



The Kanawha Valley Village People

News from The Villager

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KVVP Membership Chair Marilyn Witbeck and Treasurer Christine Daugherty work to get out 2016 membership forms in the mail!

KVVP CALENDAR OF SOME UPCOMING EVENTS

FEBRUARY 8 (Monday), 6-7:30 pm: Volunteer Training – available from our partner, Faith in Action of the Greater Kanawha Valley (FIA-GKV) at CCUM, 1221 Quarrier Street.

FEBRUARY 17 (Wednesday), the [Leadership Council of Aging Organizations \(LCAO\)](#) will sponsor [Seniors Decide 2016](#) for the presidential elections. Read more at right.

FEBRUARY 20 (Saturday), 10-11:30 am: Volunteer Training – available from our partner, FIA-GKV at Elk Valley Public Library, Elkview

FEBRUARY 24 (Wednesday evening), 6 pm: DINNER OUT! Dutch-treat dinner at the restaurant, Grano, in South Charleston, across from the mound. See you there!

APRIL 2 (Saturday), 2016 at 1:30 pm in the South Charleston Library, the KVVP Resource Committee is organizing a panel presentation and discussion on Senior Services and Referrals available to KVVP members in this area. This will be the first of two panels on the subject of general services and specific options for in-home assistance and care that our members might be interested in. Read more at right.

May 1 (Sunday): Annual Meeting of the KVVP includes the election of Board Members to fill vacancies due to terms expiring. Interested in running for a position on the Board? Contact the KVVP.

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www.kvvp.org

Home and social services overview panel

By Ruth Zika, Member of the Resource Committee

The Resource Committee is pleased to announce an upcoming event that will take place on April 2 at 1:30 pm at the South Charleston Public Library, Meeting Room B. Putnam County Aging, the Aging and Disability Resource Center (ADRC), Kanawha Valley Senior Services, and Faith in Action will be presenting a panel discussion about what resources are available to seniors in our area. If you have always had the impression that there was a means test for access to all of these services, this event is for you. After the presentation, you will have a chance to ask these knowledgeable speakers about their various agencies' services in more detail.

There will be a follow-up event in June, probably during the week instead of the weekend. This will deal with providers of direct services, such as home health, hospice, assisted living and long-term care (nursing home). Don't know what all these offer? You will have a better understanding after this June! Mark your calendars!

More news from the KVVP Resources Committee

Members Fred Meyer, Marilyn Witbeck, Mike Harman, Ruth Zika, Barbara Frierson, Karen Glazier are pleased to announce that the Social Workers Assistance Team became available to KVVP members on January 1 when licensed social workers Karen Glazier and Betsy Kent were added to the Resource Referral List. Now in the works – brainstorming to plan how to get more members to use the List. The committee hopes to have a drawing with a \$\$ prize at the Annual Meeting in May; everyone who calls for a referral during the year is entered in the drawing. Another strategy being considered is identifying vendors offering discounts to KVVP Members.

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!

This coming Feb. 17, the **Leadership Council of Aging Organizations** will sponsor **Seniors Decide 2016**, the nation's only forum where all the presidential candidates are invited to address issues that are

important to America's older adults. The forum is scheduled at a key point in the election calendar—less than 2 weeks before Super Tuesday, March 1, when 15 states go to the primary polls. Find out when your state votes. You're invited to participate in this national event! Four ways to get involved: 1. Sign up to watch the forum live, 2. Urge the candidates to attend, 3. Submit questions for the candidates. Visit SeniorsDecide.org for more info.

**Seniors
Decide
2016
★★★★**

Report on Kanawha Valley Village People Budget for Year Past (2015)

(as adopted)			
Budget Income 2015	Budget	Actual	Explanations
1. 2014 Carryover	8,015.00	\$12,373.83	PEL grant received in November 2014; Income minus expenses for 2014; new memberships for 2015 received in 2014 and donations.
2. Memberships	6,000.00	\$3,535.00	This assumes that we have at least 50 memberships by the start of 2015. (Note above, many members paid before Dec.31, 2014.)
3. Donations	500.00	\$1,200.00	Year-end donations are already at \$230 by end of Nov, 2014.
4. Fundraising	1,000.00	\$420.00	Another summer tea hosted by various in Malden???
TOTAL INCOME	15,515.00	\$17,528.83	
Budget Expenses 2015	Budget	Actual	Explanations
1. Software and web registration	800.00	\$60.94	For operation of the webpage and office equipment
2. P.O. Box/mail and extra key	90.00	\$128.00	Operational expenses.
3. Telephone	300.00	\$0.00	This assumes that we continue with the cell phone that gets passed around to different volunteers.
4. Office supplies	1,400.00	\$309.13	Operational expenses.
5. 2015 VtV Conference registration and expenses	3,500.00	\$2,784.95	2 people went last year to DC. This figure assumes additional expenses due to airlift and perhaps 3 people.
6. Printing	5,000.00	\$954.53	Newsletter, brochures, flyers, bulk mailings, etc.
7. Annual payment – WV Secretary of State's office	25.00	\$25.00	Required for registration and operation of a non-profit
8. Maintenance Hale House	500.00	\$376.08	Pursuant to a MOU with WVSU, we will make some needed repairs to make Hale House more user friendly.
9. Office furniture	500.00	\$0.00	Probably used from Habitat.
10. Publicity/Outreach/fees	1,500.00	\$250.00	For booth fees at various WV conferences etc.
11. Annual Board retreat and expenses	1,200.00	\$0.00	For training and planning
12. Village to Village annual membership	*	\$275.00	* Not in original budget but Board voted to fund in order to continue to have VtV resources available to the KVVP
13. Postage	500.00	\$115.73	For communications
14. Organizational memberships and donations	*	\$190.00	* Not in original budget but Board voted to fund in order to build connectivity for the organization through affiliations and support
15. Hospitality	200.00	\$0.00	For refreshments and supplies for programs at Hale House.
16. Liability insurance	*	\$1,940.52	* Not in original budget but Board voted to fund in order to protect the organization and its members
TOTAL EXPENSES	15,515.00	\$7,409.88	

Budget figures prepared and reported by KVVP Treasurer Christine Daugherty

The Kanawha Valley Village People (KVVP) and Mather LifeWays Institute on Aging present



BOOST YOUR BRAIN AND MEMORY PROGRAM

Smart ways to boost your brain! The **Boost Your Brain and Memory** program is a brain fitness program.

The program uses videos and instructor-led exercises to learn about the latest research on brain health and learn strategies for applying that knowledge in areas such as remembering and stress management. Participants receive a workbook with key concepts and targeted follow-up exercises.

Smart Ways to Boost Brain Health

Just as you can control and improve your general physical health with good habits, so too can you improve the health of your brain—boosting your memory and mental agility, as well as reducing your risk of developing Alzheimer’s Disease or other dementias.

KVVP member Chuck Daugherty will be leading the program beginning the end of February or early March. It will be free to members and open to the public. The program consists of eight sessions during which participants will view video presentations with information on research and strategies for boosting their brains discuss the material and develop personal goals and strategies for boosting their brains. The areas covered will include physical activity, intellectual activity, nutrition, social engagement and emotional health. The group will be small with the ideal being six to ten participants. If there is a need for more groups that will be arranged. If you are interested in this first KVVP offering of Boost your Brain and Memory Program, please contact Chuck Daugherty at chuckdaugherty2@gmail.com

Membership Mailings

KVVP’s Ron Graham, Susan Mollohan, Marilyn Witbeck, and Christine Daugherty (see below) all pitched in during the membership drive in November 2015. Marilyn had it all ready to go!



Holiday celebrations in December 2015

Fun ensued at Hale House when the KVVP party got started with their very own musical group - KVVP members and friends Ann Mathews, Linda Austen, Barbara Smith and Chuck Daugherty (*see below* – photo by Angela Faulkner-Van Deysen, director of OLLI, co-sponsors of the party). There was food first and then around 2:30 singing, which was followed by a surprise visitor! SANTA came to visit!



Visit our webpage www.kvvp.org to see more of the holiday photos posted, select PHOTOS from the home page menu, then Photo Albums – first up is our Holiday Party, complete with lots of Santa and our members!

Webpage News

More about our wonderful webpage from our expert webmaster Susan Mollohan: “Lots of folks have been visiting our pages. Our best day ever was 11/9/15 with 39 views! So far in 2016 we’ve had 30 views, with the pages viewed in downward rank of popularity: Home (1), Who We Are (2), Membership (3), What’s New (4), Discounts (4). Countries visiting our site include USA – 166, China – 16, Brazil – 4 (Bet that’s Chuck and Chris), Italy – 2, Russia – 2!

KVVP recognizes our partner FIAGKV



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





A Tasty Time for FIA-GKV!

Our partner, Faith in Action of the Greater Kanawha Valley, conducted a major fund raiser called Sweet Charity 2016 and it was a sweet success! Celebrity judges Steven "The Food Guy" Keith, Amy Shuler Goodwin, and Maestro Grant Cooper are hard at work selecting the big winners of the day at Sweet Charity 2016.



This fun and friendly dessert competition is Faith in Action of the Greater Kanawha Valley's signature annual fundraiser. A tasty time was had by all!

Save the Date

8TH ANNUAL NATIONAL VILLAGE GATHERING

October 17-19, 2016

COLUMBUS, OHIO

village network

vtvnetwork.org

Consider this – as a KVVP member you might be one of our delegates this year to the National Village Gathering! We look forward to sponsoring several delegates with the Gathering right in our own back yard!



National Council on Aging (NCOA)

Help us celebrate 65!

Like over 3 million Americans, NCOA just turned 65. And like them, we're planning to celebrate. Join us during the **Aging in America Conference** close by in Washington, DC, March 20-24, for our birthday bash and more! Visit www.ncoa.org today!

Join KVVP for 2016!

Our annual membership dues are \$120. Since we are now in February, dues would be pro-rated at \$10 per month from the month you join. Check for the Membership Agreement Form 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.

Even Santa was impressed by OLLI!



Santa (new KVVP member Bill Kimmons) was a surprise visitor at the KVVP Holiday Party, co-sponsored by OLLI at the Hale House.

The Osher Lifelong Learning Institute, known as OLLI at WVU, has begun working with KVVP and 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.

We are accepting proposals for courses to be offered in both Morgantown and Charleston, WV at this time. We have simplified the course proposal process for our instructors and have combined the needed information from both the proposal and commitment forms previously used to one form. Find instructor form at <http://olliatwvu.org>.

Like to travel and learn along the way? OLLI offers *Tour Old Quebec City* with OLLI: Take an nine (9) day coach tour to Old Quebec City on June 18-26, 2016. And, *Old World Prague & the Blue Danube* with OLLI: Grand Circle Cruise Line welcomes OLLI at WVU, along with several OLLIs around the US, to travel to Old World Prague and on the Blue Danube. This river cruise will be aboard the Line's privately owned 140-164 passenger ship exclusively for American travelers. Check the OLLI webpage for more information.



KVVP Member Mike Harman travels to China for HIS adventures!

