



News from The Villager

The Kanawha Valley Village People

December 2, 2015 Vol. 3, No. 6



Left Barbara Smith, center KVVP member LaRee Naviaux, and members of the Buffalo Soldiers Of Charleston, WV – at the November 14, 2015 Booker T. Washington Celebration in Malden organized by KVVP member Larry Rowe, local Malden historian. KVVP Volunteers also assisted with the event. Photo by Sue Westfall

New Service for Our Members: Social Workers Assistance Team

The Kanawha Valley Village People (KVVP) Resource Committee would like to announce that KVVP members Karen Glazier and Betsy Kent have volunteered their services to Village members beginning in January 2016. As licensed social workers, they can assist in identifying community resources for members in need.

Last spring we took a survey of KVVP members, and 46 of you graciously responded. One of the findings was that 28 of us are 65 to 74 in age, 9 of us are 75-84, and as of this writing, 2 are between 85-94. Eight of us are caregivers for someone else. Well! We are a cohort with increasing needs for home care, assistance with referrals, health care coordination and advocacy – exactly what social workers do best! Are you in need? We are here for you!

Your Resource Referral service has been available for a year. Two volunteers are on the job 7 days/week – Genie Thoenen @ 304 342-4829 and Ruth Zika @ 304 344-3958. If you have a leaking roof or plugged sink, they can help! We have several member-recommended roofers and plumbers.

But that's not all. Now, in order to give you more value for your membership in KVVP, the Resource Referral service invites you to avail yourselves of our volunteer Social Workers.

What kinds of assistance might Betsy or Karen offer? Well, say you need a sitter to stay with someone you are the caregiver for. That's easy. What if you just had surgery, are coming home, and need a few meals brought in? That's even easier. How about a check-in call every day? Simple. What if you are thinking about assisted living for yourself or a spouse? They know what is available. Need help with housekeeping? We have resources, even if this might be a paid service.

Resource Referrals are not just for appliance repairs and massage therapists anymore! Need a ride to a Village event in the evening and you don't drive after dark? We have volunteers who will see you safely there...and back. We have dozens of provider listings, and we really do want to help. So give us a call. Please don't make us feel like the Maytag repairman! (If you are interested in volunteering to help your fellow KVVP'er, contact Genie or Ruth and ask them to add you to our Resource Referral list today.) ~ By KVVP member Ruth Zika

KVVP CALENDAR OF UPCOMING EVENTS

December 13 (Sunday): KVVP Holiday Gathering at the Hale House. 2 p.m. Co-sponsored by OLLI!

January 9 (Saturday): KVVP hosts a program presented by the WV PEL (Partnership for Elder Living) at 1 pm at Meeting Room B of the South Charleston Library. WV PEL Director Phil Schenk describes the program as: *a discussion of the enormity of the elder population explosion and the ramifications of it on services, society, and the economy in general; program concludes with a look at the positive aspects of the issues, what we think people need to be doing to prepare, and what can be done to blunt the negative aspects*

Early Spring 2016: NEW VOLUNTEER TRAINING OPPORTUNITY provided by our partner, Faith in Action of the Greater Kanawha Valley – dates and times to be announced.

ANNUAL MEETING: May 2016 (exact date and time to be announced) – election of Board Members to fill vacancies due to terms expiring. Interested in running for a position on the Board? Contact the KVVP.

Kanawha Valley Village People
The Hale House in Malden, WV
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Tel (304) 767-5774 or see us on the web:
www.kvvp.org

A KVVP Members-Only Service: The Service Provider Referral List

**Members may contact
Referral Volunteers:**

Genie Thoenen - Tel. 304 342-4829
geniethoenen@frontier.com

Ruth Zika - Tel. 304 542-8695
ruth.zika@yahoo.com

If members need a ride to a future KVVP event, please call Ruth or Genie (above). If you are willing to provide rides to other members, please call one of the two Resource volunteers and let them know. *Not yet a member? Please join!*

RENEW YOUR MEMBERSHIP FOR 2016

By now you have all received a letter in the mail which includes a new Membership Agreement form. Yes, our annual membership dues of \$120 are due on December 31, 2015. So, when you receive and fill out your Membership Agreement, send it back in the envelope provided along with your payment. You can also join as a new member; just check for the Membership Agreement which is at our KVVP website, www.kvvp.org. We are looking forward to a growing year with you in it, providing more services to members, and fellowship in all the ways we are establishing. ~ Marilyn Witbeck, Membership Committee Chair



Go4Life Celebration: rear, left to right: Jim Perry, Charlotte Perry, Jennie Akers, Gerry Hackworth, Marilyn Witbeck, Rane Rajapakse, LaRee Naviaux, Karen Glazier; front, left to right: Candice Henson, Sue Westfall, Frank D'Abreo



Go4Life, an exercise and physical activity campaign from the National Institute on Aging at National

Institute of Health, was designed to help older adults fit exercise and physical activity into their daily lives.

In the month of September, organizers Sue Westfall and Karen Glazier, both KVVP members, set up the programs for the twelve individuals and four groups who participated in this local Go4Life. Groups including the Silver Sneakers at the YMCA, Cabin Creek Health Center, Riverside Health Center walking group, Frankle exercise class were involved. The Go4Life website <https://go4life.nia.nih.gov/exercises> has sample exercise

programs and a free DVD is available. Exercise is a powerful therapy. It can result in impressive improvements in quality of life. Regular exercise is one of the best ways to increase energy. Being active can reduce feelings of depression, relieve stress, improve sleep, decrease aches and pains and help decrease the risk of cognitive impairment (memory problems) and falls. These benefits can occur even if exercise does not cause weight loss. Exercise with others has additional benefits.

An awards ceremony was held at Hale House in Malden on September 26. The participants from the YMCA class were Wanda Dettinger, Rane Rajapakse, Anna Weimer. The award for most exercise for that group is Rane Rajapakse. Riverside Health Center walking group participants were Jeannie Akers, Gerry Hackworth, Charlotte Perry and Jim Perry with Jim taking the prize. Cabin Creek health center was represented by Sue Westfall. The Frankle exercise group participants were George Daniels, Kathy Hastings, Cricket Skeen and Marilyn Witbeck. Cricket Skeen was the prize winner. The overall top exerciser was Rane Rajapakse. The Kanawha Valley Village People supported the Go4Life program and campaign with volunteers and advertisements. ~ By KVVP President Sue Westfall



KVVP's Sue Westfall & Marilyn Witbeck at Cabin Creek Health Center's Health Fair on September 19 with Betsy Kent & Karen Glazier



Diane Mitchell, Marilyn Witbeck, Barbara Frierson, and John Palmer are KVVP members and friends on hike in the Kanawha State Forest in October 2015. They must have heard the words, "Let's get moving!"

2015 WV PEL Partner Summit Great Expectations: A New Vision for Successful Aging

From KVVP member Fran Simone: On Friday, November 6, West Virginia Partnership for Elder Living (WV PEL) hosted their annual summit on Aging Issues at the University of Charleston. KVVP member Fran Simone attended the Summit and relates some interesting facts, thoughts, and stats. Dr. Robyn Stone is a nationally and internationally known leader and expert in the aging studies field. Dr. Stone shared that ours is no longer going to be our grandparents' service world because of the sheer numbers of elders. Two-thirds of the people in all of human history who have reached 65 years of age are alive right now. In addition, 25 to 30% of the population of Japan is 65 years of age or older. Our American population has become increasingly diverse with a significant elderly population. These figures present new challenges and hopefully new opportunities.

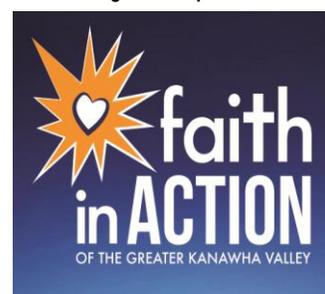
The challenges include transportation in suburban and rural communities, affordable senior and disabled housing, livable, adaptive environments and resources to assist seniors successfully age within communities of their choice. The focus is on independence and autonomy in a place called "home" which is a goal of KVVP and similar organizations. Anyone who has interest in joining in on PEL programs or activities or just wants to learn more should visit their website at www.wvpel.org. The number one issue for seniors in WV is to maintain good health. Regular exercise and tai chi were recommended. So let's get moving!



...on Tuesday, January 19, 2016 from 6:00 PM to 8:30 p.m. at the Columbia Pipeline Auditorium, 1700 MacCorkle Ave., SE, Charleston, WV 25304.

This sweetest event of the year is back! Join us for a tasty evening full of fun! *Sweet Charity* is a light-hearted, friendly dessert competition, pitting area confectioners and chefs against one another as they vie for top honors. Our panel of Celebrity Judges - Maestro Grant Cooper, Amy Shuler Goodwin, and "The Food Guy," Steven Keith - will select winners in three categories: Presentation, Creativity, and Taste. Every ticket holder gets to have their say, as well, and one entrant will win the sure-to-be-coveted People's Choice award. During the evening, we'll have live music, door prize opportunities, lots of laughter, and maybe a surprise or two! ~ *FIAGKV*

KVVP recognizes our partner FIAGKV



KVVP honors West Virginia State University (WVSU) for making the Hale House available to us.



Report: Village to Village Conference, October 5 to 7 The Village Movement: Aging's New Frontier

~ by KVVP Delegate KVVP – Christine Daugherty

The conference for Chuck and I was incredible. We were delighted to represent KVVP. Jack Young from the Shepherdstown Village (SAIL) attended, so together we represented West Virginia. (I learned that SAIL charges \$250 for an individual and \$500 for a household) A few facts on the attendees – 1/3 of them were from California. Most of the attendees were white women – which constitute the majority of all of Villages. Many of them (us) were the veterans of social change and causes when we were younger. There was a scattering of African-Americans and a few Asians. Most villages are urban. Speakers spoke of the “silver tsunami” - as the huge population of baby boomers age.

There was some discussion on funding sources including Chambers of Commerce, insurance companies, and partnerships with hospitals and AARP, etc. The new requirement by Medicare re: re-admission of people gives hospitals an incentive to partner with Villages who can help seniors who have been hospitalized recover at home. Local corporations can potentially provide volunteers in some cases for all-volunteer villages as well as social work interns at local universities. Banks have been challenged to provide volunteers to Villages because of the Community Reinvestment Act.

Many villages have more than one tier of membership. SAIL has paying members and volunteers who don't pay anything. Many villages pointed out that we can't be sustaining on membership fees alone. In order to apply for grants in assistance, we need better numbers. The presenter suggested that we track everything – the # of people in outreach programs, compile quotes from members and survey them. In the evaluation that we participated in (U C Berkeley) the average village had 135 people and the average age was 76. We attended sessions on strategic partnerships, civic investment in our Village, and heard from the White House Conference on Aging. Information included recommendations on long-term care supports, elder justice abuse, and “changing the perception of aging – creating an age-friendly city.” *Could Charleston be one of these?*

The next National Village Gathering will be in nearby Columbus, Ohio on October 17-19, 2016. I recommend that we take advantage of the proximity and have several KVVP members attend. These annual meetings are full of information; but, in attending them, we participate in the growth of new answers for seniors as they age and the potential for changing the national conversation on the value of seniors and their contribution to society. Read the full report here: http://www.kvvp.org/wp-content/uploads/2015/10/Village-to-Village-2015-conference-report_Chris.pdf



The West Virginia 'delegation' (left to right): Chuck Daugherty (KVVP), Jack Young (SAIL), and Christine Daugherty (KVVP)

A FEW ADDITIONAL COMMENTS ON THE CONFERENCE by KVVP Delegate KVVP – Chuck Daugherty

VALUE OF THE ANNUAL CONFERENCE

Thank you for the opportunity to have the broad perspective on what the Village movement is all about. Also for the new ideas and energizing the conference provided. Particularly at this stage in our development I think that the more members who attend at least one conference the better we will be able to develop KVVP. It gave me a new perspective for what the movement is about and the possibilities for our Village.

TIMEBANK

I tried to learn as much as I could about TimeBanks and their relation to Villages. As far as I could tell most villages do not have TimeBanks and quite a few TimeBanks are separate organizations.

Edger Cahn, the founder of TimeBanks, spoke. I think that part of our program should be expanded in scope and outreach; and, TimeBank is a good way to do that.

BOOST YOUR BRAIN AND MEMORY

One breakout session included a presentation of the Mather Lifeways Institute on Aging program by that title. There is a video with materials for an eight session discussion program. I think it could be a great KVVP program - which I would like to lead. Perhaps it could be open to non-members as well as members. In addition to being a good program, it may bring us new members.

Read Chuck's full report here: <http://www.kvvp.org/wp-content/uploads/2015/10/VrVN-report-2015-Chuck-Daugherty.pdf>

ANOTHER MEMBER ACHIEVEMENT!

A Malden Day Celebration of Booker T. Washington

What a great day we had. At Hale House, several KVVP folks helped put on the Reception: special thanks to KVVP members Nahla Nimeh-Lewis, Karen Glazier, James Thibeault, Bill Hairston, and Susan Mollohan. It was great. KVVP forever!!

We had a group tour at the Salt Works; another group at the State Capitol for Dr. Carolyn Stuart's reading of the Governor's Proclamation, naming our day, The Booker T. Washington Memorial Day. All came together on a beautiful afternoon. Very professional photos were taken by KVVP member Sue Westfall. By the way, the 150th anniversary of his birth is April 5, 2016, so lets get ready! ~ by Larry Rowe, KVVP member & Malden Day organizer (Larry is also a local Malden historian)



Photo at right: Larry Rowe (on the left) speaking in front of the African Zion Baptist Church in Malden. Photo by Sue Westfall

Temple Care Givers Fair in October 2015

Upon my arrival at Temple Israel on October 18 to help Ruth Zika at a table with handouts of KVVP materials for the Temple's Care Givers Fair, I had the sense that I was going to be treated to a good learning experience. And sure enough, I was right on target. It was most interesting and informative for me.

I understand that this fair was started by Gayle Twigger Shaw, and in her introduction to the participants, she did give the length of time the fair has been up and running, but that info is gone from my brain right now. Like so many of you out there, I certainly could have used some of the services of several organizations involved in this fair when I was a caregiver for my mother who had Alzheimer's.

Briefly, there were a number of organizations present with tables full of helpful materials and verbal information that were representative of the many facets of care giving. I was most impressed as I listened to one woman discuss her life as a care giver for one of her children who was born with disabilities which were quite severe. She discussed the profound effect that caring for children with disabilities can have on one's personal life, both positive and negative. If you're like me, when I think of care giving, I usually associate it with someone who is elderly.

One table was full of young students from the University of Charleston Pharmacy School. They were there to raise awareness, among other things, of the use of ports when giving medicines to people in need of this particular apparatus. Something I had absolutely given no thought to using. Another table consisted of writers of a vegan cookbook and other books related to healthy diets. Hospice Care and WV Health Right, Inc. were represented also.

I've named only a few of the many organizations present at this fair, because to go into each one might be more than you want to know right now, but my advice would be for everyone to try and attend the next year's Care Givers Fair at Temple Israel. We never know when we might be in line to be a caregiver for a loved one, and most of us could find it very beneficial to gather information from folks who are experts in this field. I did pick up a booklet about the Kanawha Valley TimeBank that explains the way it operates. The web address for the TB is www.hourworld.org/ should anyone be interested in joining.

Quite a few people stopped by our table and it was interesting to discuss the concept of the KVVP with them. We were also able to gain some signatures for our mailing list of possible new members. ~ by KVVP member Barbara Hutchison-Smith

MEET SOME OF OUR VERY ACCOMPLISHED KVVP MEMBERS IN ACTION!



Christine Daugherty (right, above) at Festival's Artisan Show 2015, presenting her unique pottery



Maureen 'Bunny' Crockett (with husband, Bill) at Festival 2015 book signing (above left) and speaking at the Autumn Harvest Potluck Supper (above, right); Joe Jarrell (below) at KVVP talk on *Birding in West Virginia*, including how to choose the best binoculars for your birding experience.



OLLI News:

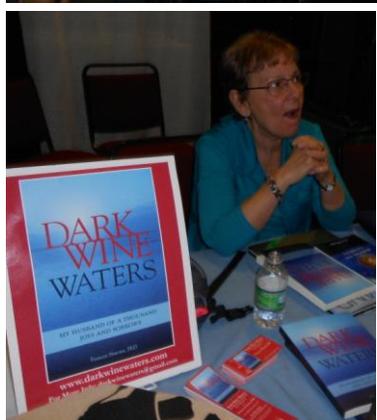
SONGS IN THE MOUNTAINS

Sunday, December 6

Mark your calendars for the seasonal concert, **Holy Night**, presented by

the **Choral Music Programs of WVU** on **December 6, 2015 at 2:00 PM.**

This wonderful holiday presentation will be presented at the Clay Concert Theater at the Creative Arts Center on the Evansdale Campus at WVU. If you have never treated yourself to a choral concert, now is the best time! Conducted by Kym Scott, Director of Choral Programs, the program features a wide range of up-lifting music from all four of the choruses at WVU and the Morgantown Children's Choir! This is a perfect addition to your holiday calendar! Remember *local* life-long learning at The Osher Lifelong Learning Institute (OLLI) at West Virginia University (a KVVP partner); learn more by visiting their website at <http://www.olliatwvu.org>.



Fran Simone (above) at her book signing during Festival 2015