



News from

# The Villager

The Kanawha Valley Village People

January 20, 2015 Vol. 3, No. 1



## BOOK LOVERS TRADE EVENT

On January 11, the KVVP, with the organizing skills of member Hazel Palmer, enjoyed an afternoon of ‘loving’ books, describing these old ‘friends’ to share with new ones, and generally having a most excellent time! Members and guests all had opportunities to describe favorite books, then offer them for exchange! *(more inside)*

### Our Calendar

Feb. 14: Sex and Seniors in West Virginia – a study conducted by KVVP Member Ray Haning, 2-4 p.m., South Charleston Library, Room A

March 28: Clean Jokes Cocktail Party with Hazel and John Palmer, 2-4 p.m., site TBA

April: no program at this time

May 3: ANNUAL MEETING OF THE KVVP

## NEW MAILING ADDRESS!

Kanawha Valley Village People  
The Hale House in Malden, WV  
Contact Editor Melora Cann at  
[kvvillagepeople@gmail.com](mailto:kvvillagepeople@gmail.com)

P.O. Box 11742, Charleston, WV 25339  
Tel (304) 767-5774 or see us on the web:  
[www.kvvp.org](http://www.kvvp.org)

## NEW MINI-SUPPORT GRANT FROM WV PEL HELPS THE KVVP CONTINUE TO GROW

At the December 2014 meeting of the Board of the Kanawha Valley Village People, Treasurer Christine Daugherty reported to the Board on success in achieving a new mini-support grant of approximately \$5,000 from the West Virginia Partnership for Elder Living (PEL).

PEL Director Phil Schenk was instrumental in providing initial funding for the KVVP in 2012, through a grant written by then Steering Committee chair, Hazel Palmer. Now that our organization had moved into full non-profit status, become incorporated, and begun operating with a regular Board, we were ready to move forward towards our goals. Our Board developed an over-arching mission statement in the autumn of 2014:

*We are an inclusive member organization for seniors who choose to age in place and live independently. We enrich lives by connecting our members through support, resources and fun, using a variety of methods.*

In September 2014, Daugherty asked Schenk for help with start-up costs as we head into our first full year of operations. She prepared a proposal that first listed our accomplishments to date:

- Awarded our 501(c)(3) status in August 2014
- Bi-Monthly newsletters for the last full year
- Established and maintain a webpage ([www.kvvp.org](http://www.kvvp.org))
- Permanently elected a Board of Directors in April 2014 (as opposed to volunteers)
- 55\* paying charter members
- Outreach to Social Work Conference, Sacred Aging Fair, Village to Village Network membership (and participation in VtVN convention)
- Office and meeting space donated by West Virginia State College at Hale House in Malden
- Resource and Referral System activated in October 2014

Daugherty explained in the proposal that the KVVP anticipates eventually growing to be self-sustaining but for the proposal submitted a budget to help us in our first full year of operation (2015). The funds will be used to set up the office for the KVVP at the Hale House, start-up costs, and maintenance and be able to fully utilize the space at the Hale House for volunteers and member meetings. *(continues inside)*

\*Note this is for Charter Members; the number does not reflect current 2015 Membership

**The Membership Agreement / Application Form is now available on our website, [www.kvvp.org](http://www.kvvp.org).**

PEL GRANT (continued from front page)

Daugherty presented PEL with a list of 2015 projected expenses to cover costs at the Hale House, start-up costs, and maintenance costs:

Description of items / activities	Cost
Desk and chair – used from Habitat ReStore	\$500
IRS fee for 501(c)(3) application	\$400
Village to Village Conference for two people	\$2,000
Organizational Membership – Village to Village	\$375
Office Supplies	\$400
Software and web page	\$400
Lawnmower	\$150
Printing new brochures, etc	\$300
Facilitator for Strategic Planning session	\$500

**TOTAL \$5,025**

PEL Director Phil Schenk has accepted the KVVP’s proposal and for 2015, is providing the funding to cover the specific projected costs listed above. These items will help the organization to more fully establish itself, build connections within the national village movement, and locally spread the good news.

Congratulations, Christine! Job well done – and now the KVVP will continue to move forward and grow!



WVFACT panel: Janie Lou White, Gaylene Miller, Jane Marks, Nancy Tyler and moderator, Phil Schenk.

KVVP FIRST ANNUAL FINANCIAL REPORT	DEC. 31, 2014
<b>Income - 2014</b>	<b>Income - 2014</b>
2014 PEL Grant	5,025.00
Remainder Of PEL Grant To KVVP In 2013	4,183.03
Fundraising	1,132.40
Memberships (Dec For 2015)	5,755.00
Donations	610.00
<b>Total Income</b>	<b>16,705.43</b>
<b>Donations</b>	
Office Supplies	74.60
In-Kind - Newsletter Printing by Good Living, LLC	772.15
Furniture - Lonna Barker	700.00
<b>Total Donations</b>	<b>1,472.15</b>
<b>Expenses 2014</b>	
Software - For Computer And Web Page	303.34
P.O. Box/Mail And Extra Key	87.00
Office Supplies	285.05
Membership To Village People Network.	750.00
2014 Conference Registration And Expenses	1,693.96
Printing	575.63
Annual Payment - Secretary Of State's Office	25.00
Equipment - Lawn Mower	150.75
IRS Application Fee For 501(c)(3)	400.00
NASW Booth Fee	50.00
Board Retreat And Expenses	123.11
<b>Total Expenses</b>	<b>4,443.84</b>

Publication of the KVVP *Villager* newsletter in 2014 was sponsored by Good Living LLC of Malden., WV.



The KVVP appreciates the generous support in 2014 by Good Living, LLC

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



The KVVP continues to use the Hale House with gratitude to WVSU

## Join the KVVP as We Plan on Studying Sex on Valentine's Day, 2015

Studying Sex on Valentine's Day, 2015 is the topic of our February 14, 2015 meeting from 2-4 PM in Room A of the South Charleston Library. The event will be a fun talk about human sexuality studies including those focusing on sex among seniors, but participation in the study will not occur on the event day. Sign-up sheets and potential dates for actual study participation will be provided on site.

– by Ray Haning, a KVVP Member



WV PEL Director Phil Schenk (a KVVP member!) and KVVP President Marilyn Witbeck in front of the KVVP Display at the November 2014 WV PEL Partner Summit at the University of Charleston. – photo by Mel

## 2014 WVPEL Partner Summit: "Looking for the Future of Aging and Caregiving"

*Thank you to everyone who joined us on this journey.*

The 5th Annual WVPEL Partner Summit took place on Thursday, Nov. 20th at the University of Charleston's Geary Student Union ballroom and the reviews indicate that we did a good job! Thank you to all who attended.

The distinguished WV Future of Aging and Caregiving Taskforce panel, consisting of Jane Marks (Sandwich Caring), Gaylene Miller (AARP-WV), Nancy Tyler (WVPEL Consultant), and Janie Lou White (Preston Seniors), provided the audience with information on the concept and development of the WVFACT group and the potential impact WVFACT could have. While the goals the group seeks to achieve seem high, establishing dialogue and promoting cooperation among the entities involved in the care of our elders is a wonderful beginning. Moderator Phil Schenk, Director of WVPEL, asked the attendees to provide their insight and vision as to what issues and goals WVFACT should take on in the near future.

~ Report by the WV Partnership for Elder Living

## Wish you could live better with your ailments?

If you're 50 or 60 with GERD or asthma, or 70 with those plus arthritis, heart problems or diabetes, consider Stanford University's Chronic Disease Self Management Program (CDSMP), sponsored in West Virginia by Marshall University. CDSMP is a workshop for people who live with any chronic condition. "People who live with a chronic condition" includes partners or caregivers.

Your condition might be arthritis, asthma, bipolar disorder, cancer, developing dementia, diabetes, heart disease, or any other ongoing condition that can impair our lives and decrease our sense of self-control. Regardless of the condition, people have similar problems and concerns, face similar challenges, and can learn how better to manage the condition and its day to day consequences.

CDSMP's structured approach teaches specific skills to deal with such issues and increase control of life with a chronic condition. KVVP Member Ellen Archibald, a licensed CDSMP leader, says that a CDSMP workshop works best with 8 to 12 people, who meet 2 hours/week for 6 weeks. Ellen and Pam King, also a licensed CDSMP leader, welcome your interest and hope to co-lead a CDSMP workshop in the spring. For more information, please contact Ellen Archibald after the holidays

- Ellen Archibald, a KVVP Member

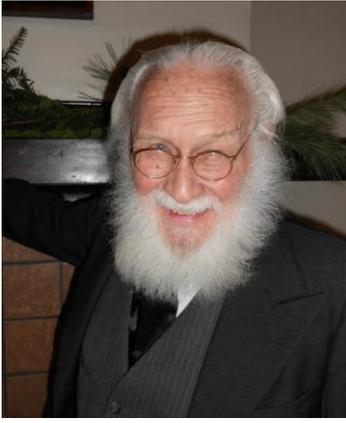
**HEAR YE! HEAR YE!!**

**Kanawha Valley Village People  
(at the time of this newsletter)  
Have FIFTY-FOUR members  
for the New Year!!**

**That was our initial goal.  
Now help us exceed our goal.  
We look forward to hearing from you. Let  
us know if  
you need a membership form.  
Write us a check for  
a full year membership (\$120 per person)  
or for one-half year for \$60.**

**Then you will be privy to our list  
for Household help,  
handymen / women, and all other  
manner of help for  
AGING IN PLACE!!  
And lots Of new friends  
and  
Fun for the new year!!**

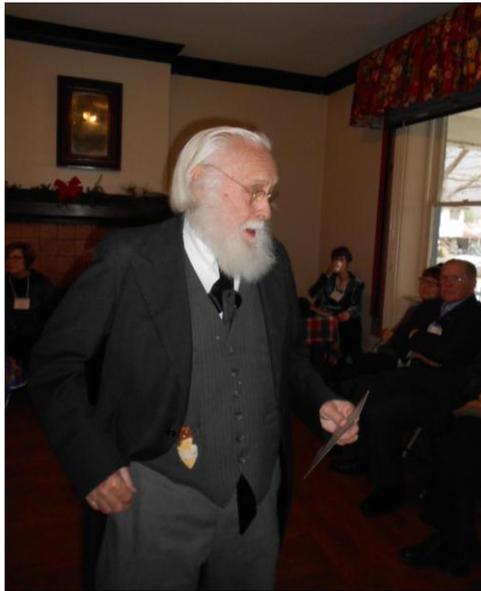
~ Christine Daugherty  
KVVP Treasurer



# WE HAD A GREAT CELEBRATION!

If you weren't with us at the Hale House on December 14, you missed out on Dr. Hale's chat with us and a lovely party with plenty of good food, good conversation, and great fellowship! Bob Weiford was our guest presenter portraying Dr. John C. Hale, one of the founders of the city of Charleston. Dr. Hale, a great grandson of Mary Draper Engels, arrived in the valley 1840 and was instrumental in the city's growth. Bob brought Dr. Hale to life right there in Hale's own home! We also had time for questions and discussions with Bob, still in character as Dr. Hale, and then ate 'til we burst. Hazel and John Palmer, true book lovers, arranged for an early book-trade table to precede their January Book Lovers Trade Event. Plan on being with us for our next adventure – Studying Sex on Valentine's Day!

Above & below, Bob Weiford poses, in costume as John C. Hale, at the fireplace in the front room of the Hale House.



We were so jam-packed, that some folks sat outside the doorway, even on the stairs, just to listen to Bob's talk! We had books a-plenty, too, for the exchange.

...And then, to what did our wondering eyes appear? A surprise appearance by Bill Kimmons as Santa Claus!!



## PIPES FROZE? SPRUNG A LEAK?

Need a Plumber but don't know who to call? Ask us!

If you are a KVVP Member, call our volunteers to get a list of member-recommended service providers for what you need! Call:

Genie Thoenen 304 342-4829  
[geniethoenen@frontier.com](mailto:geniethoenen@frontier.com)

Kathryn Stone 304 342-1161  
[xkatwalkx@aol.com](mailto:xkatwalkx@aol.com)

...If you are **NOT** a KVVP member, now would be a good time to join! You can find a membership application online at our website: [www.kvvp.org](http://www.kvvp.org) or you can contact us via email at [kvvillagepeople@gmail.com](mailto:kvvillagepeople@gmail.com) and we'll send you the form!

## President's Corner, January 2015

I am happy to welcome new members Debbie and Bryan Eads, Sharon and Steven Jubelirer, Jo Matheney, and Nahla Nimeh-Lewis; and 48 returning members. Thanks to all of you. You can join the KVVP at any time, and I hope to see more members in the coming weeks. Membership forms, if you didn't receive one in the mail, are available on our website, [kvvp.org](http://kvvp.org).

The data from UC Berkeley research on villages shows that socially: 79% of village members know more people than they used to, 60% feel more connected with other people, 41% feel less lonely and 37% leave their homes more than they used to. In the area of well-being: 51% report improved quality of life, 46% say they are happier and 35% say their health is better. In the area of service access and efficiency impacts: 82% are more likely to know how to get assistance when they need it, 77% know more about community services, 44% use community services more, 29% have an easier time taking care of their homes and 25% have an easier time taking care of themselves.

What do we hope to achieve in 2015? Write to me with your ideas and they will be incorporated into our planning. Your ideas are important to me. The Board of Directors will meet on February 9<sup>th</sup>.

~ Marilyn Witbeck, KVVP President