State Action blog:

<https://states.aarp.org/delaware/first-state-action>

Be well, have fun, keep cool and stay engaged!

For more information, email Sheila Grant at sagrant@aarp.org. Follow us on Facebook <https://www.facebook.com/AARPDE/> and Twitter @AARPDE



The following announcement was posted on **Bethanysbest.com** on July 10, 2024.

“It is with great sorrow that we inform you of **Vickie York's** passing on June 28. Vickie will be missed by all in the community and especially by her team. It was Vickie's request that we not hold a memorial service or publish an obituary, only that she become a part of each person's heart that she touched.”

Donations in Vickie's name may be sent to your favorite charity or:

Millville United Methodist Church
36405 Club House Rd.
Millville, DE. 19967

Food Bank of Delaware
102 Delaware Veterans Blvd.
Milford, DE. 19963

SCVV appreciates Vickie's contributions as a Strategic Partner.



Stuart Martens, president of the Village Volunteers board of directors, is a national health and wellness coach. He also is certified as a nutrition health coach by the Institute for Integrative Nutrition and by the Delaware Department of Health and Social Services to facilitate classes. He conducts healthy eating workshops.

The Mystery of Histamines

Stuart Martens

Have you wondered why you are experiencing one or more of these symptoms? If so, you might be suffering from histamine intolerance.

- Diarrhea
- Bloating
- Nausea or vomiting
- Headache
- Runny or stuffy nose
- Shortness of breath (dyspnea)
- Itching
- Rash or hives
- Flushing
- Low blood pressure (hypotension)
- Irregular or fast heart rate (arrhythmia)
- Swelling of your lips, tongue or throat

According to the world renowned Cleveland Clinic, histamine intolerance is a condition in which histamine builds up in your body. Histamine is a chemical your body naturally makes and is present in some foods. If your body can't break histamines down as it's supposed to, it can build up and give you an upset stomach, headache or allergy symptoms.

Each person may react differently to common trigger foods. Some foods contain large amounts of histamine. These include foods that involve an aging or fermentation process like wine, beer and cheeses. Other foods can cause your mast cells to release histamine (histamine liberators) contributing to your symptoms. Both types of foods can cause excess amounts of histamine in your body.

Some examples of trigger foods include:

- Alcohol (wine, beer and champagne)
- Processed meat
- Cheeses
- Sauerkraut
- Vegetables (tomatoes, eggplant and spinach)
- Fish (mackerel, tuna, sardines and herring) and shellfish
- Pork
- Tropical fruit (pineapple, bananas, papaya and citrus fruits)
- Strawberries
- Nuts and peanuts
- Licorice
- Chocolate
- Egg whites
- Additives (like colorants and preservatives)

Other factors and certain medications that might contribute to histamine intolerance are:

- Low levels of enzymes that break down histamines, especially DAO
- Genetic factors
- Prescription painkillers
- Contrast agents used in medical imaging
- Muscle relaxants
- Opioids/narcotics
- Analgesics
- Anti-inflammatory medications
- Local anesthetics
- Blood pressure medications (antihypertensives)

(Continued on page 11)



The Mystery of Histamines

(Continued from page 11)

- Diuretics
- Antiemetics/gut motility medications
- Antibiotics
- Bronchodilators
- Antidepressants

Histamine intolerance can be related to other conditions and diseases.

- Inflammatory Bowel Disease (IBD), parasitic infections, and other conditions that affect the natural bacteria of your gut can change how your body breaks things down.
- Chronic kidney disease, viral hepatitis and liver cirrhosis can reduce important DAO enzyme levels in your body.
- Some medications interfere with your body's ability to break down histamine.
- Histamine intolerance is more common in people over the age of 40.

Histamine intolerance can be hard to diagnose.

Usually, healthcare providers diagnose based on your symptoms and whether eliminating certain foods makes you feel better. Your provider might also perform various tests or procedures to help make a diagnosis.

Keeping track of your symptoms and what you eat and drink in a food diary can help you identify what might be causing your symptoms. Sometimes it's a combination of foods, beverages or medications taken together that is the problem.

Keeping a diary helps your physician and you to see patterns that you might not have noticed before.

Treatment usually involves avoiding foods or beverages high in histamine or that cause your body to release histamine. To test what you can safely eat, you stop eating any possible triggers for a few weeks. If you haven't had symptoms in that timeframe, you start adding them back in one by one. If you start having a reaction to certain foods or combinations of foods but not others, you can avoid only the ones that make you react. Medications may help relieve symptoms of histamine intolerance in combination with diet changes.

It's important to see your healthcare provider for testing and procedures to determine if histamine intolerance is the root cause of your symptoms.

For questions regarding this article contact Steuart Martens, NBC-HWC, National Board Certified Health and Wellness Coach. Lstewartmartens@gmail.com.

The information received from Steuart 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.



SOUTH
COASTAL
VILLAGE
VOLUNTEERS

Helping older adults live independently

Steering Committee

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

Christine Powers, Chair
Claudia Thayne, Vice-Chair
Betty Martin, Secretary
Elizabeth Bolton, Outreach and Volunteers
Jack Gordon, Finance and Government Liaison
Joan Gordon, Communications/PR
Kathy Green, Development and Marketing
Cindy Hughes, Outreach and Volunteers
Kathy Jankowski, Development
Ron Kerchner, Finance
Donald Sheridan, Technology
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
Bonnie Burnquist, MD
Christine Connor
Cliff Graviet
David Green
Maureen Hartman
Carol Houck

Charlie Kopay
Madeline Kelley
Michele Morgan
Zita Pennypacker
John Robbert
Susan Ryan

Contact Us!

South Coastal Village Volunteers
 32 West Avenue, Ocean View, DE
 PO Box 1453, Bethany Beach, DE 19930
 302-500-1281
info@southcoastalvillagevolunteers.org
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.

- Edited by Joan Gordon
- Designed by Claudia Thayne

