



News from

The Villager

The Kanawha Valley Village People

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KVVP has been selected to participate in the

National Evaluation of Villages Feasibility Study

This is a study funded by The Retirement Research Foundation and conducted by the Center for the Advanced Studies of Aging Services, School of Social Welfare, University of California at Berkeley.

We are one of 20 Villages all over the country selected to be a part of this 18 month study. Early research results from the nine San Francisco Bay Area Villages are reported in the Power Point presentation noted in the last sentence. Now expanding to the whole country, we will be collecting data from you, our members. This is a great way for each of us to contribute to a body of knowledge, and to support the Village movement. In March and April, our members will take part in an initial interview survey, either in person or by telephone. A survey session for members only will occur on March 21 at the South Charleston Library, Room A, at 3 p.m. Members please RSVP as soon as possible to our email account kvvillagepeople@gmail.com. For the Study, check our website www.kvvp.org and look under "What's New" for more information including a link to view a Power Point Presentation about this study.

Why are we doing this?

1. To measure the impact of Village membership on seniors.
2. Your answers will suggest services we can offer you or learn ways we can improve our program.
3. To provide the National research project the perspective of a Village our size, age, and location. This will help "round out" information about the Village movement, showing that there are benefits to communities like ours and not just big cities where 400 members live within several blocks of one another.
4. To have someone professional analyze the data on our Village with the possibility of specifically benefiting our operations.
5. Research conducted earlier with nine Villages has led to a number of nationwide benefits. It has been used to raise money for the Village movement, to influence some changes in local support from cities and counties for Villages, and to gain support from hospitals and medical providers.
6. Confidentiality is ensured. The only KVVP member who will see your answers is the person who will conduct your interview.



With musical entertainment courtesy of a local Charleston Barbershop Quartet (above), we celebrated Feb.14; our meeting included KVVP member Ray Haning (below) presenting, "Studying Sex on Valentine's Day" - a review Kinsey's landmark study. Photos by Sue Westfall



Our Calendar *Information inside >>>*

March 21: **Members Only** Survey Workshop at the South Charleston Library, 3 p.m.

March 28: Clean Jokes Cocktail Party with Hazel and John Palmer, 3-5 p.m., Unity of Kanawha Valley, 804 Myrtle Road, Charleston

April 28: CDSMP (Chronic Disease Self-Mgt.) presentation, 2-4 p.m. location TBA

May 3: ANNUAL MEETING of the KVVP at the African Zion Baptist Church, Malden; after the meeting, social time at the Hale House.

Kanawha Valley Village People
The Hale House in Malden, WV
Contact Editor Melora Cann at
kvvillagepeople@gmail.com

P.O. Box 11742, Charleston, WV 25339
Tel (304) 767-5774 or see us on the web:

www.kvvp.org

The World Reshaped: The end of the population pyramid

An excerpt from an article by John Parker, Environment Editor, The Economist
"Between 2015 and 2060, the number of 60- to 79-year-olds will increase by 111 billion, or 131%. That is five times the increase in the number of children and teenagers, which will rise by only 220m, or 9%. The numbers of the oldest people of all (those above 85, here lumped together in one bar) will rise at the fastest rate of all (by 281% in 2015 – 2060), but from a much lower base, so they do not add as many people to the total.

"For all of history, humans have lived in societies dominated (in numbers at least) by children. By 2060 children will be barely more numerous than any other age group up to 65. And looking after parents and grandparents will be as big a, or a bigger, social requirement as bringing up children and grandchildren. The year 2015 is, roughly, the halfway point in this astounding transformation."

The Membership Agreement / Application Form is now available on our website, www.kvvp.org.

SHAKESPEARE? JAZZ? CHAMBER MUSIC IN THE COUNTRY?

By Ellen Archibald



KVVP members seem to enjoy plays, concerts, and travel. So how many of us would sign up for a KVVP trip in early summer? Here are a couple of options for your consideration: Trip to the American Shakespeare Center (ASC), Staunton VA, about 3½ hours from Charleston; and, a trip to Garth Newel Music Center, Hot Springs VA, about 2 hours from Charleston.

The American Shakespeare Company's Staunton theatre is a replica of Shakespeare's 16th century Blackfriars Playhouse in London, England. You may've seen *Macbeth* when ASC came to Charleston during the 2014 FestivALL. In Staunton, ASC will present *Much Ado About Nothing*, *Hamlet*, and others in the summer 2015. Depending upon arrangements, members could see one or two plays if staying one night, or two to four plays if staying two nights. Tickets would cost 20% less if at least fifteen KVVP members signed up. The Garth Newel Music Center offers music "from classical to jazz and more" in a garden setting. Summer offerings aren't yet posted, but a two-day (one overnight) Garth Newell trip would work. We are estimating the following costs:

- ASC, Staunton - \$250 to \$300 for 1 night (1 play ticket, dinner, car travel expense, hotel with included light breakfast);
- Garth Newell Music Center, Hot Springs - around \$250 for 1 night (1 concert ticket, dinner, car travel expense, hotel with included light breakfast). **Please let KVVP's Resources Group know if you are interested** at kvillagepeople@gmail.com, or calling Barbara Frierson at 304-722-4731. You must be a KVVP member.

See <http://www.americanshakespearecenter.com/v.php?pg=1> and <http://www.garthnewel.org/Events.aspx> for more information on these two locations and their schedules.

2014-2015 KVVP Board of Directors

as elected at Annual Meeting in May 2014

Terms of service (years) were drawn by straws for the first year of a regular board of directors in order to provide staggered terms; all future terms will be three years. Officers were elected at the first Board Meeting.

Name	Position	Year(s) of Term	Date Term Expires
Witbeck, Marilyn	President	2	May 2016
Mollohan, Susan	Vice-President	1	May 2015
Daugherty, Christine	Treasurer	3	May 2017
Cann, Melora	Secretary	2	May 2016
Glazier, Karen	Board Member	1	May 2015
Nix, Liz	Board Member	3	May 2017
Simone, Fran	Board Member	2	May 2016
Westfall, Sue	Board Member	3	May 2017

NOTICE OF KVVP BOARD ELECTION

*Nomination Information from the 2015 KVVP Nominating Committee
(Ellen Archibald (chair), John Palmer, Ruth Zika)*

KVVP's Bylaws provide for an Annual Meeting each May and an election to fill open Board seats. At this year's Annual Meeting on Sunday, May 3, 2015, KVVP members will have a chance to elect three (3) Board members, each for a three (3) year term.

The Nominating Committee is excited at the enthusiasm about our Board! We present five (5) nominees, including two (2) current Board members whose terms are ending and are running again:

Karen Glazier (incumbent)	Bill Hairston
Joe Jarrell	Susan Mollohan (incumbent)
Barbara Smith	

KVVP members may nominate others by contacting Melora Cann, Secretary of the Board, before or at the Annual Meeting, as long as the nominee has consented to run. Contact Mel through kvillagepeople@gmail.com.

The Nominating Committee Chair will ask each candidate to submit a brief (three sentences or less) self-introduction & a one - sentence statement of the nominee's hope for KVVP in the coming year. for publication in the KVVP *eBulletin*.

Science says that Laughter is a great health booster and it costs nothing!

Please join KVVP from 3-5 p.m., Saturday, March 28, for

Clean Joke Cocktail Hour!!

It will be held at the Unity of Kanawha Valley,
just off Bridge Road at 804 Myrtle Road
in the South Hills of Charleston.

Bring whatever you like to drink, finger food and clean jokes!! You are guaranteed to feel great! You don't even need your insurance card to participate!!

Oh, and what do you call a mushroom who likes to party? A Fungi to be with!!

The Teacher asked her students what "terminal illness" means. Johnny answered, "when you feel ill at the airport."

Okay, you may groan, but not from pain!! Cheers,
Hazel Palmer



Sue Westfall (left) and Susan Mollohan (right) set up refreshments for the February meeting on Valentine's Day. Photos by Liz Nix and Karen Glazier

HIDDEN TREASURES – The KVVP Website

By Barbara Frierson

Hiding in plain sight for the world to see, our Village's beautiful website at www.kvvp.org is a real work of art. People and Villages all over the country have complimented us for the depth and variety of resources our site contains – but when was the last time YOU visited or contributed to this treasure trove?

Webmaster Susan Mollohan took over management of the site about six months ago, when our original designer resigned. Susan acknowledges that keeping it accurate and up to date is more than a one-person job. “This website – and any other successful site – is dynamic. It's always changing; otherwise it fails in its mission. It needs constant input and review by more than my eyes to keep the site useful to members and non-members.”

So please consider this an engraved invitation to explore for useful nuggets! Give Susan feedback on what you find, and guidance on what else you'd like to see on our web page. All suggestions and comments can be called in to our office at 304-767-5774 or emailed to kvvillagepeople@gmail.com.

Here are a few gems that caught my attention recently. From the bottom of the KVVP Home Page, you can use the Jump Menu to go directly to any of these, and many more:

DISCOUNTS. Who doesn't like saving 5 or 10% on restaurant meals, retail purchases, and everything else?? On this page you can find dozens of local businesses offering senior discounts. Do you know of others? Let us know, and we'll add them to the list.

UPCOMING EVENTS. Here you'll get the scoop on coming Village events and other activities in the area that might be of interest to you. Have an event you want to post? Send it to us as soon as you can.

MED INFO FORM. Now here's a fabulous deal for Village members that's worth its weight in gold! From this page you can download a medical information form that has everything emergency room or ambulance staff needs to know about your medical conditions, Power of Attorney, emergency contacts, medications, and personal physicians. You can fill in the form and keep it with your important papers. But the best part is – a version of this form can be folded to wallet size and carried with you every time you leave home! I've had one in my purse for over a year – what's in YOUR wallet??

KANAWHA VALLEY TIMEBANK. You know this page is one of my personal favorites, right? A group of us started the TimeBank just about a year ago, to exchange volunteer services and neighborly support among ourselves. The TimeBank is not yet formally affiliated with KVVP, but many Village members are also TimeBank members. You do not have to be a Village member to join and use the TimeBank! It's FREE – check it out.

Our website has it all. From ADVANCE CARE planning and directives and BYLAWS of KVVP, Inc. through help finding LONG TERM CARE for loved ones and back issues of THE VILLAGER, to WHAT'S NEW and WHO WE ARE on the Board of Directors.

Do yourself a favor, and add www.kvvp.org to your computer's Bookmarks or Favorites. Hunt there for treasures at your leisure, and let us know what you find!

WWW.KVVP.ORG

MEDICAL INFORMATION FORM / MEDICAL INFORMATION CARD

by Susan Mollohan

Hot off the (electronic) presses we have a new Medical Information Form and a new Medical Information Card on the KVVP website. What makes this form and card so special? Well. You download the form and card to your computer. You fill out the form and card on your computer. And you print and save it right on your computer. That means when revisions are needed such as a new doctor, a new allergy, a new address you just bring up your form on your computer, make the changes, save and print.

What are the Medical Information Form and the Medical Information Card good for? Both are handy when you're seeing a new doctor for the first time or making an ER visit. The Medical Information Card folds up to fit in your wallet or on your refrigerator.

The Medical Information Form and Medical Information Card are in PDF format. To use them effectively you need to check the version of your Adobe Reader program. If it's not Adobe Reader XI you will need to download Adobe Reader XI at www.adobe.com/products/reader.html. Once you have the updated version of Adobe Reader you can visit the KVVP website (www.kvvp.org), look under member benefits/Med Info Form.

Or just click on <http://www.kvvp.org/index.php/med-info-form/>.



OLLI is coming to Charleston!

OLLI is the *Osher Lifelong Learning Institute* based within the School of Public Health at WVU, a community of adults aged 50 and older who wish to stay mentally alert and active through opportunities for social interaction as well as mental and cultural stimulation.

Courses such as Harp Music in Latin America, Exploring the Lap Dulcimer, Help with Your Electronics, and How Engineers Solve Problems were among the more than 50 learning opportunities available through OLLI's Winter 2015 session. OLLI will hold a Charleston "Kickoff" on April 14th, 5 to 7 p.m., in the WVU Building on the CAMC Memorial Campus. There will be three mini-lectures available, refreshments and information on how to become a part of OLLI in Charleston. Watch for more information through the website and eBulletin. In the meantime, visit OLLI's website www.olliatwvu.org and learn more about the program. Check our website www.kvvp.org and look under "What's New" for more information.

OLLI at WVU - for the joy of learning, because curiosity never retires.

Director Angela Faulkner-Van Deysen states that the Osher Lifelong Learning Institute at WVU, known as OLLI at WVU, is a membership organization, housed within the School of Public Health at West Virginia University that recognizes the unique experiences, capabilities and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation and collaborative leadership and we are currently planning programming designed for people age 50 or older for a pilot satellite site in Charleston, WV. To facilitate the expansion, a *Kick-Off Lecture & Reception* is being held on April 14 at 5 to 7 p.m. at the West Virginia University Building on the CAMC Campus.

OLLI at WVU is one of 121 institutes generously funded in part by Bernard and Barbara Osher. The couple believed it was important for people age 50 and over to continue academic exercises. The program includes lecture and volunteer opportunities, and differs from university-based education because classes are not for credit and there are no tests or homework. Faulkner-Van Deysen adds, "As the only OLLI in the state, I believe we have the talent, the resources and the knowledge from our population to establish a strong program in Charleston and we are looking for instructors to teach in Charleston between April 29 and May 22. We are using an abbreviated proposal request process for this term and are asking for a commitment form to be filled out by March 20, 2015." For this term, through collaboration and partnership with Dr. John C. Linton, Associate Vice President and Dean, School of Medicine and West Virginia University / Charleston, OLLI at WVU, Charleston courses will be held at WVU/ Charleston (The West Virginia University Building on the CAMC Campus) 3100 MacCorkle Avenue SE, Charleston, WV 25304.

Faulkner-Van Deysen encourages, "If you would enjoy being a member or presenting at OLLI at WVU, Charleston, Olli will be requesting proposals for both locations beginning in April for Summer Term 2015. If you are interested in becoming a member and joining OLLI at WVU, Charleston, the Spring Term will begin April 29. Forms and the course selections for spring will be available online at www.olliatwvu.org or call our office to be added to our mailing lists."

For the convenience of Charlestonians who may not wish to submit forms electronically, Instructor and Membership forms, registration and dues may be submitted to the Librarian at the West Virginia University Health Science Center Library located on the first floor of the WVU Building on the CAMC Campus.

Please call the WVU OLLI office at 304-293-1793 or send them an email to: learners@hsc.wvu.edu if you have any questions or special requests. "Thank you for sharing your passion, skills and knowledge with OLLI at West Virginia University. We are excited to include you as part of our lively, diverse, joyful learning community. See you on April 14!" ~ Angela Faulkner-Van Deysen, Director, Osher Lifelong Learning Institute at West Virginia University, tel. 304-293-1793.

Does your spring garden need help?

Need a landscaper 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

Kathryn Stone 304 342-1161
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 or you can contact us via email at kvvillagepeople@gmail.com and we'll send you the form!

Honoring our volunteer database manager!



Our Database Manager Ann Mathews

Applause and thanks to our wonderful database manager, Ann Mathews!

When we needed a list of random ID numbers, she had created it. Mail merge, labels, adding new information regularly. Ann has it. You can bet that her number of volunteer hours for the KVVP exceeds that of most of us. Quietly, and without any elected status, Ann has been a bright spot in many of our days. And we really appreciate how good she can make data look! While you won't see her name as an elected officer, she is at the heart of all we do. Here's to Ann Mathews, volunteer extraordinaire!

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



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