



# News from The Villager

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## Our December Meeting Features a National Speaker!



James Thibeault speaks about the KVVP at the WV PEL Summit, October 2013. *Read more inside.*

The Kanawha Valley Village People Inc.  
Established 2012  
The KVVP Headquarters  
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Meet our new Board of Directors!  
(See article and photographs inside)

**Next General Membership Meeting**  
2 p.m. on December 8, 2013

Location: The Hale House (Malden)  
Please bring finger foods for the social  
time preceding our guest speaker,  
Ms. Sara Gould, Associate Director of  
**Caring Across Generations**

*Looking Ahead – our first 2014 meeting will  
be Saturday, 22 February and we have been  
invited to meet at Temple Israel in Charleston!*

***Our meetings are open to the public,  
and everyone welcome!***

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

On Sunday, December 8, 2013, you have the opportunity to meet and listen to Ms. Sara Gould, who is Associate Director at **Caring Across Generations**. She comes to us courtesy of our own Christine Daugherty who has arranged this program for our December meeting.

Sara Gould has been an Atlantic Philanthropies Senior Fellow at The Foundation Center; President & CEO at **Ms. Foundation for Women**; and Executive Director to Director, Economic Development Program at **Ms. Foundation for Women**. She graduated from Grand Valley State University and received her master's degree at Harvard University Graduate School of Design.

**Caring Across Generations** brings together aging Americans, people with disabilities, workers, and their families to protect all Americans' right to choose the care and support they need to live with dignity. From their press releases:

"We are a movement of family members, workers, and fellow Americans supported by a growing coalition of organizations advocating for a system of quality, dignified care. We believe every American should be able to choose the care they want based on their needs—and that every American would benefit from being a part of a more supportive care system. Improving the way we provide care for one another will create an economy and a society that works for all of us.

"Every 8 seconds, another person turns 65 in our country. At the same time, we are moving into the third decade of the Americans with Disabilities Act and are progressing in our work to become more accessible and inclusive. Changing the way we care offers an opportunity to reinvigorate our economy, strengthen our communities, and uphold our national ideals. By working together we can increase every family's access to the care and support they need at a price they can afford and create millions of high quality in-home care jobs. To keep up with the aging population we need to transform our long-term care. But first we need to talk, out loud, about care."

*CAG Dateline 20 November 2013: "Last week in Washington, over 100 caregivers and care consumers gathered to tell congress that we need a long term care system where we can all get the quality care we need."*

We hope to see you in December at our General Membership Meeting! Remember - Sunday, 2 p.m. at the Hale House in Malden.



 **CARING  
ACROSS  
GENERATIONS**  
Everyone deserves

# Introducing the KVVP Transition Board of Directors and Officers

By Ellen Archibald, KVVP Board of Directors President



**Ellen Archibald,  
President**



**Lonna Barker,  
Vice-President**



**Karen Glazier**



**Larry Rowe**

KVVP officially became a West Virginia nonprofit corporation on August 20, 2013. At its first membership meeting on Sunday, October 20, 2013, Charter Members voted to approve the Bylaws drafted by Larry Rowe, as amended at the meeting and subject to “cleanup” corrections. As the Bylaws provide, Charter Members then elected Directors: Ellen Archibald, Lonna Barker, Melora Cann, Christine Weiss Daugherty, Karen Glazier, Larry Rowe, Sue Westfall, and Marilyn Witbeck.

The 8-member Board met on Monday, October 21, 2013, and will manage KVVP until the first official Annual Meeting on May 4, 2014. Officers are President Ellen Archibald; Vice President Lonna Barker; Treasurer Christine Weiss Daugherty; Secretary Melora Cann. Ellen, an attorney, retired from full-time law practice in 2012 and served as counsel to several committees of the West Virginia House of Delegates during the 2013 Session. Lonna is the Meditation Instructor/Motivational Speaker/Certified Exercise Instructor for the Unitarian Universalist Congregation’s Better Health & Wellness Ministry. Christine Daugherty has a long history with local, national and international non-profit organizations. She worked for a time with the Ms. Foundation for Women, Women’s World Banking and had her own consulting business, working overseas in Slovakia and other places. She is retired and now has a small business working with clay. Mel is a retired teacher. Karen owns and manages Good Living, an eldercare business in Malden. Sue Westfall is a physician with Cabin Creek Health Systems. Larry Rowe, an attorney, and Marilyn Witbeck, a retired University of California administrator, both served on the KVVP Steering Committee.

At its November 11, 2013, meeting, the Board discussed KVVP’s mission and objectives - those will evolve as KVVP membership grows and we get a good sense of members’ wants and needs. The Board plans to work closely with KVVP’s committees.

Our three standing committees are the Executive Committee (the four Board officers and a fifth Board member, currently Marilyn Witbeck); the Finance Committee chaired by the Treasurer, Chris Daugherty; and the Membership Committee, chaired by Marilyn Witbeck. The Membership Committee has agreed to have the Communications Committee, Chair Mel Cann, develop a speakers’ bureau to publicize KVVP, but we’ve already had two speaker requests, so Ellen Archibald presented KVVP to the American Business Club, Charleston Chapter, on November 11, and Mel will talk to the Women’s Education Sorority on November 21.

The Communications Committee publishes our newsletters, has developed a KVVP information pamphlet, created our web page (courtesy of committee member Larry Calhoun) and will work on technology planning.

What new hardware or software will we need to communicate effectively with each other, with prospective KVVP members, and with the public generally?

The Resource Committee, chaired by Ruth Zika, is developing a list of providers of services that members may need. “The List” will be based on members’ own experiences, as a reference point for providers’ integrity and fair prices for services rendered. The List will be available only to regular members,\* and the broader it is - from aardvark-walkers to appliance repairers, electricians, gutter cleaners, handypersons, plumbers, and zebra-herders - the more important it will be as a membership benefit. The Resource Committee and all KVVP members need **your** recommendations! See “The List” article.

*\*Regular members (dues paid): For now, only those who have become or do become charter members fit this category. The membership committee will propose a new membership dues structure once services are available to justify such.*



**Christine Daugherty,  
Treasurer**



**Melora Cann,  
Secretary**



**Sue Westfall**



**Marilyn Witbeck**



## VILLAGE BOOK TRIBUTE AND TRADE EVENT

By John Palmer

**Question:** what do the following books have in common?

- A weighty autobiography of a Secretary of State (Madeline Albright)
- An equally weighty novel of a wayward US government experiment with a virus that created violent vampire-like beings who slowly subdued most of the country!
- A true story of the adventures of a woefully unprepared female solo distance hiker.
- A lively scientific revelation of how humans are hindered by the vestigial evolutionary effects that having evolved from our fish-like ancestors has left to modern man.
- A religion professor's theory that Jesus and his brothers tried to institute a family dynasty.
- Several mysteries by British and American authors

**Answer:** these books and more were swapped at the Village book tribute and trade event. Participants chatted amiably and noshed a bit before settling down in comfortable chairs in a room kindly provided by St. John's Episcopal Church. Each person who brought one or more books then "pitched" their treasured (but "non-keeper") tomes while the others silently decided whether this particular bit of knowledge or literature might suit their taste. Everyone came away knowing some of their fellow Villagers a little better and with a good read to help while away the coming cooler weather!

It's not hard to envision one of those of us who were there, curling up with their acquisition and sparing a moment to remember the pleasant, low key social event that led them to the book they were about to explore.



## Advance Directives Presentation Follow-up

By Karen Glazier

"Should I add a Do Not Resuscitate clause to my Living Will document?" This question arose following the Advance Directives workshop offered by Dr. Sue Westfall and me at the August 24, 2013 KVVP meeting.

Good question! I asked Cindy Jamison, Executive Assistant, at the End of Life Center in Morgantown for her organization's stance on this matter. She responded that it is important to have the orange DNR (Do Not Resuscitate) card separate from the Living Will because the card is a written order from your physician. If an EMT (Emergency Medical Technician) is dispatched to your home, he or she will only honor a physician's order. The Living Will does not need to be signed by your physician; therefore, it would not be honored by the EMT. You can add the notation to the Living Will if you want to be sure your family and friends are clear about your wishes, but from a strictly practical standpoint, it will not be fully effective UNLESS you also have the DNR card. If you have other questions or concerns about Advance Care Directives, I encourage you to call or email the End-of-Life Center. They welcome and respond to all queries. You can reach them at the website [www.wvendoflife.org](http://www.wvendoflife.org) or by calling 1-877-209-8086.

## Your Membership Committee

By Marilyn Witbeck

We continue to meet regularly and some of the things we are working on are a form we can use when we have Regular memberships, additions to our wonderful web page, using volunteer hours contributed in a time bank arrangement, possibility of check-in calls as a service to members, what we would need to set up an office in Hale House, and also some ideas for the Village budget. Each member has accepted a task to investigate and prepare for our next meeting on December 5<sup>th</sup>.

We invite you to send us your questions and suggestions to [kvvillagepeople@yahoo.com](mailto:kvvillagepeople@yahoo.com).

## Common Cents

Take the deepest breath you can and see how long you can hold it before exhaling? Do this three times a day, every day. **Why:** If you get the flu, you will have increased your lung capacity and will have a better outcome.

Increase the strength of your grip by practicing squeezing a rubber ball. Again, three times a day every day. **Why:** If you happen to accidentally stumble and there's something to grab to prevent a fall, a strong grip will hold you up.

Don't pad around your house in stocking feet or in soft slippers. **Why:** Nothing will take you on an unexpected trip falling down your stairs faster than a slip due to your wearing socks instead of shoes.

By Larry Calhoun

# THE LIST

by Ruth Zika, Nancy Tyler, Fred Meyer, Marilyn Witbeck, Ellen Archibald

Have **you** ever wondered how to find a reliable leaf-raker, floor refinisher, gutter cleaner, repairperson, or dog-walker? You're not alone! Your Resource Committee is developing **The List**, which will consist of KVVP member-recommended workers in many fields and will be available only to regular KVVP members. For example, have **you** ever needed any of these services?

Auto maintenance, tire repair and replacement

Body maintenance: massage therapist, personal trainer

Cleaners: carpet, upholstery, general housecleaning

Closet organizer

Computer assistance and printers

Emergency assistance

Food-related: catering, butcher

Gardening, grass-cutting, landscaping,

leaf-raking, other yard work

Home maintenance: appliance repair, back-up generator assistance, electrical, floor refinishing, gutter cleaning, HVAC (heating, ventilation, air conditioning), plumbing, remodeling, roofing, window washing

In-home care: barber/beautician, nursing, respite care

Mending and tailoring

Moving heavy furniture

Pet-related: veterinarian, aardvark-walking, dog-walking, pet-grooming, -sitting, -washing, zebra-herding

Professional advice: dental, financial, hearing aids, legal, Medicare

Snow removal

Transportation

But listing categories is only the 1<sup>st</sup> step: we need **your** recommended providers. Since service providers may come into our homes or have access to our personal information, it's important for **The List** to list only businesses and people whom KVVP members a) have actually used and b) find honest, fair, and reliable.

We hope eventually to use the power of numbers - KVVP members as potential customers of listed service providers - to negotiate discounts for KVVP members.

Won't you share your experience? If **you've** found a good provider for services listed above, or for other services you feel should be added to **The List**, it's easy: just email the business' or person's name and contact information to [kvillagepeople@yahoo.com](mailto:kvillagepeople@yahoo.com), with **The List** in subject line, or leave us a message at 304-767-5774 and a member of the Resource Committee will return your call to obtain your information. None of us knows when we'll need a service. Help us all help each other!



PEL Director Phil Schenk is interviewed by a television crew during the WV PEL Summit in October 2013.



WV Partnership for Elder Living's mission is "to foster opportunities for West Virginians to live and age with dignity and purpose." It is a project of West Virginia Community Voices, and is funded by the Claude Worthington Benedum Foundation. The PEL Summit was held to bring the community of elder service professionals together to hear about current projects and from national speakers. WV PEL Director Phil Schenk is also a member of the KVVP. He can be



Chowing down & getting serious – all at our October 2013 Pot-Luck and KVVP General Membership Meeting!

