



News from

The Villager

The Kanawha Valley Village People

May 20, 2015 Vol. 3, No. 3

The State of the Village in 2015

By Marilyn Witbeck, 2014-15 KVVP President



Hazel and John Palmer organized and led our "Clean Jokes and Cocktails" event in March. The laughter never stopped!

A year in review begins with last summer and a trip to the Berkshires for 10 members, with reports that it was lots of fun and culturally stimulating. A picnic at Little Creek Park last summer was one of our program-free events arranged by Hazel and John Palmer.

In October, our Resource Referral service went *live*. Three volunteers, Kathryn Stone, Genie Thoenen and Joan Wyson, agreed to handle all calls asking for recommendations for service providers in the many categories - this is an on-going service for members. Also in October, members enjoyed the "Reading of the Mystery of the Lost Memory," a Palmer organized effort, with lots of interesting chapters written by our own talented members, with every member of the KVVP included in the plot! October ended with the Board of Directors attending a Saturday all-day retreat where we looked at the year ahead and discussed a business plan.



Marilyn Witbeck speaking at the 2015 Annual Meeting of the KVVP, held at the Hale House in Malden.

November found Barbara Frierson and me representing the KVVP at the Village to Village Network (VtVN) annual conference in Washington, DC. We met representatives of Senators Capito and Manchin and shared information about the KVVP. At this conference, we heard about the World Health Organization's *Age Friendly Cities*, with the Mayor of the District of Columbia describing what it takes to become an 'age friendly city.' The 2015 conference will be in Seattle. December treated our members to 'Dr. Hale' enactor Bob Weiford who talked about 'his' life and years in the Hale House of Malden, now our headquarters.

The new year began in January, when we held the Book Lovers Trade event, organized by our great event planners, Hazel and John Palmer. February brought a Valentine's serenade by the Kordsmen and program with members Ray Haning and Hedda Haning who told us about a longitudinal research project on sex. March was Clean Jokes and Cocktails, again thought up by the Palmers. At least 20 of us got up to the mike and told jokes. Hazel's rum punch was a big hit and probably did add to the laughter. Our Membership Committee finalized our new Member Handbooks and they were made available to members for the first time at the March meeting.

A major task for our organization this year was to participate in the National Evaluation of Villages Feasibility Study created by the University of California at Berkley. On April 21, a group of members met at the South Charleston public library and filled out their surveys which volunteers then uploaded into the online survey system; these same volunteers also called lists of our members to conduct the survey via telephone before adding those results to the system as well. Kudos to our volunteers!

We have had speakers at events this past year including the Social Workers Conference, the Partnership for Elder Living Conference, and a Shepherd Center luncheon. (*Continues on page 3.*)



Ellen Archibald and Pam King presented information about CDSMP (Chronic Disease Self-Management) at our April general meeting.



Sue Westfall and Liz Nix counted the ballots as our members voted for Board members at the Annual Meeting in May.

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



We continue to use the Hale House with gratitude to WVSU.

**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

Membership Application Forms are available at www.kvvp.org.

Meet Your 2015-16 Board and Officers!

At the 2015 Annual Meeting of the Kanawha Valley Village People on 3 May 2015, members elected three Directors to the Board to fill positions vacated by ends of terms and by an unfilled position. All positions are now elected as three year term positions; the first year of the Board, positions – by a straw pulled lottery – were staggered to ensure that only a portion of the board would be up for election each succeeding year. The board, including newly elected members, met briefly following the Annual Meeting to elect officers and set a date for their next regular meeting. Meet your Board of Directors for 2015 – 2016!



Sue Westfall
President

Sue Westfall, Charleston: Remaining term on the Board: 2 years, and it expires May 2017. Sue was a member of the Interim Board of Directors and continued on to our regular Board. She also co-chairs our Hosting Committee for general meetings.

Susan Mollohan, Charleston: Elected 2015 for a 3 year term. This will be Susan's second term, and it expires May 2018. Susan has been our webmaster since 2014 and keeps it updated regularly; she also is working with our treasurer to attain insurance for our organization as a non-profit.



Susan Mollohan
Vice-President

Christine Daugherty, Charleston: Remaining term: 2 years, and it expires May 2017. Christine is our first and only Treasurer, She prepared our first annual budget for 2015 which was published in our January issue of the Villager. Christine headed the effort to attain our non-profit status with the IRS and maintains our standing with the state of West Virginia, Secretary of State's office.

Melora Cann, Pinch: Remaining term: 1 year, expires May 2016. Mel chairs the Communications Committee, managing our gmail account and publishing both our eBulletin and newsletter, The Villager. As secretary, she also maintains our archives.

Marilyn Witbeck, Charleston: Remaining term: 1 year, and it expires May 2016. Marilyn was our president for 2014-2015; she chairs the Membership Committee and has been responsible for forms, handbooks, and much of our program planning. She has represented us at the VtVN national conventions.

Karen Glazier, Malden: Elected 2015 for a 3 year term. This will be Karen's second term, and it expires May 2018. Karen co-chairs our Hosting Committee for general meetings and quietly maintains our Hale House facility / headquarters.

Liz Nix, Charleston: Remaining term: 2 years, and it expires May 2017. Liz has stepped in to assist with our Annual Meeting elections.

Fran Simone, South Charleston: Remaining term: 1 year, and it expires May 2016. Fran is in charge of our celebration of members' birthdays with greeting cards for each member as their birthday comes around!

Introducing our new Board Member, Joe Jarrell, Charleston: "As a former nursing home doctor, then clinic doctor, I have a history of trying to keep patients out of nursing homes and hospitals; I continue to have that as a goal. I am delighted that that the KVPP formed with the concept of helping people to age in place (stay in their own homes, as long as possible), and so we have mutual goals. Many of us will yet end up in nursing homes, but to delay that, as long as the person so desires, is a very good thing to do." Elected 2015 for a 3 year term, this will be Joe's first term, and it expires May 2018.

At the 2016 Annual Meeting, there will be three positions available as first terms expire for Melora Cann, Fran Simone, and Marilyn Witbeck. All three will be eligible to run for re-election should they so choose but any member of the KVVP may run for one of the three positions at that time.



Melora Cann
Secretary



Christine Daugherty
Treasurer



Karen Glazier



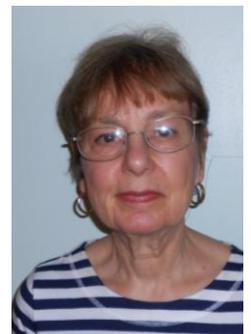
Marilyn Witbeck



Liz Nix



Joe Jarrell



Fran Simone

The State of the Village (continued from page 1)

Since our last Annual Meeting we've had two opportunities to collect input from members and here are some of the statistics. From our 2015 Membership Form with a total 58 members recording their responses, including 9 new members, we gathered information on identified needs. A quick summation showed that there were 19 people who said they wanted Computer & Technology Support, 6 Errands, 21 Home Maintenance, 27 Social Events, and 11 Transportation. We have identified a weekly workshop at the East End Resource Center for Computer & Technology support. Some of the listed needs may be met through the Kanawha Valley TimeBank. This is a newly formed group that grew out of the KVVP. You don't have to be a KVVP member to be in the TimeBank and we have several folks who are not KVVP members. I think their recent report showed over 100 exchanges since they began. They have some neat software to keep track of hours in and out and members of the TimeBank get a weekly report of who needs what and who is offering what. We signed up to participate in the National Evaluation of Villages Feasibility Study, and most of our members have now taken the survey, along with our new members. Because of your responses to the survey, we now have a lot of information about what people need, and want as well as how we are doing. I hope all of you who participated feel good about taking the time to complete the survey. There will be another one in 18 months. Has the Village made a difference in your lives? Twenty-four villages are participating, but a report shows just our Village's responses. I also hope you felt anonymous.

As part of the National Study, we were asked as a Village: will we still be in operation 10 years from now? The overwhelming response was YES!

Book Review

by Fran Simone

Atul Gawande, *Being Mortal*

Gawande is a surgeon who writes for *The New Yorker*. His book is a personal account of how we can live better with age-related frailty, illness and approaching death. He calls for a change in the philosophy and delivery of health care and chastises the medical profession for getting it all wrong. Instead of ensuring health and survival, doctors should "enable well-being."

Gawande provides many stories to help the reader get a good sense of what he means by "well-being" in the face of the body's eventual decline. In addition, he shares his journey with his father (also a physician) who had a tumor inside his spinal cord. The family had to make many difficult decisions from the initial diagnosis until his father's death.

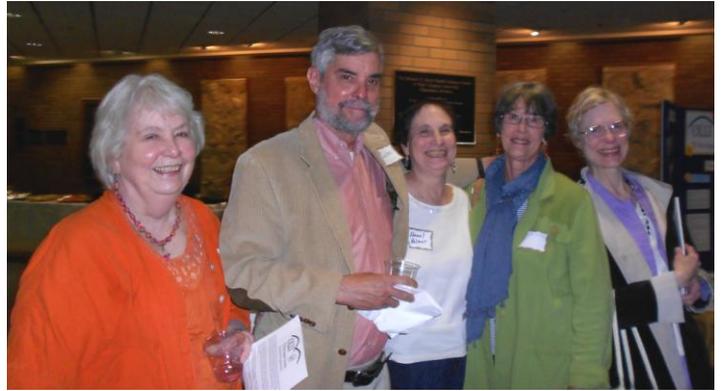
The book is divided into two parts. The first explores different models of senior living, including a few paragraphs about The Village concept. The second covers end-of-life medicine and the value of hospice as a positive model of care.

The author offers no easy solutions to the challenges inherent in bodily decline. He asks us to commit to creating better options, such as our Village concept. "Being Mortal" is a must read for seniors.

Contact Fran Simone at darkwwinewaters@gmail.com

Interested in contributing a Book Review? If you have a book that would be of interest to the Village People, we always welcome submissions from our members!

Village People attend the start up reception for OLLI



(Left to right) Village People Christine Daugherty, John and Hazel Palmer, Barbara Hutchinson Smith and Ann Mathews attended the OLLI reception.

OLLI, *Osher Lifelong Learning Institute*, is part of WVU, and has a mission to serve the 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. Since the KVVP fits that bill, we

assisted OLLI by notifying our members about the Charleston area extension of OLLI. At a reception on the CAMC Memorial campus in April, several of our members listened to a sampling of speakers. It is hoped that there will soon be a rich selection of course offerings available. Director Angela Faulkner-Van Deysen already has lined up a variety of classes for early summer 2015. Contact OLLI at 304-293-1793 or by email: learners@hsc.wvu.edu.

You're invited to join us at the

7TH ANNUAL

NATIONAL VILLAGE GATHERING

The Village Movement: Aging's New Frontier

OCTOBER 5-7, 2015

Hyatt at Olive 8 | Seattle, WA

Registration opens April 6 at

vtnetwork.org

VILLAGE
to village
network



Programs suggested for 2015 and beyond



Christine Daugherty leads a discussion on Program Ideas at the Annual Meeting

Board member Christine Daugherty facilitated a discussion at the Annual Meeting on potential programs that members would like to be part of in the coming year. KVVP does not yet have a program committee and hopes that a member will step up to volunteer in the coming year. While Hazel and John Palmer have been great about ideas and programming so far, we would like to spread the wealth. In reviewing the ideas, they could be clumped into a few categories: Social Events, Health and Well-

Being, Travel, Aging Wisely, and Education.

Social – House Concerts (Chris D), book exchange (Hazel), Board Games Party, parties to celebrate various holidays – Halloween, Valentine’s Day, etc., When in Doubt – Eat Out (Hazel), Festival

Health and Well-being – Grieving and Loss (Fran), Info on Social Security & Medicare (Nancy Tyler), Choosing Wisely – (Phil Schenk), Hoarding (Sky Kershner), Exercise Opportunities, Healthy Cooking (April Hamilton), Reducing the Stress of Aging (Betsy K.)

Travel – in-country and internationally (Nahla), Shepherdstown and visit with SAIL (Mike H.), Playfest in Shepherdstown (Mike H.), Civil War Battlefields Tours (Steve J.)

Aging Wisely – Financial Exploitation and Elderly (Nancy T.) PEL – Elder population Statistics and report on phone survey (Phil S)

Education – East End Family Resource Center for computer instruction/use (Susan M.), OLLI programs in Charleston (Chris and Hazel), Brain Rules – book discussion on the aging brain (Chris and Ruth Z.)

The new Board will review these ideas and others and set some dates and recruit some volunteers to make them happen.

Issue of workforce for care of elders

From Phil Schenk, Director of PEL

The issue of workforce for care of elders is one about which the WV Partnership for Elder Living (PEL) has been very concerned and taken some action in the specific area of Direct Care Workers (more specifically Personal Care Aids). We have developed a rigorous training program and strategies for increasing the availability of well-trained workers. We have a long way to go. *Editor’s note:* Phil has offered to make a presentation at a future time, to the membership or to the Board on this subject - not only what PEL has done but also what the situation is nationally.

A Big Thank You from the Membership Committee

Participation in the National Village Evaluation Study was excellent. While I don’t have the exact number, I’m pretty sure we are at 90% or better. The researchers will continue to work with us and gather data for the next 18 months, with frequent reports on progress. I am pleased that we also get to see how our members feel about the Village anonymously. So far we’ve got pretty high marks. Three hardy souls even took time at the Annual Meeting to complete their surveys. Again, thank you. You know who you are. Remember, you’ll be asked to complete another survey in about 18 months so researchers can discern whether or not being in a Village has any effect upon our lives. ~ *Marilyn Witbeck, Chair*



(left to right) Vicky Thomas, Christine Daugherty, Barbara Frierson, Jack Young, and Susan Mollohan at the NASW Conference in April

National Association of Social Workers (NASW) - WV

By Jack Young, member of SAIL

Vicky Thomas, president of SAIL (WV Shepherdstown Area Independent Living), and I attended the one day NASW Conference in Charleston in April where we teamed with Susan Mollohan, Barbara Frierson, and Christine Daugherty of the Kanawha Valley Village People (KVVP) to participate in a panel discussion addressing Villages and elder living. Each of us gave a short presentation. The KVVP members addressed: An Overview of KVVP’s status; Use of Technology/Capabilities in Villages; and the Roles of Social Workers in Villages. Vicky and I touched on SAIL’s status and general comments about Villages, and the topic recently addressed in the *Washington Post*: "Is Aging in Place Oversold?" ~ 'SAIL' on! from Vicky and Jack

An Interlude in the Berkshires

James Thibeault and Karen Glazier are once again extending an invitation to



KVVP members to join them at the Lenox Club (Lenox, MA). Last summer, eleven KVVP members traveled to Lenox where we enjoyed museums, botanical gardens, the Boston Symphony at Tanglewood, local jazz venues, fine dining, the serenity of the estate and grounds of the Lenox Club with the opportunity to get to know other KVVP members better. The Lenox Club offers nine second floor (sorry, no elevator) bedrooms at \$116 plus 11% tax per night, which includes a continental breakfast. Eight rooms have been reserved from Tuesday, July 21 through Sunday, July 26. KVVP members would need to work out their own transportation plans. This is first come, first served, KVVP members-only. For more details, take a look at: www.berkshires.org and <http://www.lenoxclub.com>. Please respond directly to Ann Garcelon at agarcelon@suddenlink.net.