



Best Wishes, Jackie

By Suzanne Hain

We close a chapter in the evolution of the Village. Jackie Sullivan is handing over the role of executive director to Anna Moshier. In the decade since Jackie Finer started this organization, it has grown from a small group of volunteers and members to a thriving organization of 394 members and 312 volunteers. Much of this growth occurred under Jackie Sullivan's leadership.

Jennie Keith, a founding board member, summarized in her tribute to Jackie, "What did we want when we hired her in July 2015? Oh so much. We asked her to organize our office, implement a computer system, raise money, establish its services in the community, and grow the organization."

Jackie did all that, as well as nurturing a new organization, South Coastal Village Volunteers. Ron Kerchner, former SCVV president, said, "Jackie helped in so many ways, from providing the computer system to getting established in the community. We would not be where we are today without her support, encouragement and leadership."

Jackie Finer expressed the prevailing opinion: "It's a happy day for Jackie and a sad day for the Village," adding how grateful we are for all that Jackie has done. Jackie Sullivan quickly adapted her management style from the hierarchical framework of the business world to encouraging and coordinating volunteers.

Village board member David Garner pointed out that Jackie's most effective quality was her skill with "the hook." He said, "You sit down for a friendly conversation and before you leave, you have agreed to chair a committee and manage a fundraising event."



Incoming Executive Director Anna Moshier and departing Executive Director Jackie Sullivan

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One of her best hooks was persuading Deb Dobransky to create and establish the office manager job, now called services manager. Deb transformed the office from a pen and paper operation where members' requests were written in a spiral binder, to a well-oiled system with service requests recorded and tracked by

computer. With our services averaging 770 a month, each shift of office volunteers now starts where the previous one ended and lost requests are a thing of the past.

Kathleen Schneider, current board member, adapted a Disney song with lyrics and slide show to entertain the guests with Jackie's achievements, spirit and leadership. Here's a verse that says it all:

"For there's no one as fiery and fervent

*"When it comes to aging in place
"She's been quite a great public servant."*

Village President Steuart Martens presented Jackie with going-away gifts and thanked her for being a friend, mentor and an inspiration. "Jackie's greatest gift is that she is a shining light who never let her ego interfere with leading the Village," he said. He ended his tribute with this Irish blessing:

*May your days be many and your troubles be few.
May you find what you're seeking wherever you roam.*

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Volunteers helping neighbors

Meet your neighbors and learn how volunteers help Village members live independently.

Meet Elizabeth Anderson, 'Joining the Village is one of the smartest things I have ever done. I love it and all the people are so kind.'

by Rick Howe

Elizabeth "Betty" Anderson is a 90-year Lewes native with vivid memories of growing up in the First Town in the First State. She joined the Village in 2023, primarily for transportation.



Betty Anderson

Born on New Year's Day 1933, Betty lived with her parents at her grandfather's farm on Wil King Road until second grade, when her family moved to McFee Street in Lewes where she grew up. It was next to the original Brush Factory, so she heard the continual "clang-clang-clang" of the machinery and the loud whistle blown at 7 a.m., noon and 5 p.m. daily to mark the factory's daily routine. She remembers the old feed mill where Stango Park is today.

"Those were extremely hard times, especially during the war years," she recalls, the persistent hardship of food rationing and the shame of wearing steel-toed shoes because that's all her parents could provide.

Betty worked as a secretary at Mayor Otis Smith's Fish Factory on Lewes Beach, where she met her husband, Donald, who was from Virginia. They married in 1955 and lived on Savannah Road for 42 years. They raised two daughters, a couple of horses and a few domestic animals. Betty also has two grandchildren.

In 1978, Betty began working as a secretary at Jack Lingo Realtors in the Rehoboth Beach office. She earned her real estate license and soon became one of Lingo's top agents. A graduate of the Realtor Institute, she became a member of the National Association of Realtors and received the Lingo Gold Five-Star Award as the top agent in Sussex County. She retired in 2017, after 40 years. (Not too bad for a girl with steel-toed shoes.)

Donald was a mechanical engineer for Interstate Oil Company and, with a German scientist, invented an electrical shocking device that was used in menhaden fishing. He became blind in his

late '60s and wondered if it was because he was stationed in Hiroshima, Japan, right after the first atomic bomb was dropped in 1945.

Betty has been a member of Bethel United Methodist Church Choir for 65 years and one of its primary soloists. She was a member of the Eastern Star, past Grand Matron and member of Unity Chapter #16 Order.

Meet Ron Barlow 'The Village makes you feel like they're happy to help ...'

by Suzanne Hain

Ron Barlow and his wife, Dorothy, have been Village members for 18 months. They recently moved into the new Lodge in Lewes, after retiring here in 1995.

Ron and Dot raised their three children in Chester County, Pennsylvania.

Ron worked as a mechanical engineer providing consulting services primarily to the Navy. They wanted to live in the country and bought a rundown farm. "We were young, strong and stupid and thought we could rebuild the farmhouse by ourselves on the weekends," Ron said.

With help from stonemasons to reinforce the exterior, carpenters to add a family room, flooring company to replace the floors and tilers to redo the roof, they completed their project many years later. When Dot's help wasn't needed for repairs, she raised chickens, sheep and tended a garden.

Once retired in Lewes, they enjoyed volunteering, golf and riding bicycles. Now in their 90s, they are mobile, but require transportation services.

They learned about the Village from their daughter, Clair, who lives in Lewes and worked for Beebe Foundation before retiring last year.

Ron said the "Village is a wonderful organization. The Village not only makes you feel like they're happy to help you, but they also make sure all involved know what's going on."



Ron Barlow

Who knew ... A Village volunteer was second runner up in a Miss Sunbeam contest in her home state of New Hampshire.

New Village team

by Suzanne Hain

As the Village has grown so have the responsibilities of the executive director. The board realized that the challenges of running the organization required a single focus and the creation of a separate development manager position for raising funds. In preparation for Jackie Sullivan's retirement, the development manager job was created July 2023, reporting to the executive director. Meet our new executive director and development manager.

Anna Moshier steps into executive director role

Anna Moshier began her first day as the Village's executive director March 1.

She brings to the Village her belief that seniors must have a quality of life that enables them to live with dignity and independently for as long as possible.

"Our biggest challenge is getting enough volunteers so we can help others live at home," she said.

Moshier became well-known locally during her 12 years as manager of the University of Delaware's Osher Lifelong Learning Institute, where she directed programs and facilities across five locations in Sussex and Kent counties, serving more than 1,000 people whose average age was 73.

Village President Stuart Martens praised the search committee for its decision. "We feel really comfortable that Anna will continue the incredible work that Jackie was known for," he said.

Meet Clare Gorman, development manager

Clare Gorman joined Village Volunteers as development manager in July 2023. Her role is to raise revenue through fundraisers and appeals. This important job provides 56% of the Village's operating budget.

"Village Volunteers is a remarkable organization that brings together volunteers who lend their time to help seniors with



Executive Director Anna Moshier



Development Manager Clare Gorman

transportation and other needs to stay in their homes as long as possible," Clare said. "I am excited to be part of this team to find financial support to carry out its mission."

Since joining the Village, Clare helped organize the organization's 10th anniversary event in December 2023, where the Village raised \$10,000. Now she is wrapping up the 2023 Annual Appeal.

Next goal is promoting DoMore24, coordinated through United Way; preparing the 2024 Annual Appeal; submitting grant requests; and finding new funding sources.



Your donation does more during this statewide promotion to support nonprofit organizations. Gifts received between 6 p.m. March 7 and 6 p.m. March 8 go further with matching gifts.

Delaware Gives Day | DoMore24DE.org



Clare brings more than 40 years of experience with nonprofit organizations, primarily in Baltimore City. She worked as executive director, project manager and grant manager for organizations supporting affordable housing, addiction recovery, and neighborhood stability.

Volunteers for the Village

We need you to enlist new volunteers. Talk to your friends, family, neighbors, ... anyone. Tell them about that heart-warming feeling you get when helping Village members.

The Village needs drivers, friendly visitors, tech supporters, grocery shoppers, household organizers and office workers.

Help us recruit new volunteers today. Call 302-703-2568, or visit villagevolunteer.org



Who knew ... A Village volunteer rode in an elevator with Diane Sawyer.

Programs at the Village

Village Volunteers provides educational and social programs that are vital to avoid social isolation. Stay tuned for new programs.

Members, volunteers celebrate at Valentine's Day luncheon

By Jerry Hames

Nearly 60 Village members and their escorts braved a gusty, blustery day to enjoy a celebratory



From left, Mary Anne Jackman, Pete Stoehr, Mary Meyer, Louise Lofland and Susan M. Vok.

three-course luncheon Feb. 13, Valentine's Eve.

Inside 1776 Steakhouse on Coastal Highway, the atmosphere was warm and cozy, filled with excited voices as the tables filled.

Members were delighted with a long-stemmed white or pink rose on each placemat. For Grace Swarzak, a four-year member who needs help for grocery shopping and medical appointments, her white rose bound with tiny daisies was a highlight. She was surprised when her volunteer/driver, Tony Susi, offered her a second rose as they left the restaurant.

"I came home, tied them together and put them in my tall, beautiful vase. I still look at them," she said one week after the event. "Thank those who arranged this day for me."

Anna Moshier, the Village's new executive director, did that. In the day's only speech, she thanked the planners, volunteers Cindy Abood and Debbie Stott, who worked with the staff.

For historians, St. Valentine's Day originated as a Christian feast day to honor Valentine, martyred in Rome on Feb. 14, 269 A.D. It has become a cultural, religious and commercial celebration of romance and love in many parts of the world.

Ann Spigone sent a card thanking the Village for organizing such an "enjoyable event." She added, "The beautiful roses and useful jar openers were an extra touch that was very much appreciated."

Cindy Miller thanked us for the "delicious meal and lovely gifts."

Knitting Buddies meets Wednesdays



Join this informal group of knitters and crocheters from 1:30 p.m. to 3 p.m. Wednesdays at the Village office.

Bring your needles, hooks and yarn for scintillating chat with a fun bunch. Learn new stitches while creating a hat or whatever. No need to sign up. If you need a ride, call 302-703-2568.

Village Services Health Corner



By Steuart Martens, National Board Certified Health and Wellness Coach

Self-Care. It's Time

Self-care isn't a chore you need to get to, it's a practice to strengthen your connection with yourself and foster your well-being. Whether you meditate, create or talk to a mentor, self-care is about finding healthful practices that help you relax.

Elevate your approach to self-care

- Create time and a commitment to cultivate self-care. Try scheduling specific times for self-care in your calendar.
- What nourishes one person might not nourish another. If you enjoy solitude, take a walk or write in your journal. If you're extroverted, call a friend or join a book club. If you're creative, try dancing or crafting.
- Connect with your "why." It's important to recognize how practicing self-care can reinforce your values and support your goals.

Pillars of self-care

1. Physical self-care
 - Drink eight 8-ounce glasses water a day.
 - Get a professional massage or try self-massage with a foam roller.
 - Soak up vitamin D by spending about 30 minutes in the sun.
 - Get in bed 30 minutes earlier with a journal, good book or meditation practice.
 - Take a warm bath. Indulge with Epsom salts or essential oils.
 - Jog, walk, swim or ride a bike.
 - Sweat in sauna or with cardio exercise.
 - Explore alternative healing techniques.
 - Take regular stretch and movement breaks.
 - Try out new healthful, fun recipes, drink herbal tea, and eat more slowly.

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Village Vendor Services

By Keith Pilkington

A valuable benefit of all Village Volunteer memberships is access to our roster of vetted, licensed vendors that provide much needed services such as estate planning, elder law, and for household repairs including electricians, roofers and plumbers.

Each Village Vendor undergoes a rigorous application process that requires:

- An interview
- A valid business license and insurance certification
- Three references who attest to the quality and professionalism of their work
- Criminal background check.

These companies offer reliable service at a competitive price. For a vendor referral, call the Village at 302-703-2568.

The Village adds 2 handymen to its vendors list



Chris Rossi Handyman Services

Based in Rehoboth Beach, Chris Rossi is a top-rated handyman in the Rehoboth/Lewes area on the Nextdoor app. He

performs an array of home repairs, installations (such as ceiling fans) and minor electrical and plumbing projects.

Chris has been in business for more than five years. He provides free estimates and offers a money-back guarantee on his work. "If it needs to be repaired, replaced or installed, I'm the one to call. I have considerable experience serving the senior population in Sussex County," Chris said. "The majority of my clients are retired or seniors living in the area."

Chris is licensed and fully insured. He accepts payment by check, cash, Venmo or Zelle.

Sussex Home Services

Owner Adam Thompson is a Lewes resident and former Village volunteer. In February 2023, he launched his business as a handyman and general home improvement specialist. He focuses on basic plumbing, electrical and carpentry. He will also do moving and hauling. Adam is licensed and insured.

"I started this business after 30 years in various management positions. During that time, my wife and I bought and sold many homes, doing all the repair and maintenance work ourselves," Adam said. "I felt I could be a good resource for people looking to get simple things done around the house. I enjoy the work and pride myself on being on time and efficient. I also take the time to explain the work to my customers so they understand what will go into the job."

Adam provides free estimates, and accepts payment via cash, check or Venmo.

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2. Mental self-care
 - Read a book, do sudoku or crossword puzzles.
 - Listen to an inspiring podcast, attend a health workshop, practice seeing the best in others.
 - Use a planner to feel organized and create space for relaxing activities.
 - Declutter and organize your home/workspace.
 - Share your visions and goals with a friend.
 - Unplug from all technology for an hour.
 - Say no to whatever is not an obvious yes.
 - Say yes to things outside your comfort zone.
3. Emotional self-care
 - Journal your feelings without reservation.
 - Watch videos that bring you joy.
 - Practice being in the present moment.
 - Write and mail a letter to a loved one.
 - Look in the mirror and tell yourself what you did well today to repeat positive affirmations.
 - Make plans with friends and ask for a hug.
 - Strike up a conversation with a stranger.
 - Join a sports group, book club, support group, choir or hobby group.
4. Spiritual self-care
 - Spend time in nature. (forest bathing)
 - Donate time or money to a charity you admire.
 - Help a stranger (e.g., pay for their coffee, open the door, give them a smiling hello).
 - Meditate, stargaze, or sit in silence and observe your surroundings.
 - Contemplate spiritual questions, such as "Who am I?" "Why am I here?" "What do I value."
 - Start the day with an empowering routine and end it with a relaxation and gratitude routine.

Who knew ... A Village volunteer dropped out of college at 18 and hitchhiked across the country.

SCVV begins fourth year

South Coastal Village Volunteers ended 2023, its third year of service, on a high note. At its January 2024 annual meeting, the SCVV steering committee elected Chris Powers as chair, Ron Kerchner is vice chair and chairman of the finance committee, and Betty Martin is secretary.

Chris Powers was honored Nov. 29 with the Andrus Award for Delaware by the state's AARP. This annual award recognizes each state's outstanding volunteer who works toward AARP's mission to improve the lives of retired adults.

Steering committee members attended Jackie Sullivan's retirement party. SCVV is extremely grateful to Jackie for her invaluable assistance. In a continuation of their close relationship, SCVV and Village Volunteers extended their July 2020 collaboration agreement until January 2026.

SCVV is financially healthy because of the development committee's end-of-year appeal letter and the first 2024 fund-raiser. SCVV continues to grow and performs about 200 hours of services monthly.



SCVV Chris Powers (second from left) received AARP Delaware's most prestigious volunteer award from AARP's Carlos De los Ramos, George Meldrum and Lucretia Young.



We are eager to add qualified candidates to our list. If you, a friend or a family member had a positive service experience with vendors such as:

- Attorney
- Electrician
- Roofer
- Plumber
- Handyman
- House cleaning
- Meal preparation

If their expertise could benefit other members, call 302-703-2568.

New take on a classic

To commemorate her 79th birthday, actress/vocalist Julie Andrews appeared at Manhattan's Radio City Music Hall for an AARP benefit. She performed the following adaptation of "My Favorite Things" from the legendary movie "Sound Of Music."

*Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.*

*Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.*

*Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.*

*When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Ms. Andrews received a standing ovation that lasted over four minutes with repeated encores.

The Village is looking for Volunteers.

Join our team of "neighbors helping neighbors."

Call 302-703-2568 or visit our website at www.villagevolunteer.org

Pictures from around our Village



Jackie Sullivan receives custom golf club from Steuart Martens



Teresa Butcher and Donna Hutten



Jackie Finer and Anna Moshier



Jackie Sullivan and Tracy Mulveny



Suzanne Hain and Diana Beebe with friends.



Kathy Thomas serves crab cake to Grace Swarzak and Village volunteer Tony Susi.

From the Desk of the Executive Directors

Hello, everyone.

As I turn over the reins to Anna, our new director, I've been thinking about my time with Village Volunteers, about you and everything you have done to make the Village a place of independence, mutual support, fun, education and socialization.

The Village has grown from an idea fostered by our founder Jackie Finer to a thriving, respected organization thanks to our volunteers, the older adults who trust us to help them, and the donors and grantors who support us. We have formed partnerships with other communities to open a second Village, South Coastal Village Volunteers. We have worked with and learned from other nonprofits to help benefit Sussex County.

Thank you for the opportunity to serve. I leave you in good hands. May the Village enjoy continued success bringing independence to older adults so we may age with dignity.

Sincerely,

Jackie Sullivan

Outgoing Executive Director

~~~~~  
Hi friends,

Thank you so much for your warm welcome to The Village. I look forward to continuing the great work started by Jackie Finer and expanded by Jackie Sullivan.

Our priority is to recruit more volunteers. If you are a member, let us know if you would like to volunteer for the Village. You can help from your home, such as making friendly phone calls. If you would like to volunteer in the office, we can provide transportation to make that happen.

If you are a volunteer, please pick up services when you can and encourage your friends and neighbors to volunteer. Keep in mind that volunteer opportunities are more than transportation. We make friendly phone calls, help with small maintenance, cover the office phones and more. The Village offers something for everyone.

I look forward to meeting you all. Stop by the office if you are in the area. I would love to chat.

Sincerely,

*Anna Moshier*

*Incoming Executive Director*

### **Voice of the Village**

Suzanne Hain, editor, writer, photographer  
Jerry Hames, writer  
Rick Howe, writer, photographer  
L. Steuart Martens, writer  
Keith Pilkington, writer  
Ann Ward, writer, copy editor

### **Board of Directors**

|                                 |                    |
|---------------------------------|--------------------|
| L. Steuart Martens, President   | Dave Garner        |
| Jenn VanBlarcom, Vice President | Claudia Thayne     |
| Kathryn Byrne, Secretary        | Ellen Powers       |
| Gavin Radka, Treasurer          | Chris Powers       |
| Tiffany Walter, Treasurer-elect | Kathleen Schneider |
| Jackie Finer                    |                    |

|                                   |
|-----------------------------------|
| Anna Moshier, Executive Director  |
| Open position, Services Manager   |
| Lori Flak, Care Manager           |
| Clare Gorman, Development Manager |





## Contact the Village



**Village Office**  
**16686 Kings**  
**Highway, Suite B**  
**Lewes, DE 19958**

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

Email: [info@villagevolunteer.org](mailto:info@villagevolunteer.org)

*For services call:*

**302-703-2568**

**Mon – Fri, 10:00 AM – 4:00 PM**

*Please provide two weekdays notice  
when requesting a service.*

## Village Member Services (max. 2 hrs. per service)

### Transportation

- Medical Appointments
- Vet Appointments (with member)
- Social or Cultural Events
- Hairdresser/Barber
- Grocery Shopping
- Errands
- Special after hours (case by case)

### Friendly Visits

- Provide conversation and companionship
- Respite for a family caregiver
- Do a puzzle or play a game
- Visit to share stories, photos, memories

## Village Vendor Services

- Accounting
- Computer Tech/Set-up
- Electric
- Gardening/Landscaping
- Gutter Cleaning
- Handyperson Jobs
- Heating & Air Conditioning
- Home Modifications
- Home Repairs
- Home Safety Assessments
- House Cleaning
- Occupational Therapy
- Personal Emergency Response System
- Personal Care Assistance
- Pet Sitting
- Physical Therapy
- Plumbing

**The Village is looking for Volunteers.**  
**Tell your friends, family, neighbors**  
**about that great feeling you get when**  
**doing Village services.**

### Household

- Household organization
- Assist with accounts
- Balance checkbooks
- Label/organize food
- Care of plants
- Occasional pet care
- Minor household chores
- Turn mattress

### Run Errands

- Grocery Shopping
- Other shopping for clothing or gifts
- Pick up prescriptions

### Technical Assistance

- Program cell phone
- Set up email
- Perform simple computer tasks
- Electronic gadgets
- Program thermostats, TV, remotes

### Handyperson

- Change light bulbs
- Check smoke alarms
- Install screens and/or storm windows
- Hang pictures
- Clean out refrigerator
- Move furniture
- Simple repairs

### Telephone Check-in

- Friendly conversation
- Inquire as to well-being
- Inquire as to needs

### Office Assistance

- Data entry
- Communications
- Scheduling
- Record keeping
- Training
- Marketing