



## SCVV Celebrates Older American Month

by Joan Gordon

On May 11, South Coastal Village Volunteers celebrated Older American Month – Aging Unbound with an ice cream social. John West Park, next to the Village’s Ocean View office, provided a lovely setting on a beautiful day for a gathering of volunteers, members and guests.

**John McKee**, singer and baker extraordinaire, provided a fitting musical background with a selection of favorite oldies. John, who now is a pastry chef for



**Kristina’s Cakery** in Ocean View, donated an amazing variety of delicious cookies to complement the ice cream. SCVV is very grateful to John for his generosity in sharing his talents with us.

SCVV also thanks **G & E/Hocker's** for the donation of the ice cream, which along with various toppings and whipped cream, served as a tasty treat for those in attendance.



## SPOTLIGHT ON VOLUNTEER

### Sue Meginley

Sue is a mentor at Lord Baltimore Elementary school for a 9-year-old third grader and enjoys seeing her once a week and playing games with her. She also volunteers for her HOA on the Social Committee, helping with events. In her spare time, Sue enjoys spending time at the beach with her dog Trooper. She also loves reading, yoga, swimming and being with her friends. She also participates in several

different meet-up groups in the area. She recently started taking golf lessons, but where she will find the time to golf, I have no idea. Her vacations are sometimes spent in Denver visiting her daughter but she has also traveled to Europe recently on a Viking Cruise. She plans to go to Paris in the fall.

We are fortunate to have Sue as part of the SCVV family.

## MEMBER TESTIMONIALS

**"I will be back here in July to continue my PT and use the wonderful, caring services of your organization and high spirited, going the extra mile volunteers, many of whom understand physical limitations having once had the experience themselves."**

# THANK YOU

**"Volunteer 'Tina' delivered the clever Fourth of July gift this morning. Thank you so much for the Hershey bar, the clever beaded necklace with the shell pendant, and the 'pompoms'. Clever fingers assembled what clever minds conceived. Please know it is much appreciated! Sincerely, Louise C."**



## Recent Events

### Flag Day Volunteer Forum by Jan Gibson



On Flag Day, June 14, a Red, White & BBQ was held at the SCVV office for our wonderful volunteers. About 15 people enjoyed chicken BBQ, potato salad, pasta salad, coleslaw and desserts. Food was provided by **Diane Strobel**, **Chris Powers** and **Liz Bolton**.

**Joan Gordon**, as the Chair of the Nominating Committee, started the meeting by requesting volunteers for the Steering Committee. New members are needed at an administrative level. Areas of expertise where help is needed include finance, communications, marketing, fundraising and development. If you are interested, please contact **Diane Strobel (302-500-1281)** or Joan Gordon ([jjheron936@aol.com](mailto:jjheron936@aol.com)).

**Chris Powers** asked everyone to save the date of **September 19th** for the key fundraiser of the year, to be held at **Signatures** at Bayside. She also announced that we need help with event planning, especially for a holiday party.

If you are interested in helping, please contact Chris.

**Ron Kerchner** mentioned the Steering Committee openings consist of one meeting per month, which can be attended via Zoom. Many of the duties can be performed electronically, so committee members don't have to be here full time. He assured everyone the time commitment can be managed.

**Diane Strobel** went over a few housekeeping items, such as the various emails volunteers receive when signing up to help a member. She also provided a letter from Delaware Health and Social Services about preparing for an emergency. They recommend signing up for Delaware Emergency Notification System (DENS), the primary system for public warning and emergency protective action information in the State of Delaware. Go to the DEMA website at

[dema.delaware.gov/onlineServices](https://dema.delaware.gov/onlineServices).

- Create a SMART 911 Profile at [smart911.com](https://smart911.com)
- Call your power company to inform them you may rely on electricity-dependent durable medical equipment and to learn about programs to receive advance notice of scheduled outages and severe weather alerts.
- Go to [prepared.org](https://prepared.org) to learn step by step how to prepare for disasters, and access resources and tools that can save your life.

Before adjourning, **Liz Bolton** led **Flag Trivia**. We learned a lot of unusual facts about the American flag. Everyone left with new information and full stomachs.



## Recent Events

### A Matter of Balance

by Diane Strobel



**Hickman, Gary Jayne, Nancy Main, Frannie Moyer and Marilyn Tompkins.**

There are many positive results of these classes. Two of the participants began physical therapy to improve their strength as a result of the discussions. One member had a minor surgical procedure and cancelled all activities other than this class. Two class members now routinely walk weekly with a volunteer to keep active.

One class member asked, "Can we keep doing these gatherings, maybe once a month, on any topic? The social part was really great, and we'll bring the lunch!" With this as an indication, we can assume that "**A Matter of Balance**" was a huge success.

The final class in a series of eight weeks of classes for South Coastal Village Volunteers members called "**A Matter of Balance**" was held June 1 at the SCVV office. Conducted by Office Manager Diane Strobel and Beth King, the classes were sponsored by Delaware 50. Beth, a member of the local community, is a retired respiratory therapist and a volunteer at the South Coastal Emergency Center on Roxana Road.

Classes focused on discussion of assertiveness and fall preparation. The goal was to help prevent falls by gaining strength. Class participants shared lunch following the classes, which they greatly enjoyed, and volunteers provided transportation.

Class members were **Betty Harding, Betty**

### Seaside Crafts Show SCVV Table



In our continuing efforts to get the name and mission of South Coastal Village Volunteers known to our community, we had an information table at the June 3 **Seaside Crafts Show** sponsored by the Cultural and Historical Affairs Committee of the Town of Bethany Beach.

The day was marked by fog and very high winds, creating challenging conditions for our volunteers. The weather was bad enough for show organizers to end the event about 1 ½ hours early.

Nevertheless, we were able to hand out a great number of rack cards and to talk to many shoppers and strollers who stopped at our table. In addition, we obtained the names of several potential volunteers.

Thanks to **Kathy Green, Chris Powers, Steve Ricks, Jackie Limroth, Marilyn Paugh, Jim Waehler, and Jack and Joan Gordon** for manning the table.

Next is the Bethany-Fenwick Chamber of Commerce Arts Festival in downtown Bethany Beach on **Sept. 9.**



# Upcoming Events

## Celebrate the Music An Evening of Fun, Dinner and Music

Please join us for an evening of fun, dinner and entertainment on **Tuesday, September 19 from 5:30 to 8:30 pm to Celebrate the Music!** and recognize South Coastal Village Volunteers accomplishments.

This fundraising event will be held in the Magnolia Room of Signatures at Bayside Resort Golf Club in Selbyville, DE. Music will be provided by **Notes on the Beach**.

The menu will be a choice of spare ribs with crab cake,

chicken, or vegetarian - with special attention to any dietary restrictions. The price is \$150 per person.

Sponsorship opportunities will be available.

For further information, please go to [www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org).

We hope you can spend a special evening while supporting SCVV.



## Notes on the Beach Brings Their Musical Style to the Quiet Resorts

**Notes on the Beach** will "Celebrate the Music" on September 19 playing standards, swing, jazz, show tunes and contemporary music. **Glenn Pearson**, No. 1 society pianist in the D.C area and **Jeff Cooper**, who played D.C. musical theater and on Broadway, are life-long friends who formed the original duo in 2016 and have grown in popularity ever since. **Vincent Varrossi**, plays piano and sings with New York musical flair, and **Eva Tooker** bring a deep-swing piano style and soothing vocals.



Jeff Cooper (l) & Vincent Varrossi



Glenn Pearson (l) and Jeff Cooper



Eva Tooker and Jeff Cooper



# Upcoming Events

**September 9**  
**10 am to 5 pm**

**Bethany-Fenwick  
Chamber of Commerce  
45th Annual Arts Festival  
Downtown Bethany Beach**

This nationally ranked event includes over 100 juried artists featuring paintings, woodwork, metal, clay, jewelry, and more. Event Information: <https://bethanybeachartsfestival.com/info>  
SCVV will sponsor a table to provide information about our organization and opportunities for membership and volunteering.

**September 28**  
**2-4 pm**  
**SCVV Office**

**Workshop on Fighting Fraud & Stopping Scams**

Join SCVV members and volunteers for an informative workshop presented by **Sergeant Russ Carter**, Police Resource Manager for the Ocean View Police Department on fighting fraud and stopping scams. Brochures and helpful hints will be provided.  
This is a workshop you won't want to miss!

**October 19**  
**Volunteer Forum - SCVV Office**

**September 19**  
**5:30 to 8:30 pm**

**Magnolia Room of Signatures at  
Bayside Resort Golf Club  
in Selbyville, DE**

**Celebrate the Music!**  
**Fundraising Event**

**Featuring An Evening of Fun,  
Dinner and Music**

**October 18**  
**Dine & Donate**  
**at Sea Colony  
Marketplace**



# Ongoing Events

## SCVV Book Club

by Liz Bolton



The SCVV Book Club will meet again on **Tuesday, September 5 from 2PM to 3:30PM** at our Ocean View office. The first book of the season will be **The Echo of Old Books** by Barbara Davis. Whether or not you believe in psychometry, come and join us for a lively discussion.

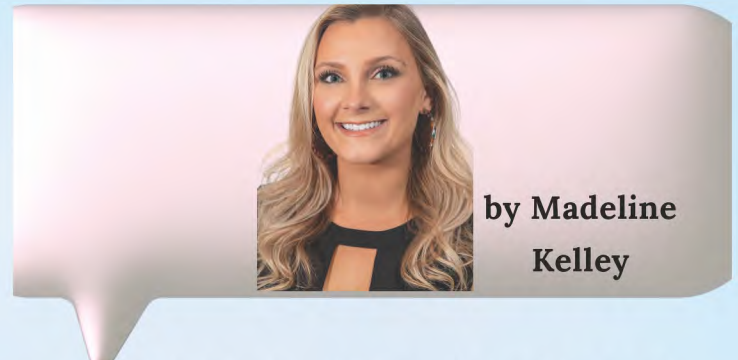
The Book Club will meet the first Tuesday of each month, and everyone is invited to attend.

Please contact Liz Bolton at [lizbolton50@gmail.com](mailto:lizbolton50@gmail.com) for further details.

So please, oh please, we beg, we pray,  
go throw your TV set away, and in its  
place you can install a lovely  
bookshelf on the wall.

- Roald Dahl

## Social Media and Community



by Madeline  
Kelley

Summertime is here and life seems to pick up and get busier. But let us not forget that caring for an aging loved one is a year-round gig. That's why we're here. We are a true community. And, in modern times, our community extends beyond the day-to-day interactions - it lives online too.

Our Facebook page [Facebook.com@SCVVolunteers](https://www.facebook.com/SCVVolunteers) is an extension of our community! It's a place to be connected, to stay informed, to meet one another, and to find support.

Having an aging loved one or being the aging individual can be incredibly lonely. According to NAMI, community can provide three critical benefits to the psyche:

1. Belonging
2. Support
3. Purpose

Finding a community where you have common interests, values, are in a similar stage of life, and location are all great for keeping your mental health intact. So don't be shy - follow us on Facebook to boost your online community presence. Put yourself first this summer. Seize the day!