



News from
The Villager

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The Kanawha Valley Village People

March 20, 2018 Vol. 6, No. 2

THE 2018 ANNUAL KVVP MEETING

The 2018 Annual KVVP Meeting will be on Sunday, 6 May 2018, at 2:00 p.m. at the African Zion Baptist Church in Malden. Members are asked to attend this important yearly meeting to review annual activities, budget and reports from the Board of Directors, and conduct the election of new Board Members. A quorum must be obtained to make the elections official, so please plan on attending. Mark your calendar! Interested in running for a position on the Board or have someone in mind for a candidate for nomination? Contact the KVVP at kvillagepeople@gmail.com today.



KVVP Dutch treat diners at Paterno's at the Park (above) and Angela's on the River (below) – more photos inside!



ANOTHER OPPORTUNITY FOR THE KV Village People to get-together! Something new for our members...

Beginning in April, the KVVP will have a **Quarterly Potluck Dinner and Program**; these educational forums will be planned for each quarter. This is a perfect time for life-long learning and an opportunity for good fellowship. Each dinner will start at 6:00 p.m. at Westminster Presbyterian Church, 5502 Noyes Avenue in Kanawha City. Our thanks to Board member Bill Hairston for organizing these on-going programs for the KVVP membership.

On Wednesday April 25, KVVP will have our **first** quarterly "Potluck Dinner." The speaker will be Marcia Meeks from the West Virginia Insurance Commission. Because that week is Money Smart Week, her topic will be "Fraud, Scams and Medicare."

KVVP will furnish the main entrée, water, paper products, ice and utensils. Each member who attends is asked to bring a dish of their choice (vegetable, starch or dessert) and their choice of beverage. In this case, no alcoholic beverages please. Guests are certainly welcome.

10th National Village Gathering is in San Diego!

This year, the 10th Annual National Village Gathering will be held in San Diego on Oct. 8-10. The NVG is the premier event that brings together Village peers from across the country to share stories, learn best practices and make lasting connections. The 2018 theme is "**Models for Living: Today and Tomorrow.**" This is a critical time to join together to empower each other and push the Village Movement forward. More information on the conference is now available on the main [2018 NVG Conference Page](#).



KVVP Calendar

Underway now: Registration for Spring Classes with OLLI@WVU in Charleston; classes begin on April 9 and continue through May 17 (read more inside)

New! The KVVP Bi-weekly Kaffee Klatsch & Walking Group, starts March 27, then meeting Tuesdays / Saturdays at 9 a.m. - details on page 3

Thursday, March 22 – Volunteer Orientation Training with Faith in Action – at Putnam County Library, 5:30 – 7 p.m.

Tuesday, April 3 – Volunteer Orientation Training with Faith in Action – at St. Albans Library at 6 – 7:30 p.m.

Tuesday, April 3 at 6:30 p.m. – KVVP Dutch Treat dinner at [Bellissimo Pizza](#) in Belle

Sunday, 15 April - KVVP Board of Directors' monthly meeting

Monday, 23 April - Volunteer Orientation Training with Faith in Action – at Christ Church United Methodist, Charleston, 6 – 7:30 p.m.

New! **Wednesday, 25 April** – KVVP Quarterly Potluck Dinner - 6 p.m. at Westminster Presbyterian Church, 5502 Noyes Avenue in Kanawha City. Read about it here on the front page!

Sunday, 6 May – ANNUAL MEETING of the KVVP; includes election of new Board members, at 2 p.m. at the African Zion Baptist Church in Malden

Sunday, 20 May - KVVP Board of Directors' monthly meeting

Sunday, 17 June - KVVP Board of Directors' monthly meeting

October 8-10 – 10th Annual National Village Gathering –San Diego

First Saturday of each month, KVVP member Marianne Gettman presents INNER LISTENING at 10:30 a.m. at Unity of Kanawha Valley – Mindful breathing exercises and meditation.

Kanawha Valley Village People

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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.

What you been doin'?

Hey! What you been doing? We would love to know! We would like your "selfies" or other photos taken at events where you and others have had fun. It doesn't have to be a KVVP event; we just want to share the good news and good times that you have had. Send photos, with captions and stories to us at kvillagepeople@gmail.com.

Taking Care of Ourselves...

KVVP is a member of the West Virginia Non-Profit Association which provides the following short 'wake-up' call to our health: "Did you know that after working 50 hours a week, any hour after that is wasted? Or that after 90 minutes of working, our human brains stop concentrating? Or that when we get a solid 7-9 hours of sleep we make better decisions?"

These findings may seem like common sense, but sometimes we brush them off in order to get more work done. Do you get so wrapped up in the day to day grind of helping others that you forget to take care of yourself? Self-care is especially important to those in helping professions. It can help you ... avoid burnout and become more efficient. This month, we want to challenge you to make self-care a priority." Sounds like a plan, doesn't it?

SWEET CHARITY! From Faith in Action of the Greater Kanawha Valley (FIAGKV), a KVVP partner



Faith in Action's Sweet Charity fund raising event held on March 6, photo of FIA-GKV Director Jennifer Waggener, posing with KVVP members (and FIA Volunteers!) Donna and Ron Graham

UNDERGROUND CINEMA

The Underground Cinema at 226 Capitol Street, features multiple film showings.

Our own KVVP Board member Terry Pickett curated the "Must See Cinema" series, featuring "The Browning Version" (1951), every Thursday in March. Doors open at 6:30 p.m. and film begins at 7 p.m. Tickets are \$5 for these films. Check www.facebook.com/wviffunderground for more information.

NEWS from OLLI@WVU, a KVVP partner

OLLI@WVU Charleston announces Spring Term Offerings and Schedule

KVVP Partner Osher Lifelong Learning Institute (OLLI) at WVU in Charleston has just released its spring schedule and registration is underway. Find the catalog / schedule for Spring 2018 and how to register online at www.olliatwvu.org/available-courses/course-catalogs/.

Director Jascenna Haislet comments, "Our curriculum committee, instructors, board members, and other volunteers work hard to bring OLLI members the highest quality classes possible. OLLI classes are interesting, inspiring, thought-provoking, and fun. As in any meaningful educational experience, they can also challenge us to think outside of our comfort zone sometimes. Although OLLI's mission encourages civil and respectful exchange, it is important to respect the instructors' and fellow members' beliefs, expertise, time, and generosity of sharing. One of the things I love the most about being a part of OLLI is the sense of community that I see flourishing through the sharing of knowledge, opinions, and interests in the classroom. It's a community that I am proud to be a part of." Being a class host is one of the easiest ways that you can volunteer for OLLI and help sustain the program. If you would like to volunteer as a class host, please email olli@hsc.wvu.edu or call the office at 304-293-1793.



KVVP's Christine Daugherty is named 2018 Legacy of Women Award Recipient

Congratulations to KVVP member Christine Weiss Daugherty! The West Virginia Women's Commission is pleased to announce that Christine has been named the recipient of the *Katherine Coleman Goble Johnson Women Making History Lifetime Achievement Award* for the 2018 Legacy of Women Awards. This award is named in honor of a great West Virginia woman mathematician that worked for NASA and was featured in the movie "Hidden Figures." This award is well-deserved for her many achievements for women's rights and equality in our state, our country and throughout the world. The award ceremony which will be held on Thursday, March 29, 2018, from 5:30 – 7:30 p.m. at the West Virginia State University Student Union, 301 Washington Avenue, Institute, WV. Parking is available in the lot next to the Student Union on Washington Avenue. The ceremony is free and open to the public.

New links from our webmaster Susan Mollohan;

<http://www.kvvp.org/index.php/photo-albums/> Pictures from Angela's on the River, Salt and Slavery and Paterno's in the Park
<http://www.kvvp.org/index.php/whats-new/> What's New with brief notes from Sweet Charity, and the Lecture on Salt and Slavery



KVVV members and their guests enjoy the social as well as menu aspects of KVVV Dutch Treat dinners in St. Albans and Charleston!

Dutch treat diners enjoy monthly get-togethers - why not join in?

We need to thank KVVV member Kathie Giltinan for handling of the Angela's-on-the-River reservations, along with the earlier Paterno's in the Park and for arranging those dinners in January, February and March! Kathie has also agreed to handle April's reservations at a place that the Gazette Mail newspaper food editor gave a great review – [Bellissimo Pizza](#) in Belle! The dinner will be on Tuesday, April 3 at 6:30 p.m. We hope to see you there!

The March KVVV Dutch Treat Dinner at Angela's-on-the-River featured KVVV members Kathie Giltinan; Barbara H. Smith; Laura Lou Harbert; Janice Runyon; Julian Martin; Martha Osborn; Ron Graham; Donna Graham; and Christine Daugherty.

NEWS from our partners at WV (PEL)

DOWNTOWN HOUSING STILL A WAYS OFF

Charleston Urban Renewal Authority, CURA, conducted a downtown housing survey, and as a follow up, is now completing meeting with focus groups to discuss what people want in new housing downtown; the last meeting will be held on March 21. KVVV Board member Terry Pickett has been involved in promoting explorations of downtown housing for both artists and seniors as well as looking at multi-generational housing options. Terry was instrumental in getting the word out to KVVV members so that as many as were interested could participate in the survey and subsequent focus groups.

KVVV partner, The Partnership for Elder Living (WV PEL), was hired by CURA to conduct the focus groups. KVVV Members Ruth Zika, Mel Cann, Terry Pickett and Christine Daugherty have been present at focus group meetings. Mel commented that more needs to be done to increase opportunities for seniors to find one-level housing at affordable prices in neighborhoods close to the city's commercial and entertainment hubs. Phil Schenk, current director of WV PEL, Lisa Scarberry, associate director, and Nancy Tyler conducted these five individual meetings over the past month. The focus groups,



with 120 participants signed up, were held at the John L. Dickinson Homeowner Education and Community Center. A review of the findings from the original housing survey, with 470 respondents, was part of the focus group presentation prior to each meeting's discussion time. A final report from CURA on the survey and focus groups may be out as early as April. Read more about the survey and the intent of CURA in an article published in the Gazette-Mail:

https://www.wvgazettemail.com/news/hundreds-respond-to-cura-s-downtown-housing-survey/article_ae07bdcf-bc46-5414-ac79-071b03504fd0.html

Grab a cup of coffee and chat with us! Something new - introducing the KVVV Biweekly Kaffee Klatsch & Walking Group

In response to the recent 2018 Membership Satisfaction Survey, KVVV is excited to announce a new social group that will meet biweekly for a kaffee klatsch and then a walk / hike in the Kanawha State Forest, beginning Tuesday, 27 March!

We invite everybody to meet at 9:00 a.m. on Tuesdays and / or Saturdays at the McDonald's in Kanawha City across from CAMC Memorial to enjoy a cup of coffee and discuss the events of the day with fellow KVVV members and guests. Bring friends!

Once the gossiping is over, those willing souls interested in walking / hiking at the Kanawha State Forest (starting at the swimming pool parking lot) can interact to decide who will want to do what level of activity and decide if car-pooling is warranted.

KVVV MEMBERS-ONLY SERVICE The KVVV Resource Referral service

Call-in changes, services remain available to members

This service is available free to Village members. Information on vendors, volunteers, and service providers is available by contacting KVVV Resource Volunteer Mel Cann at 304-965-6164 or e-mail at meloracann@gmail.com.

The service provider database includes recommendations from KVVV members and friends over the years. If members need a ride to a future KVVV event, please call KVVV at 304-767-5774 or email us at kvillagepeople@gmail.com.



Left: Speaker Cyrus Forman with one of the KVVP organizers, Mary Huntley; and, views of the SRO crowd at the Lecture event last month in Malden.

KVVP Sponsored Lecture is SRO!

The Malden Lecture on History of the Salt Industry and Slave labor in the Kanawha Valley was standing room only last month at the African Zion Baptist Church.

KVVP Board President Joe Jarrell declared, "In case anyone does not know, the event in Malden was a resounding success. Standing room only; people standing outside as well. Bill Hairston gets a standing ovation from me for his banner work at promoting KVVP as he talked from the podium, introducing the event. The speaker Cyrus Forman, did a spectacular job at educating the crowd about the issue of slavery in West Virginia from about 1800 until well after the Civil War. Frankly, I was clueless; I thought West Virginia had missed all that, but no, it missed nothing at building industries from the use of slavery."

One of the event organizers, KVVP member James Thibeault added, "Yes, it was terrific! It speaks to openness, curiosity and cultural community development and probably a bunch of other things not always associated with folks our age. KVVP stands tall for pulling together to offer this event."

Kudos to KVVP members Mary Huntley, James Thibeault, and Larry Rowe for organizing the event!

KVVP Founding Member Larry Rowe is now a W.Va. History Hero honoree

Along with three others, Larry was honored as 2018 History Hero in February, during West Virginia History Day events in the Capitol. The award provides an opportunity to single out leaders and scholars who promote, write about, and disseminate W.Va. history. Larry's specialty has been a focus on the history of Malden and of their famous resident, Booker T. Washington. Aside from conducting tours and researching, Larry has written a tour pamphlet about Booker T. Washington and is now completing a book on the subject. A host at past KVVP events at the African Zion Baptist Church in Malden, Larry has provided lectures and background information on the church, the town, and Booker to the membership. He recently helped organize and host the preliminary meeting for the KVVP sponsored lecture by Cyrus Forman on slavery and the salt industry in the Kanawha Valley.

The Aging Brain

KVVP Board member Bill Hairston announces and recommends a new LAY ACADEMY class at First Presbyterian Church, 16 Leon Sullivan Way. Meeting on Sundays from 4 to 5:30 p.m. in the church dining room, this series of lectures is based upon scientific research and will be presented in lecture format, augmented by panel discussions, which will be led by resource professionals from our community, and including spiritual / theological issues (as appropriate). The twelve one-half hour lectures (via DVD) on "The Aging Brain" will be presented by Thad A. Polk, Ph.D., who is an Arthur F. Thurnau Professor and Associate Chair for Faculty Development in the Department of Psychology at the University of Michigan. First class was on Feb. 18, but the classes continue through May 13.

The class covers an understanding of what happens in the brain as we age, and why; insight into the behavioral and cognitive changes that often accompany aging; how aging affects us at the cellular, neural, and behavioral levels, and how it doesn't; and, perhaps most importantly, you will know what you can do, including specific strategies that you can adopt to help keep your mind and brain sharp and healthy as you grow older. This course of study is free and open to everyone. For more information, please contact Dr. Robert G. Newman at 1-304-345-0225 or the church office at 1-304-343-8961.



Larry Rowe conducts tour of replica cabin of Booker T. Washington just prior to the KVVP sponsored lecture on the history of slavery and the salt industry in the Kanawha Valley, at Malden in February.