



The Kanawha Valley Village People

News from
The

Villager

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FIND OUT MORE ABOUT US

MOVING FORWARD

What does it mean for the last third of your life?

At the March 23 meeting of Kanawha Valley Village People a special program will be presented to help those approaching retirement, or already there, identify how these can be the best years of their lives.

According to Lonna Barker, KVVP vice-president and the presenter, "We believe we understand what is going on in our lives, and we reduce it to something that we can describe." She added, "Justifying how we spend our time becomes a substitute for the experiences of our day-to-day living. Many in the so-called 'Golden years' are living from doctor's appointment to doctor's appointment."

During the Sunday 2 p.m. gathering at Kenna Homes Community Center in South Charleston, a short inventory will be shared and designated members will act as guides at each table. Many people do not ever take the time to question why they are dissatisfied in retirement, and live on auto-pilot, doing what they have always done, getting bored and retreating into a more sedentary life style; thereby, shorting a lifespan that could be lengthened by more activity, exercise and stimulation.

Do you have a bucket list? That's one of the questions on the inventory; it will be asked to bring awareness to the traits of longevity and happiness of those 55 and beyond. People do much better and live longer if they have a goal and something to look forward to doing. Is the dream enough or do seniors need to take action on what they would like to do to achieve thriving past middle age?

The results of this inventory will help the organization identify how to meet the needs and wishes of the membership in our non-profit organization.

THIS MEETING IS OPEN TO THE PUBLIC – PLEASE COME!

A FINGERFOOD POTLUCK with Bring Your Own (BYO) Beverages (non-alcoholic)

REMEMBER – 2 p.m., Sunday, March 23, 2014

Kenna Homes Community Center (South Charleston)(Directions inside.)

Will You Help Lead KVVP Forward?

The Interim Board will step down when the 1st "regular" Board is elected at the 1st annual meeting, Sunday May 4, 2014. KVVP Bylaws provide for a 9-member Board. To phase in, we'll elect 3 members for 3-year terms, 3 for 2-year terms, and 3 for a 1-year term. Those who already paid KVVP dues, or who pay by April 1, 2014, are eligible to run. Please nominate yourself and encourage others to run! You may nominate others, with their permission. Candidate information will be sent to each member's email address. Email us at kvvillagepeople@gmail.com or telephone your nominations to (304) 767-5774 no **later than April 1, 2014.**

Read about our Walking Group inside

GENERAL MEMBERSHIP MEETINGS

Sunday, March 23, 2014 at 2 p.m.

in South Charleston at Kenna Homes Meeting
An interactive and thoughtful social event with a finger food potluck and BYO beverages!

Sunday, May 4, 2014 at 2 p.m.

(Location TBA)

The First ANNUAL MEETING of the KVVP election of the *first regular* Board of Directors as per our by-laws; *nominations by April 1, 2014.*

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

The Kanawha Valley Village People Inc.

Established 2012

The KVVP Headquarters

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On the web: www.kvvp.org

From the Membership Committee

Well, we grew by 10% on one day! We have 5 new members in the last month. Welcome: Maggie McCabe, Frank D'Abreo, LaRee Naviaux, Elizabeth 'Liz' Nix and 'Quentin' Gaylen L. Nix. So glad to have you as part of the Kanawha Valley Village People!

The Membership Committee continues to seek suggestions from Members, so please contact Melora Cann, Barbara Frierson, Jack Hickok, Marilyn Witbeck or Ruth Zika with ideas you'd like to see researched or developed. We hope you will attend the May 4th Annual meeting to elect new officers and plan the next year for KVVP. Our dues will remain \$75 until the end of 2014, and you'll want to be a member in order to run for the Board, and to vote for members of the Board of Directors.

And if more snow days are in our future, you can improve each shining hour by checking out our website, www.kvvp.org. Thanks to our wonderful Communications Committee there are some fascinating things there, and you might be inclined to add something after seeing what's possible. The website should reflect all of us, so please enjoy it and use it. Hope you like the new discount page and find that it is helpful and fun. We'll be asking for our discounts in more places than the weekly Kroger trip on Tuesdays!

To borrow from others let me say, "Participation is the Key to Harmony." So step up to the plate and get involved in your organization.

Common Cents for March

Informed people can be their own best doctor. No, that doesn't mean to read the latest fad book or diagnose yourself with a dread disease based upon what you read on the internet but rather 'just be informed.' Sometimes we are so overwhelmed with drug advertisements on TV and in magazines that we talk ourselves into believing that what they are advertising is what we need which is exactly what they want. Big Pharma spends millions of dollars on advertising some of which can be misleading. On the other hand, there's nothing wrong with being informed. [Http://www.peoplespharmacy.com](http://www.peoplespharmacy.com) is the address of a show called 'The Peoples Pharmacy' which is broadcast on public radio on Saturday mornings at 7AM. The show covers lots of stuff from home remedies: use jewelweed for poison ivy, put peroxide on mosquito bites, use caffeine as a substitute for a bronchodilator puffer to discussions of expiration dates on medications. If you'd like to learn more, give it a listen! ~ *Contributed by Larry Calhoun*

DIRECTIONS TO THE KVVP MARCH MEETING

Sunday, March 23 at 2 p.m. at KENNA HOMES in South Charleston:

Kenna Homes Community Center, 410 Kenna Drive, South Charleston WV 25309

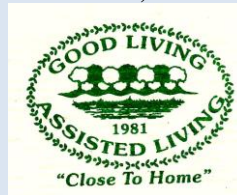
Kenna Homes is located off MacCorkle Avenue in South Charleston between the Bob Evans Restaurant and Sunset Memorial Cemetery. Traffic is usually light at the turn to enter the Kenna Homes development. The meeting will be in the Kenna Homes Community Center. It is in the third building (flat roof) on the left (in the Recreation Hall). Parking is available, just pass the 5th Building, or drive between buildings 416 and 420, and turn left down the alley to Parking Lot 1. There is a short walking path up to Building 410.

GREAT TRUTHS ABOUT GROWING OLD

- 1) **Growing old is mandatory; growing up is optional.**
- 2) **Forget the health food. I need all the preservatives I can get.**
- 3) **When you fall down, you wonder what else you can do while you're down there.**
- 4) **You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.**
- 5) **It's frustrating when you know all the answers but nobody bothers to ask you the questions.**
- 6) **Time may be a great healer, but it's a lousy beautician**
- 7) **Wisdom comes with age, but sometimes age comes alone.**

Contributed by Christine Daugherty

Publication of the KVVP Villager newsletter is sponsored by Good Living LLC of Malden., WV.



KVVP honors WVSU for making the Hale House available to us.



MAKING GOOD USE OF OUR TIME, Part 2

By Barbara Frierson, Membership Committee

At our February meeting we introduced the idea of “time banking” as a way of providing services within a community, using units of time (hours) instead of cash as the medium of exchange. I described the principles of time banking in the January newsletter, and will offer an example here of how one time bank system works in New York

TIME BANKING

The Visiting Nurse Service of NY (VNSNY) mission is to provide innovative services to their members that will enable individuals to function independently in their homes. New York City is a very diverse community, and the time bank model was developed as a way to build bridges, create new relationships, and tap hidden resources among the many ethnic and cultural aspects of the VNSNY service area.

The economics of time banking are simple: One hour of service = one earned credit. Credits are banked for each member, and redeemed for assistance as needed. Credits can be donated to others.

The system empowers members by recognizing, validating and rewarding their individual skills and contributions. Everyone has something valuable to offer, because preserving community is defined as “real work.” The need for reciprocity is recognized by emphasizing both providers and receivers. *(Article continues on back page)*

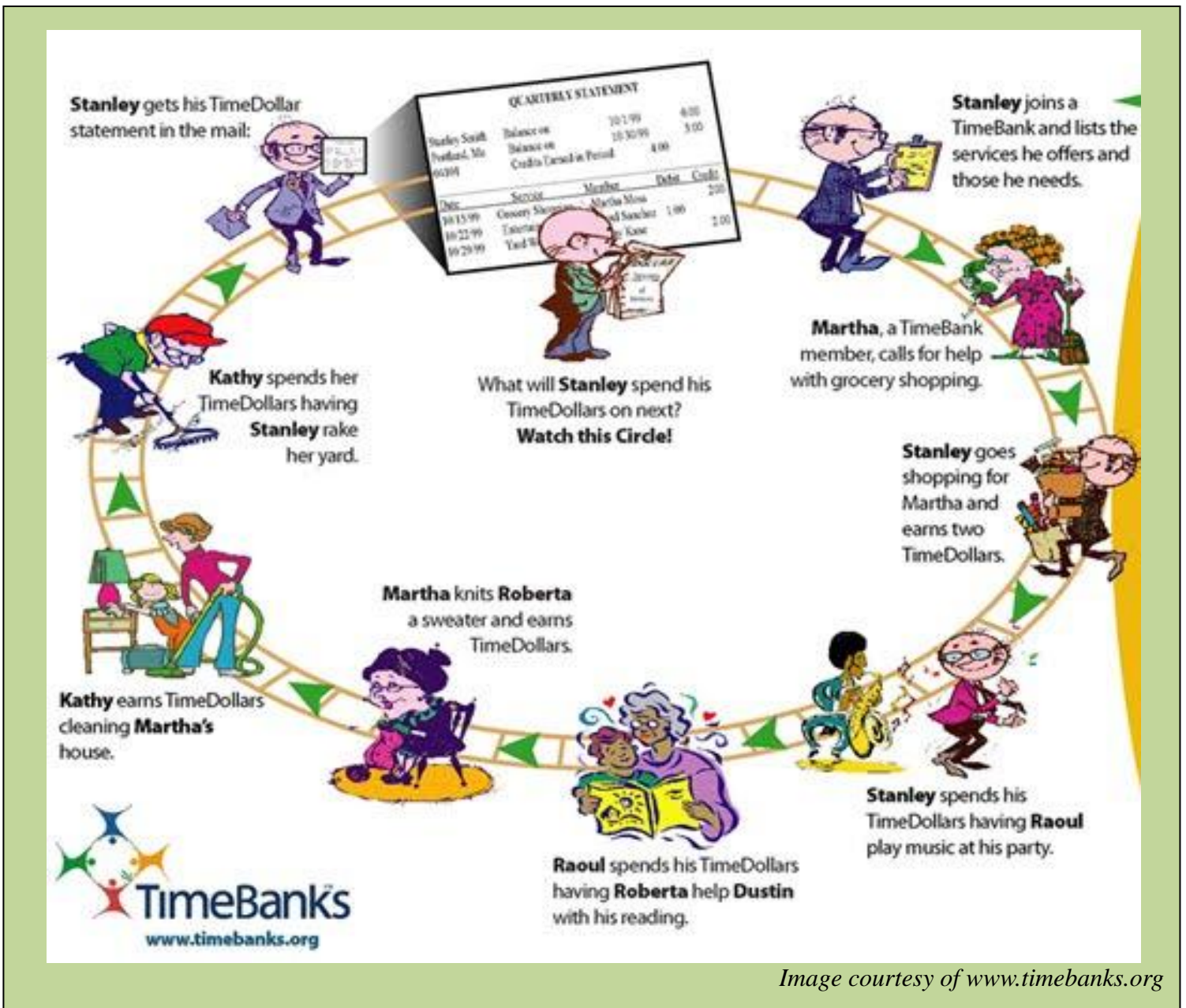


Image courtesy of www.timebanks.org

TIME BANKING

(Continued from page 3) The VNSNY time bank started in 2006 in upper Manhattan, and later expanded to lower Manhattan and Brooklyn. They currently have about 2,300 members enrolled. More than 100,000 hours of exchange have been recorded. They have 125 organizational partners (community centers, religious organizations, libraries, schools, government and service agencies), and 250 business partners offering services and discounts to members.

Members range in age from youth to well over 90. Two thirds of their time bank service matches have a 10+ year age difference, and over 20% have at least a 30 year age difference! What's wonderful is that many of these new relationships continue for years, even after the services are no longer needed.

Forty percent of the VNSNY time bank members had never previously volunteered in a formal way. Many older adults had not volunteered for many years. The benefits they experience by doing so include improvement in physical and mental health, financial savings, better access to health and community services, and finding it easier to ask for and receive assistance when they need it.

Members of all ages found that time banking made them feel more confident about aging in place. It increased trust and friendship among members, improved their quality of life, and provided opportunities for them to contribute to their community.

For more information you can visit the VNSNY website, www.vnsny.org/timebank. Some of our own KVVP members will be forming a task group to learn about time banking and how it might work for us. If you are interested and have not already signed up, please contact Barbara Frierson at 304 722-4731.



Larry Calhoun and his trusty truck waited for fellow walkers on a snowy day in February.

Airedale cavorting in the snow. So what have I learned today? ALWAYS postpone a walk if there is any active weather happening that day – last night 5 inches of fluffy snow fell.

CHANGE of VENUE for hike scheduled for Saturday, March 15th

The venue for the hike scheduled for March 15th to Green Bottom has been changed to the CCC Snipe Trail at Kanawha State Forest...same time, 1PM. I visited Green Bottom yesterday and although it would be OK for a pleasant flat walk, it would be a much better walk for late Spring for wildflowers and birds or Summer when the sight of thousands of water lilies, all in bloom at the same time, would be spectacular or in the Fall when colorful foliage would be everywhere.

Today I visited the Putnam County Park at Eleanor (across the river from Winfield) that I believe to be an ideal locale for the April hike which will tentatively be scheduled for Saturday, April 19th. The trails are easily accessible and have many possibilities for as strenuous or non-strenuous a hike as anyone could want since there are several parallel trails at different elevations all along the hillsides behind Eleanor. There are 20 foot tall rock cliffs with trails both below and above them in addition to trails leading into wooded ravines cutting back into the hillside. I was told today that there are presently 6 miles of trails there with another 12 miles in development. I look forward to seeing you there. Bring a picnic lunch if you want and we'll pause somewhere mid-trail for a snack....that is, if the weather is right. ~ *More musings on walks by Larry Calhoun can be found on our webpage www.kvvp.org*

Choosing a Hiking Trail 101

February 15th – 1:30PM - There's a small station wagon slowly crawling through the fresh snow coming into the parking lot. Could it be one of the intrepid hikers from KVVP? Maybe, maybe, they come closer as I stare through the windshield of the truck over the KVVP sign I've propped up on the dashboard hoping that they would drive in front of me looking for the sign. No, it was not to be – they parked at the end of the lot and started off in the other direction with their



2-28-2014 Larry Calhoun on his test hike: Tried out another trail today - the Mary Ingles trail not far from John Amos. We did 2 miles one way and then turned around and did 2 miles back to the cars. Windy & cold but still a good hike. I am sore this evening. Photo: L - R: Sue Pahl, Karen Sylvester, Lois Ludwig, Dave Pahl (Lois is a member of a hiking club in Kanawha County)