



The Kanawha Valley Village People

News from
The

Villager

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State of the Village 2014

By Ellen Archibald

Ed. Note: This State of the Village address was presented at the First Annual Meeting of the KVVP on 5 May 2014 by out-going KVVP Interim Board of Directors President, Ellen Archibald.

After the Steering Committee, led by Hazel Palmer, James Thibeault, Marilyn Witbeck, Barbara Frierson, and later Larry Rowe, got KVVP off the ground and incorporated, you elected eight of us as the Transition Board, to serve until this first Annual Meeting.

The Board elected me President, Chris Daugherty as Treasurer, Lonna Barker as Vice-President, and Melora Cann as Secretary. Now I present the **State of the Village** in May 2014. The Board has met monthly since October 2013. It's been exciting to set up our new nonprofit! KVVP will never represent all seniors, but the more widely we're known and the more active our Village becomes in civic life, the more we'll all have a chance to influence how the Kanawha Valley sees and treats elders as we age in place.

I thank every Board member for your time and commitment - I'm sure some felt ready to **be** committed, but everyone has kept on, and has kept thinking of new ideas!

- Had Marilyn Witbeck not led recruiting and planned programs to draw members, you might not be here, and we wouldn't have 49 dues-paying members.

- Karen Glazier and Sue Westfall have set up Hale House for membership meetings; at our August 2013 meeting, they spoke about end-of-life planning, a really important subject for people our age!

- Larry Rowe not only did the incorporation papers but also drafted our Bylaws.

- KVVP wouldn't have reached this point, had Mel Cann not created *The Villager* newsletter. We use *The Villager* both to get news out to members and as a tool to show potential members what KVVP is doing.

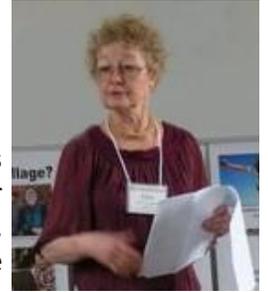
- Lonna Barker, our V-P, organized a KVVP meeting at Kenna Homes, South Charleston, to discuss KVVP members' needs and wants. Ideas raised at that meeting are helping the Resource Committee create our service provider list.

- Chris Daugherty took on the daunting job of Treasurer - she's followed up on our original grant money, researched KVVP's income and expenses, and created its accounting system.

- I drafted nonprofit governance policies that the Board recently adopted - all Charter members received an email with the 5 policies, which cover Whistleblower Protection, Conflict of Interest, Document Management, Payment or Reimbursement of Individuals' Expenses for KVVP, and Privacy. So why do we need these policies now, at this early stage?

First, the policies are basic to good nonprofit governance. And, second, we want to obtain 501(c)(3) tax-exempt charity status, which will allow KVVP to buy goods or services without sales tax, will allow members to deduct gifts to KVVP on their tax returns, and will help if KVVP decides to seek grants in future. IRS requires a nonprofit to have certain policies before applying to be a 501(c)(3).

State of the Village Address continues on page 2



Ellen Archibald photo by Sue Westfall



A Little Vinyl Night Music!

If you weren't with us for Vinyl Night, held on March 28 at the Hale House, and organized by Hazel and John Palmer (see above), you missed a great musical party!

Photo by Ellen Archibald **Read more about it on page 4.**

SOCIAL MEMBERSHIP MEETING

1 p.m. Saturday, 7 June 2014
Time for a Picnic!

Meet us at Little Creek Park
of South Charleston, Shelter No.9
Join us for a Picnic Potluck and Musical
Fun, so please bring your musical talent!

**Our meetings are open to the public,
everyone is welcome**

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www.kvvp.org

State of the Village 2014 Address continued from page 1:

I want to celebrate KVVP's initiatives:

Fun and Socializing: John and Hazel Palmer did a survey to ask what we'd like KVVP to offer. Since then, for example, walkers have walked together several times. John and Hazel organized Vinyl Night on March 28 - those of us who brought our old records to Hale House really enjoyed the '60's music and Tom Lehrer's satire on John's record player. Hazel has started a group mystery novel with KVVP members as characters. Once it's finished, we authors will read it aloud - plan to come and find out what happens to you in our mystery!

Resource Committee: Ruth Zika heads the Resource Committee, which is putting together what I call The List. We hope to complete the initial List by late 2014 - it'll have names and contact info for paid service providers whom members have used and liked, but neither KVVP nor any member will take responsibility for provider services to anyone else. The List will grow as members suggest more providers and types of services; we hope everything from home health care and other personal services to house cleaning and repairs. Longer term, the Resource Committee plans to seek discounts for members who use listed providers. The List, and any discount, will be valuable membership benefits, available only to Village members.

Keeping in touch with each other: In December 2012, a telephone tree was proposed, for once-a-month calls to let members know about the next KVVP meeting and more. The phone tree isn't yet fully active, but it'll help members keep in touch, build social relationships, and be sure members aren't in crisis or help them find help for a crisis.

Outreach: In December 2013, Chris Daugherty arranged Board training and a great general membership meeting with Sara Gould, who came from New York to explain how her organization, *Caring Across Generations*, is networking with home health care workers, their clients, and people like us who may someday need to hire such workers.

Last week, KVVP displayed information and talked with social workers at the annual Social Workers convention at the Civic Center. Mel Cann, Chuck Daugherty, Fran Simone, Kathryn Stone, Maggie McCabe, Robin Wilson, Marilyn Witbeck, Phil Schenk, Ruth Zika, and Susan Mollohan staffed our booth providing great outreach!

Networking: Back in October 2012, James Thibeault and Barbara Frierson attended the National Village to Village Network convention in Atlanta - they came back thrilled with what they learned and delighted that they'd help to start our village in West Virginia. KVVP is now a member of the national group - next year's convention will be in Washington DC, and we hope at least a few Board members will be able to represent us there. We know there is another village in West Virginia: Shepherdstown Area Independent Living, known as SAIL. The Board looks forward to meeting one of SAIL's leaders when she's here in June, and we and SAIL plan to co-present the village concept at two conferences this fall.

In conclusion, we're on the way, but there's lots to do. We need you as KVVP members to help. Please volunteer a bit of time for at least one committee. We need volunteers. Think about how you can help put KVVP on a strong footing.



Larry Rowe, Marilyn Witbeck, Hazel Palmer, James Thibeault, of the original KVVP Steering Committee (missing Barbara Frierson), were honored with recognition at the First Annual KVVP Meeting.



Kenna Homes Meeting in March a Great Success!

Lonna Barker (left) led KVVP members, including Chuck Daugherty and Mike Harman (above right), in a thoughtful exploration of how the KVVP can best serve its members.

According to Lonna, "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."

On March 23, members gathered at Kenna Homes Community Center in South Charleston, to discuss personal life experiences and wishes inventory. Do you have a bucket list? That was one of the questions on the inventory; this brought 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 are helping our organization identify how to meet the needs and wishes of our membership.

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.



Meet Your New Board and Officers!

At the first Annual Meeting of the Kanawha Valley Village People on 4 May 2014, members elected a regular Board of Directors which now replaces the transitional board that was in place from October 2013 through May 2014. The newly elected board met briefly as the other members departed the meeting. A simple lottery was prepared, with the understanding that there be two members with one year terms, three members with two year terms, and three members with three year terms, as explained by Larry Rowe. This will ensure that for all future annual elections, only a portion of the board seats will be up for election, thus creating continuity of purpose.



Marilyn Witbeck
President

Marilyn Witbeck, Charleston: A retired civil servant, I was a part of a team in higher education, especially student services. Upon retirement I relocated to West Virginia where I live independently in my own home. I have served KVVP as a Steering Committee member, 2012-13; Membership Committee Chair, 2012 - present; member of Transition Board, 2013 - present. I look forward to participating in the KVVP for many years to come. Term 2 years.

Susan Mollohan, Charleston: I have followed the Beacon Hill Village development for several years wishing we could have something similar. I see my involvement in KVVP as a chance to help develop that opportunity. Retired after 40+ years in nonprofit administration and serving on other boards, I offer my experience in moving the organization forward toward later life goals while maintaining our independence. Term 1 year.



Susan Mollohan
Vice-President



Melora Cann
Secretary

Christine Daugherty, Charleston: I have been involved in creating and maintaining community-based organizations, including organizations to promote civil rights, women's rights, a Lincoln County rural kids' camp, work overseas, and now KVVP, which promises to help us stay in our own homes as we age. As Treasurer this 1st year, I am delighted to use my organization development skills to set KVVP on a path to financial health. Term 3 years.

Melora Cann, Pinch: A retired overseas educator and union activist, I have enjoyed involvement in the Village movement since 2007. I strongly believe in the potential and the need for a grass-roots organization of neighbors helping neighbors age-in-place. Active with KVVP since 2012, I edit our newsletter, manage our email, and chair the Communications Committee. Term 2 years.



Christine Daugherty
Treasurer



Karen Glazier

Karen Glazier, Malden: I have worked in the field of aging for 30+ years, as an Outreach Worker, now as director/owner of a small assisted living home. I have heard of the need for innovative programs for aging Baby Boomers. The "Village" concept is exciting, especially its grass roots nature. I want to see KVVP grow relationships between members so that we can feel comfortable sharing our skills and talents with one another. Term 1 year.

Sue Westfall, Charleston: I am a family physician at Cabin Creek Health Systems, Dawes, WV. It has been exciting and challenging to be involved with KVVP as we develop an organization and network of people and services to optimize quality of life as we age. Serving on the Transition Board has been a new and enriching experience, and I hope that I will be able to be of service. Term 3 years.



Sue Westfall



Liz Nix

Liz Nix, Charleston: After attending a couple of KVVP meetings, I realized that this organization is what I am looking for. Neither I nor my husband have relatives in West Virginia and are eager to continue our independence. Now that I am retired from 30 years as financial manager of a women's health clinic and from my painting & wallpapering business, I would like to put my organizational skills to work for KVVP. Term 3 years.

Fran Simone, South Charleston: I read about the village community in Beacon Hill and thought it was a great idea. I was eager to find out more and have not been disappointed. If elected, I look forward to working with other KVVP members to develop programs, opportunities, social events and educational events and help recruit new KVVP members. Term 2 years.



Fran Simone



Singing along with a song! Photo by Karen Glazier

The experimental social event based on resurrecting music from old long playing (33 1/3) records to stimulate nostalgia was a success, albeit in an unexpected way. Rather than a sort of cabaret where listening, singing, and dancing were a central focus, there were several tables (three, I think – 16 attendees) of folks mostly conversing but occasionally tuning in to the music. In other words, it turned out to be a party, which lasted three and one-half hours!

Break-throughs occurred when the music featured a particularly bouncy tune (“Yellow Submarine”) or potent/wry social comment (“Flag Decal”) or racy toe-tapper (“Maybelline”). Several folks brought food and beverage to share; perhaps the most popular was a rum punch concoction put together by Hazel Palmer that was served to accompany the rhythms of Jimmy Buffet’s A1A album (side B). The unanticipated (by yours truly) most popular artist was probably Tom Lehrer whose trenchant but hilarious song stylings resonated even after half a century had passed. Towards the end of the affair, rather than pick out individual songs, longer sequences were played (*Bridge Over Troubled Water*; *It’s A beautiful Day ...*). We hope to see more of you at future fun gatherings!

The Final Vinyl Report

By DJ J. Palmer

KANAWHA VALLEY TIME BANK OPENS!

Part 3 in a series by Barbara Frierson

On Friday, April 18, 2014, eleven “investors” began a pilot program of voluntary work exchange as members of the Kanawha Valley Time Bank.

Time banking is a reciprocal service exchange that uses time rather than money as the unit of value. One hour of a person's labor is equal in value to an hour of any other person's work, whether it is gardening, home repairs, providing a ride to the doctor, or coaching someone on using a computer. The person giving service earns a time credit for each hour worked and can exchange that credit for a service received from someone else.

In our test group, the services offered and desired range from twenty kinds of advice and assistance to nine aspects of yard work and gardening – with automotive, computer, home services, personal services, pet care and transportation in between.

The Time Bank Committee is co-facilitated by Larry Calhoun and Barbara Frierson. Kathryn Stone hosted the first meeting on April 9, where we talked about models of time banking in other Villages and decided to test it for ourselves. Each person made a list of skills and services they might offer to others in the group along with things they might need assistance with themselves. This list quickly grew to almost eighty activities – we have some very interesting and valuable skills among our small group!

Imagine how many resources we will have to share if the program expands to include more KVVP members and friends in the Kanawha Valley...

But first things first. Barbara and Larry developed recording forms for the service exchanges, compiled and organized the lists, and developed a process for efficiently matching givers and receivers. Community time banks around the country use computer software packages to track the hours and exchanges, and to generate reports from the data. Our pilot program will use a simple Excel timesheet which each member updates with their own exchange information, and Larry will compile the reports after the first month.

The Time Bank Committee will meet again on May 22 to review results and discuss what worked well and what processes need some adjustment. If we agree that the pilot is worth continuing, we will define a new test period and consider opening the program to a few more members. Eventually the committee may recommend to the Board that the KV Time Bank be incorporated into our Village on a full-time basis.

If you are interested in the time bank project, or would like to attend the meeting on May 22, please contact Larry Calhoun at kvvillageperson@gmail.com or call (304) 562-5964.

Have your read...

The Mystery of the Lost Memory?

No? Well, that is because it has not been written yet! KVVP will come to the rescue when some intrepid members will write the masterpiece of the century (or maybe the day). The final product will be read aloud and all of KVVP will be invited to the reading if they commit to applauding wildly at the end! Right now the KVVP Mystery writers are hard at work, under the leadership of Hazel Palmer. Stay tuned for more!



Larry Calhoun has been our hike leader for the past few months. With the April hike at Eleanor City Park in Putnam County over, Larry turns over the next walk to Marilyn Witbeck who leads a walk in May on the Davis Creek Trail in the Kanawha State Forest.