



News from

The

Villager

The Kanawha Valley Village People

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See more pictures of our Holiday Party inside! A lot of laughter and great food -join us for our next one!

KVVP CALENDAR OF SOME UPCOMING EVENTS

KVVP 2017 Annual Membership Drive continues. Membership renewals / new membership forms for 2017 are available at our website or email us! Contact information for our Village is listed below in this box.

NEW! Thursday, Jan. 26, 10:30 – 11:15 a.m. – KVVP member Chuck Daugherty will give a presentation on **Boost Your Brain** at the Monthly Shepherd Center Luncheon. Read the details inside.

NEW! Tuesday, Jan. 31, 6 p.m. January Dutch Treat Dinner at Rio de Grill, 3600 MacCorkle Ave. SE (Kanawha City). RVSP to the kvillagepeople@gmail.com so we can plan seating – hope to see you there!

NEW! Thursday, February 16th at 8:30 a.m. - A Day at the WV Legislature! Larry Rowe, a Charter Member and former Board of Directors Member of Kanawha Valley Village People and a WV House of Delegates member representing Kanawha County's 36th District is arranging a Dutch Treat Breakfast at the Legislature for KVVP at the WV Capitol Cafeteria on Thursday, February 16th at 8:30 a.m. in the rear corner of the cafeteria. We will start with an orientation to the legislature, then meet local legislators, be introduced as an organization to the House of Delegates, and attend a House of Delegates Floor Session. Lunch and a committee meeting are options for the early afternoon. Those interested in attending should RSVP to the kvillagepeople@gmail.com by February 13th. Parking is available at Laidley Field (200 Elizabeth Street) and a shuttle runs to the Capitol.

An additional day at the Legislature is planned in conjunction with WV AARP on Wednesday, March 1 at 9:30 am and is expected to last until mid afternoon. More details will be in upcoming KVVP e-bulletin for Members-Only.

NEW! KVVP Board of Directors' meetings will be at St John's Episcopal Church on Quarrier Street in Charleston, the 3rd Sunday of each month at 1:30.

NEW! KVVP Annual Meeting is scheduled for Sunday, May 21. Location TBA.

Kanawha Valley Village People

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Contact Mel Cann, *Villager* editor, at meloracann@gmail.com

ACTIVIST v. ADVOCATE?

What are you?

By Regina Mayolo

It was once described to me that an advocate is someone who works to improve or change something that impacts others. An activist on the other hand is someone who is directly impacted by the issue in question. This is an important distinction, especially in our society today, as we experience the well-documented "senior tsunami" and the dramatic aging of our population.

As we look around at our community leaders and elected officials, what we see are people who are aging, as are their constituents. This applies to health care, community services, housing, transportation, environmental design and dozens of other issues. No longer are they making decisions just for other people - now they are making decisions that impact themselves as well as others. Now, it's personal. And if they don't think so, it's up to us to point this out to them.

The concept also applies to us. We often think that something is only relevant to our parents or our neighbors or someone at our church. But if we are persons who have reached or are fast approaching the magic age of 65, we have now turned the corner. We can continue to be advocates for other people but we also are now activists for ourselves.

At each community meeting or public hearing we attend, we need to keep in mind that we are helping to improve the lives of others but we are also building the foundation for our own future. A senior issue? We are both advocate *and* activist.

Regina has contributed two articles to our newsletter, the second, on Generational Diversity, is inside. Regina A. Mayolo, CAPS, is a Technical Assistance Specialist, West Virginia Assistive Technology System (WVATS)

A KVVP **Members-Only** Service

The Service Provider Referral List

Members may contact Referral Volunteers:

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

If you are a member and you need a ride to a future KVVP event, please call Genie (above). If you are willing to provide rides to other members, please call the Resource volunteer above and let her know.

OUR MISSION STATEMENT: 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.

Kanawha Valley Village People Annual Financial Report for 2016

<i>Beginning Bank Balance</i>	12,096.11		12,096.11
INCOME	2016 Budget		2016 Actual
Memberships	7,200.00		8,020.00
Contributions for Scholarships			60.00
Grants			
Faith In Action	1,500.00		1,500.00
WVPEL			
Other Grants	1,500.00		
Total Grants	3,000.00		1,500.00
Contributions	500.00		230.00
Fundraising Events			
Misc. Income			45.00
	10,700.00		9,855.00
EXPENSE			
Printing	2,000.00		2,063.94
Postage	200.00		175.38
Telephone	200.00		80.25
Office Supplies	500.00		105.32
Office Furniture	100.00		
PO Box Fee	90.00		70.00
Web Registration/Software	100.00		60.94
Secy. Of State Fee	25.00		25.00
Liability Insurance	2,000.00		2,001.95
Publicity/Outreach	300.00		300.00
Hospitality	600.00		440.25
Contract Employee	8,000.00		693.75
Village to Village Conf. Registration	3,000.00		1,870.00
Board Retreat	1,200.00		1,542.80
Village to Village Membership	375.00		400.00
Other Memberships/Donations	300.00		275.00
Hale House Maintenance	400.00		800.97
Member Sympathy/Honor	120.00		182.98
Misc. Expenses			279.00
	19,510.00		11,367.53
Net Income	-8,810.00		-1,512.53
<i>2015 checks cleared in 2016</i>			127.60
<i>Ending Bank Balance</i>	3,286.11	**	10,455.98
<i>** Ending bank balance includes \$820.00 in unspent scholarship funds as follows:</i>			
Scholarship Contributions	1,260.00		
Scholarships awarded to date	-440.00		
Balance in Scholarship Fund	820.00		

Barbara H. Smith is the new financial committee chair / treasurer of the KVVP.

Boost Your Brain NEWS!

by Dr. Charles H. Daugherty*

I will give a presentation on **Boost Your Brain** at the Monthly Shepherd Center Luncheon, Luncheon at the First Presbyterian Church of Charleston in the Activities Building second floor. **Adventures in Learning** is from 10:30 to 11:15. Dr. Robert Newman and I will present a program on **Your Brain and Your Life**. We will explore our brain and various aspects of our lives such as spirituality, mental health and addiction; and, after lunch the main program will be **Boost Your Brain and Memory** that I will lead.

At our village, Kanawha Valley Village People, I have led the work with **Boost Your Brain and Memory**. I learned of it and got a copy of the material at the Seattle Village to Village National Gathering in 2015 and led the 8 session course once, mostly with members of our village. We did it at the local Mosque because they had the facilities and were very happy to have connections with the community. One of the leaders of the Islamic community also participated. We had 14 participants with about 12 of them attending very regularly. We did it once a week for about one and a half hours although we ran over more than once. We did not charge our members and KVVP paid for the material. The Mosque provided coffee and members brought some food from time to time especially when we had the session on diet. Good reinforcing of what we were learning. I did not do a formal evaluation but most everyone has told me they really liked it.

I also recommend the following on Mindfulness, a topic and part of the **Boost Your Brain and Memory** material: "**10 Ways to Be More Mindful at Work**: You don't need to block out 30 minutes to practice meditation in order to experience the benefits of mindfulness at work. Here are a few ways you can stay in the present moment to do your best during a busy day." This work is by Shamash Alidina, June 8, 2016 Here's the link - it's at Mindful.org: http://www.mindful.org/10-ways-mindful-work/?mc_cid=9fce2dd72d&mc_eid=27143900b5.

*Chuck Daugherty is a KVVP member.

Furniture Clinic gives KVVP members a discount!

A big thanks to the Resource List for saving us \$67.50 on furniture refinishing. The Furniture Clinic gives KVVP members a nice 15% discount. Not only did the employee tell us some informative things about some of our other pieces, but he offered to drop the chair at the upholsterers instead of bringing it back here. Now that is special! By Member Ruth Zika

GENERATIONAL DIVERSITY

by Regina Mayolo

Often we see studies or reports that talk about "seniors" as if this was one single population group with the same needs and interests. Nothing could be further from the truth.

More and more studies are now looking at "generational diversity" and how this applies to the mature market. Specifically, the 65+ population consists of two clear groups - traditionalists (those born from 1925-1945) and those famous Baby Boomers (1945-1965). There are some who will dispute the actual years but there is no disputing many of the different characteristics. For instance, traditionalists are the "saving" generation.

As a result, their children, the Boomers, are projected to inherit trillions (with a "t") from their parents. And Boomers do not save - they are the "spending" generation. Gen X and Millennials should take note of this and start putting some rainy day funds aside now 'cause they're not getting it from their parents.

There are also differences in how the two groups spend their money, how they view work and the world, what they do for fun, and dozens of other factors. All of this is important for communities, businesses, service providers and others, and makes it critical to clearly define which market group you are targeting before you develop any program or service.

THE SWEETEST EVENT OF THE YEAR IS BACK!

The Faith in Action of the Greater Kanawha Valley (FIA-



GKV), is a KVVP partner. Director Jennifer Waggener says, "We are so excited to celebrate our third year of Sweet Charity on March 2, 2017 from 6:30 - 9 pm at the Columbia Pipeline Group auditorium! This friendly dessert competition features area confectioners who will be trying to win over our panel of celebrity judges to earn top honors in one of three categories: Taste, Presentation, and Creativity. Follow [Sweet Charity on Facebook!](#) Tickets are available now... get yours today!" And, "become a FIA-GKV volunteer! The FIA-GKV needs YOU!" Monday, January 30th at 6 - 7:30 pm, location: Christ Church United Methodist, Quarrier Street, Charleston."

Don't forget to renew your membership or join today! Renewal / New Member applications are at our website, www.kvvp.org



Holiday party over, KVVP members / party organizers Barbara H. Smith and Ruth Zika took donations gathered at the party for Manna Meal over to the MM offices. Director Jean Simpson, wrote, "On behalf of Manna Meal, I wish to thank you for your gift of 7 pounds of food items. Manna Meal has been feeding balanced, nutritious, high-protein meals to hungry people in our area for more than thirty years, no questions asked. We are currently serving an average of 410 meals each day, seven days a week. Your gift helps make it possible for us to continue to do so. We are not a governmental program and rely on the financial generosity of individuals, religious communities, corporations and businesses. You have an open invitation to visit us anytime, whether it is for a meal, to volunteer, or just observe our daily routine. Please visit our website for more information on our organization or to watch our beautiful community garden grow at www.mannameal.com."



FIA-GKV Director Jennifer Waggener (below right) led a KVVP Volunteer Training Day at the South Charleston Library (below left). All photos by Ron Graham

