



# News from The Villager

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The Kanawha Valley Village People  
Established 2012

*The KVVP Headquarters*

The Hale House, 4208 Malden Drive,  
Charleston, West Virginia 25306

Email: [kvvillagepeople@yahoo.com](mailto:kvvillagepeople@yahoo.com)

And on Facebook:

[www.facebook.com/](http://www.facebook.com/)

[KVVPKanawhaValleyVillagePeople](https://www.facebook.com/KVVPKanawhaValleyVillagePeople)

Facebook Page created by Larry Calhoun

### Steering Committee

James Thibeault Hazel Palmer

Marilyn Witbeck Larry Rowe

### Current VISTA Employee

Kassandra Kaas

## Upcoming Events

Next General Meeting

4 p.m. Saturday, June 22

A Gourmet Fundraiser Event!

**High Tea on the Veranda**

**At The Alma Lee**

**In Malden, WV**

(See BACK PAGE for Details)

General Meeting

2 p.m. Saturday, Aug. 24

Charleston, WV

(location TBA)

General Meeting

2 p.m. Sunday, Oct. 20

Charleston, WV

(location TBA)

General Meeting

2 p.m. Sunday, Dec. 8

The Hale House

Malden, WV

### Newsletter Editor

Melora Cann

Send letters, comments & suggestions  
to [meloracann@yahoo.com](mailto:meloracann@yahoo.com)

Special thanks to John Calvert, our  
official KVVP photographer at the April  
2013 Meeting



## APRIL MEETING BRINGS EVERYONE TOGETHER AS WE PLAN AHEAD

At the April 20, 2013 meeting of the Kanawha Valley Village People, the Membership Committee, chaired by Marilyn Witbeck, conducted activities to generate ideas for what future membership in the KVVP would include. The committee members are Marilyn Witbeck, Barbara Frierson, Ruth Zika, Jack Hickok, and Larry Rowe. The KVVP Membership Committee Report begins with a definition: "A village is a self-governing community supporting members in their homes by coordinating access to a variety of supportive services at affordable costs to promote aging in place, social integration, health and well-being." The outcomes of the meeting are presented here. The Steering Committee thanks the Membership Committee and will seriously consider the recommendations at its early June meeting.

**Types of Membership discussed:** Single, Household, Subsidized for low-income (using Senior Citizen Tax Credit as possible criteria or Medicare eligibility for younger members), Associate memberships for businesses, agencies, organizations (no services), and "Social members" who make donations but don't receive services.

*(Report continues inside...)*

*The Kanawha Valley Village People (KVVP) is an organization of seniors supporting its members as they continue to live independently in their own homes.*



*(APRIL MEETING continues from page 1)*

**Rights And Benefits Of Membership topics:** social group activities (fun); we suggest starting with limited services, develop more over time; all service requests will be to a central office, no distribution of vendor/provider lists; Services are based on availability; also see *Time Banking* and *Volunteering* sections; **National Village Exchange** (pilot, under development by **VTVN**).

**Conditions of Membership explored:** complete a Member Agreement form (includes a background check); pay applicable dues (monthly payments an option at a total slightly higher than pay in full); lifetime membership (possible option, to be explored); pay for services contracted for by vendors to **KVVP**; self-governing: members will elect an Advisory Board of village members, community partners and vendors; no age requirements; health requirements (an area needing more information, other Villages experiences); reside in Greater Kanawha Valley (see zip code map information); leaky borders allowed; and, need a Review Committee to process Membership Agreements and background checks.

**Defining Services for Members:** this is a topic for the Resources Committee; resources start small and grow with time; need more info on how volunteers will be used (need a Volunteer Committee); many existing senior services are for low-income only; and, so what services are offered by Senior Centers?

**Limits on Member Services:** may want to limit number of requests per time period for volunteer tasks; liability issues (may be covered in Membership Agreement); and , geographic limits will apply, especially related to service availability.

**Volunteering topic:** important for sustainability; encouraged for all members; time banking (benefits accrue); background checks; some of our services will only be provided by volunteers (e.g. transportation).

**Member Database discussed:** information from Membership Agreement; database maintained by **KVVP** staff; computer based (e.g. Excel to begin); privacy maintained – privacy agreement is included on Membership Agreement.

*All photos from the April Meeting by John Calvert*



**Recruiting New Members – Strategies and needs:** need a Speaker’s Bureau for presentations to churches, community centers, other; need a tri-fold color brochure for recruitment at talks and tables; need follow-up for all contacts made in recruitment efforts; home parties for friends & neighbors; offer monetary discount on fees for members for one year for bringing a new member.

**COMMITTEE RECOMMENDATIONS:**

We recommend forming additional committees:

- Application Review
- Budget
- Community Partners
- Fundraising
- Marketing/Public Relations
- Programs and Activities
- Resources and Vendor Development
- Recruitment
- Speakers Bureau
- Volunteer Development



We recommend a Steering Committee composed of one member from each of the Standing Committees, and that these committees communicate regularly with each other.

- Create a one-page, tri-fold perhaps, color handout for recruitment activities
- Create a Business Plan and By-Laws before electing a Board of Directors

**SOME POSSIBLE MISSION STATEMENTS**

**Current draft:** A sustainable senior community that supports members who wish to live independently in their own homes by providing or helping arrange a wide variety of services to meet their needs.

A community of independent people seeking to live with joy independently in their mature years.

A self-governing community supporting members in their homes by coordinating access to a variety of supportive services at affordable costs to promote aging in place, social integration, health and well-being.



# Village People Dedicate Their Lives to Serving Other Seniors

Looking around the room at a recent KVVP meeting, I realized how many of us serve other seniors in many ways. This article profiles three of those folks.

## Top Ten Wellness Essentials for Health

by *Lonna McClure Barker*,  
July 2009

Take Responsibility for your Health

Maintain a Positive Mental Attitude

Eat 7 Servings of Vegetable and Fruits Daily

Exercise and Walk Daily

Stop Smoking

Rest. Go to Bed and Get up at the Same Time Daily

Learn to Deal with Stress

Do Not Waste Time

Connect with Nature

Spend Time with Loved ones and Make Friends

## Sample Boomer Solution Supports

By *Paula Eagerton*

A touch screen computer that not only provides entertainment, but can be instructed to alert family if it detects something amiss that might threaten the senior's wellness or safety

Amplified phones and wireless health monitoring systems

Products to turn off unattended stoves

Personal emergency alert systems and tracking devices.



### Lonna Barker

Growing up and listening to the physical complaints of her Grandmother and Aunts, inspired Lonna Barker to take care of herself at an early age. In fact, she established an exercise routine as a teenager and copied what she saw the football players do. Today she has a commitment to healthy living through eating the right foods, exercise and meditation.

Lonna leads the Arthritis Exercise class at the Unitarian Universalist Congregation and heads a wellness ministry there. She says, "This week a woman reported her lung capacity had increased 12 points and one man returned to full time work after downsizing his job to part time!"

You can reach Lonna Barker at [lonnabark@aol.com](mailto:lonnabark@aol.com).



### James Thibeault

Operating an assisted living facility since 1981 with his wife Karen Glazier, James Thibeault has been interested in the whole aging process. This interest became more focused and more personal when his Mother and a friend passed away recently. James said he began asking his friends and other boomers, "What keeps you

going and what renews you as you face these new challenges?"

The outcome of all this searching was a book, **BOOMERS 400+ Tips and Hints from the Generation that Refuses to Grow Old**. James will promote his book, and get exercise, by riding from northern Vermont to Charleston. He will videotape himself along the way for his television health chat series. James is generously donating a portion of his book proceeds to KVVP. Visit <http://livewithaboom.blogspot.com/>



### Paula Eagerton

Spending numerous years caring for her Dad and Mom while working full-time, Paula Eagerton had learned so much about the aging process. After their passing, she began looking for a better way for families to care for their aging loved ones. Conducting months of research helped Paula learn about products that would have given her so much peace of mind had they been available while she was taking care of her folks.

So Paula founded **Boomer Solutions, LLC** to make these products available in Charleston. She pointed out that

"the purpose of my business is to enable seniors to live safely and independently as long as they like." She enjoys consulting with seniors and their families to determine which products and systems can best fit their situation. You can check out her range of products on [www.boomersolutionsonline.com](http://www.boomersolutionsonline.com).

It is clear from interviewing just these three KVVP members that we are committed to designing our own future and plowing new ground in the aging landscape. *By Hazel Palmer*

## Sample Boomer Tips

by *James Thibeault*

68. First thing in the door, hang up your keys and put your wallet in its place.

260. "Juggling" should be a sideline, not a lifestyle.

377. Boomers, like old houses, should avoid wiring overloads.

411. Age 65 - No speed limit on changes, no brakes for age.

## Would You Like To Help Build Our Village?

The KVVP Membership Committee's report at the April general meeting recommended starting up some of the other planning committees we need to get the Village up and running in the next year. Many heads and hands are needed to do this work, and the sooner we begin the better we'll be prepared for a successful venture. These are some of the most important functions we want to address now, starting with one or two people:

- Resources & Vendor Development -- Identify the most important services and vendors we need to support our members, and begin contacting and recruiting them.
- Speakers Bureau -- People willing to give short talks about the Village to community groups, churches, senior centers, and potential community partners.
- Volunteer Development -- Recruiting, training, and managing the community and member volunteers needed to sustain Village activities and services.
- Community Partners -- Identifying and meeting with organizations and businesses that will support and enhance our mission, and eventually may be our financial supporters and ambassadors in the greater community.
- Marketing and Public Relations -- Plan and develop the tools and connections we need to let people know the who, what, why, where, and when about Village membership, benefits, and activities.
- We are also seeking people interested in working on finance and budget development, reviewing member applications when the time comes, fundraising, developing the FUN BRIGADE of programs and activities for members, and doing member recruitment.

If you have skills, experience, and / or enthusiasm for any of these topics, please let us know! Call Barbara Frierson (304 722-4731) or send an e-mail to b03b13f@msn.com. [That's a zero, not an 'o.'] Thanks!

### Village People Accomplish a Goal

Our reading group of 14 people has already read the 150 books for the libraries sesquicentennial celebration of 150 years of statehood. So many books, so many interests! Congratulations team: Christine Daugherty, Yvonne Farley, Barbara Frierson, Karen Glazier, Betsy Kent, Stephanie Martin, Karen Miller, Hazel Palmer, John Palmer, Molly Schaffnet, Joan Steven, James Thibeault, Robin Wilson, and Marilyn Witbeck.



## KVVP JUNE MEETING YOU ARE INVITED

*Join us at 4 p.m. on June 22, 2013 for  
High Tea on the Veranda  
At The Alma Lee in Malden*

This is your opportunity to meet other seniors eager to make new connections, enjoy each other's company, and explore ways to remain independent in their mature years.

At 4 p.m. on Saturday, June 22, the event will include High Tea on the Veranda of **The Alma Lee** and explorations of Historic Malden with a riverside garden tour. **The Alma Lee** is the riverside home of Larry Rowe and Julia Beury located behind the historic **Kanawha Salines Presbyterian Church** in Malden, West Virginia. **The street address is 202 Wayne Isaac Lane, Charleston WV 25306**

This is a fundraising event for the **Kanawha Valley Village People**. Suggested donations are \$25 a person and \$35 for two members of the same household. Checks should be made out to **Cabin Creek Health Systems / KVVP** and can

be mailed to PO Box 60076, Malden, WV 25306. Contributions are tax deductible under IRS 501(c)(3) rules.

**RSVPs are requested for planning purposes**

*Please call 304-925-1333 by June 21 with your plans. However, while RSVPs are appreciated, even if you do not call ahead, you are welcome to come (and to bring guests of all ages) with a donation in hand, to the deck of The Alma Lee.*



*All photos of The Alma Lee property by Larry Rowe.*