



News from

# The Villager

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The Kanawha Valley Village People



President Joe Jarrell (above left) presided at the 2018 Annual Meeting of the KVVP; members gathered in Malden's historic African Zion Baptist church, above right are KVVP board members Bill Hairston – left, and Susan Mollohan – right, in the front row.

## ANNUAL MEETING OF THE KVVP

The Kanawha Valley Village People's Annual Meeting was held on May 6 at the historic African Zion Baptist Church of Malden; location provided thanks to Larry Rowe, a KVVP member and historian of Malden. Out-going president Joe Jarrell conducted the meeting and spoke on the issue of isolationism, and the need for villages like the KVVP to combat this problem in an aging population.

Susan Mollohan, out-going KVVP vice president, introduced information about the recent member survey. Susan listed some highlights of the results, informing the members that the full analysis of the data compiled from the survey by

then BOD Secretary Ron Graham, can be found at the KVVP website – [www.kvvp.org](http://www.kvvp.org). Or, go directly to [http://www.kvvp.org/wp-content/uploads/2018/04/2017\\_2018-Member-Survey-Report\\_D05.pdf](http://www.kvvp.org/wp-content/uploads/2018/04/2017_2018-Member-Survey-Report_D05.pdf) on our website, which Susan manages as webmaster. Susan noted that one half of the respondents were over 70, and 64% of the respondents were female; she further noted that the issue of isolationism came up repeatedly in the survey results. She listed program ideas suggested by respondents – including 'meet me there' events, travel opportunities, book discussions, musical participation opportunities, and the need for stress management. She pointed out that the Board had already begun implementing additional activities based upon the feedback from the survey, including the new Quarterly Pot Luck Dinners, the Bi-weekly (Tues/Sat) Kaffee Klatsches, and Travel options through Events, Inc.

Barbara Hutchison Smith, treasurer and BOD member, presented a current budget report and answered clarifying questions from the membership. She noted, in response to one query, no grant money has been acquired for 2018 as no grants have been written to date. The Grant Committee will be meeting shortly.

Meet your 2018-2019 Board of Directors, elected at this meeting, on page 2. **Changes to our Bylaws:** By unanimous vote of the membership present or represented by proxy, the following new language was adopted at the 2017 Annual Meeting – for *Article II. Meetings* // a new paragraph 6: "Voting between meetings of the membership is allowed for issues deemed appropriate by the Board. Voting between meetings of the membership shall be by electronic means (e-mail) or, where a member does not have access to e-mail, by US Postal Service or by hand delivery. Voting procedures and protocols for between-meetings of the membership voting shall be developed and incorporated into the KVVP BOD Handbook."

*What we learned at our last KVVP Pot Luck Dinner from our guest speakers:*  
What the Office of WV Insurance Commissioner and the WV Bureau of Senior Services recommend:

## NEW MEDICARE CARDS ARRIVE IN WEST VIRGINIA

1. Destroy your old Medicare Card  
2. Use your new card right away. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards and are ready to accept the new cards.  
3. Beware of people contacting you about your new Medicare card and asking you for your Medicare number, personal information, or to pay a fee for your new card. If you think someone is trying to steal your identity or otherwise commit fraud related to the new Medicare cards, you can report them to your local Senior Medicare Patrol (SMP). In West Virginia, call the WV SMP toll-free at 1-855-254-1720.

Read more on page 3 about the new Medicare cards; the guest speakers at our most recent Pot Luck Dinner elaborated on this topic.

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.

## KVVP Calendar

- Don't forget our** Bi-weekly Kaffee Klatsch & Walking Group, which started March 27, and meets on Tuesdays / Saturdays at 9 a.m. at the McDonald's across from CAMC Memorial, on MacCorkle Ave.
- Tuesday, 5 June – KVVP Dutch Treat Dinner at Bricks and Barrels in Charleston
- Wednesday, 27 June - KVVP Board of Directors' monthly meeting
- Monday, June 18 – OLLI@WVU\* summer registration
- Tuesday, June 19 - the OLLI Annual Meeting
- Monday, July 9 - the start of summer OLLI classes
- October 8-10 – 10<sup>th</sup> Annual National Village Gathering, San Diego
- Sunday, October 14 – A Health Care Conversation: Health Care for All, from 2 to 4 p.m., at the Charleston's Woman's Club. Co-sponsored by the KVVP, and open to the public
- 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.

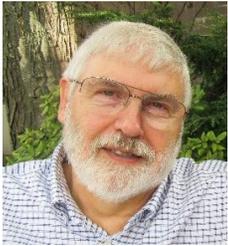
\*OLLI@WVU is a partner organization with the KVVP

### Kanawha Valley Village People

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# The KVVP Board and Officers for 2018-19

## KVVP OFFICERS



**Ron Graham**  
President



**Terry Pickett**  
Vice-President



**Barbara H. Smith**  
Treasurer



**Sandra Mitchell**  
Secretary

At the 2018 Annual Meeting of the Kanawha Valley Village People on 6 May, members elected two new Directors to the Board to fill positions vacated. The new Board met briefly after the Annual Meeting and elected their officers.

## Meet your Board of Directors for 2018 – 2019!

### President Ron Graham, Charleston

Ron has served two years on the Board and was the Board secretary before being elected to become the new president in May 2018. Ron is an all-around volunteer and was honored in the October as 2017 NATIONAL VOLUNTEER OF THE YEAR for the VtVN (Village to Village Network) – the parent Villages organization. Term 3 years. Term expires in 2019.



**Bill Hairston**

### Vice President Terry Winston Pickett, Charleston

Terry has been promoting housing initiatives for mixed age levels in the downtown area and is now working on a health care forum for the autumn for the KVVP in partnership with other organizations. She has been on the board for one year. Term 3 years. Term expires in 2020.

### Treasurer Barbara Hutchison Smith, Charleston

Barbara has been the KVVP treasurer for over a year already, using the database skills of another KVVP member, Ann Mathews, to assist her. She has been on the board for two years. Term 3 years. Term expires in 2019.



**Charles H. Daugherty**

### Secretary Sandra Mitchell, Elkview

Sandra chairs the KVVP membership committee and is involved in promoting health care. She is in her second year on the board. Term 3 years. Term expires in 2020.

### W. I. "Bill" Hairston, Charleston

Bill is in his second year on the board. He assisted organizing an all-candidate forum in 2017 and is now program chair for the KVVP's pot luck quarterly dinners. Term 3 years. Term expires in 2020.



**James Thibeault**

## Introducing our new Board Members

### Charles H. Daugherty, Ph.D., Charleston

Chuck has been a long time KVVP member, he is in charge of newsletter distribution, and has conducted classes and presentations for the KVVP on Boosting the Brain as we age. Elected in May 2018. Term 2 years. Term expires in 2020.

### James Thibeault, Malden

James was one of the individuals that explored alternative retirement options including the Village Model and gathered a group of people together to start Kanawha Valley Village People in 2013. Elected in May 2018. Term 2 years. Term expires in 2020.

**WELCOME TO OUR NEW BOARD MEMBERS AND RETURNING MEMBERS!**

KVVP is proud to sponsor "A Health Care Conversation"



## KVVP MEMBERS-ONLY SERVICE

### The KVVP Resource Referral service

This service is available free to all Village members. Information on vendors, volunteers, and service providers is available by contacting KVVP Resource Volunteer, Mel Cann at 304-965-6164 or e-mail at [meloracann@gmail.com](mailto:meloracann@gmail.com).

The service provider database includes recommendations from KVVP members and friends over the years. It's kept up to date by the Resources Committee and includes feedback from members on providers they have used. If members need a ride to a future KVVP event, please call KVVP at 304-767-5774 or email us at [kvillagepeople@gmail.com](mailto:kvillagepeople@gmail.com).

## NEW MEMBER SPOTLIGHT

### Meet new KVVP member David H. Mould!

David is a Professor Emeritus of Media Arts and Studies at Ohio University. His portfolio includes work for UNICEF, Malawi Institute of Journalism, and in Russia, in several sub-Saharan African countries, in Kazakhstan, Kyrgyzstan, Tajikistan, Uzbekistan, Mongolia, Malaysia, Thailand, Cambodia, Indonesia, India, The Maldives, Nepal, Pakistan, Russia, South Africa, Malawi and other countries. He blogs and has recently published, "Postcards from Stanland: Journeys in Central Asia," available at Amazon.com.



His research interests are in post-Soviet media in Central Asia, early 20th century news and documentary film, and politics and media. A former newspaper reporter and TV news assignment editor and producer, he continues to work as a freelance journalist. He says, "I've been traveling to the region since the mid-

1990s, and my book, *Postcards from Stanland*, combines my personal experiences and observations with interviews and research. There's the big picture of the region—landscape, culture, history, politics, environment, media, universities and other topics. And the more personal one—the challenges of travel, work, shopping, eating, communicating and staying warm." David just joined the KVVP this spring with his wife Stephanie Hysmith, and both attended the last KVVP Pot Luck Dinner. Welcome David and Stephanie!

## May KVVP Pot Luck Members' Dinner

By Ron Graham

Organized by Board member Bill Hairston who also arranged the speakers, location and the main entrée service, the pot luck dinner was held on Wednesday, 25 April at the Westminster Presbyterian Church in Kanawha City. Pot luck dinners are an old tradition for the KVVP.



Take a look at what you missed if you didn't attend!

This time, the KVVP furnished the main entrée (turkey breast, stuffing, and gravy), while member contributions included roasted rosemary potatoes, rolls, fruit salad, pasta salad (from an intriguing recipe in the newspaper), dessert pizza, and tea. Leftovers were taken to Sojourner Truth Women's Shelter.

Bill Hairston introduced Martha Meeks (State of West Virginia Offices of the Insurance Commissioner) below, right, and Rebecca Gouty (West Virginia Bureau of Senior Services) left, who addressed fraud issues. They explained that new Medicare cards are being issued with new randomly-selected identification (ID) numbers, removing the social security number as the Medicare ID number. Your new card will be mailed to you; you will NOT be contacted by phone by Medicare about your new ID number or about Medicare services. West Virginia is one of the first states to be rolled-out by the end of June 2018.



They recommended that you make sure that the Social Security Administration (from whom Medicare gets your mailing address) has your correct mailing address. This will be the address to which the Social Security Administration mails your IRS form 1099. Once you receive your new Medicare number, make sure that your health-care providers have your new ID number. **Once you receive your new Medicare number / card, destroy your old Medicare Card**, which contains your social security number and can be a source of important information for someone intent upon stealing your identity / hacking your life. Use your new card right away. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards and are ready to accept the new cards.

Ms. Meeks and Ms. Gouty also recommend that you **ALWAYS** go through your primary care provider / family doctor to initiate Medicare-related healthcare services; **NEVER** respond to an advertisement on the TV or newspaper about "free" back or knee braces, etc. You may be liable for such "free" devices or obtaining such "free" devices now may exhaust your funding for needed services in the future.

Both speakers warned that you should beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. If you think someone is trying to steal your identity or otherwise commit fraud related to the new Medicare cards, report them to your local Senior Medicare Patrol (SMP); in West Virginia, this is (toll free) 1-855-254-1720 (which is operated by the WV Bureau of Senior Services).

Further information shared included the advice that if you have a Medicare Advantage plan, once the new ID numbers are distributed, they will already have your new ID number. There will be no change in these plans. You can check out your Medicare plan, current charges, and print out a new Medicare card at <https://www.mymedicare.gov/>. You may also go to <https://www.ssa.gov/myaccount/> to get information about your social security account.



## JOIN US FOR A DUTCH TREAT DINNER!

April KVVP Dutch Treat Dinner (above) was at Bellissimo Pizza, the May Dutch Treat Dinner was at Noah's, and the June Dutch Treat Dinner is planned for at Bricks & Barrels on Tuesday, June 5.

## Hiking the trails with the KVVP

Hike master Ron Graham reports that the KVVP has already had spring hikes at the Kanawha State Forest on Thursday March 8, and Tuesdays - March 27 and April 24. Look for announcements of more hikes in our eBulletin!

## News on the Charleston Housing Survey

During the Annual Meeting, Terry Pickett, BOD member, reported on progress of the Charleston Housing Survey, which includes affordable housing for seniors. The KVVP co-sponsored the survey, along with WV Partnership for Elder Living (WV PEL) – with Nancy Tyler and Phil Schenk, both also KVVP members, and with CURA (The Charleston Urban Renewal Authority, Ron Butler, director). Terry reported that following a 400+ response to the survey, five focus groups met to discuss and enhance the understanding of what is needed. Christine Daugherty contributed that she attended one of the focus groups where some of the special needs were identified of people as they get older, such as walk-in showers.

**Just in!** WV Partnership for Elder Living (WV PEL) has sent out the word: It's here! The excellent report prepared by Phil Schenk, Nancy Tyler, and Lisa Scarberry based on the CURA Downtown Housing Survey sent out this spring. Go to CURA's website to view the report at [www.curawv.org](http://www.curawv.org). CURA will convene a meeting mid to late summer to discuss the report and to present ideas about potential projects to develop. A BIG THANK YOU to Phil, Nancy, and Lisa for a job very well done. Also, a special thank you to all the people who participated in the Focus Groups.

## Sad news as we bid good bye to WV PEL

KVVP friends, it is with sadness that we announce the dissolution of the West Virginia Partnership for Elder Living. Thanks to KVVP and its individual members for your support and partnership over the past few years.

Phil Schenk, former Director WVPEL



### It's always too early

**until it's too late!** By Chris Zinn

*Reprinted - in part - from Apr 29, 2018 (SUNDAY GAZETTE MAIL) (Perspective segment, pages 7A and 10A) with author's permission.*

"So no pipes, tubes or machines" the young doctor summarized, using my mother's own words. We were sitting in my mother's sunny conservatory looking out at her garden with its flowers, trees and birds and a view of the hills on the horizon.

"I just want to stay at home!" she said for about the tenth time.

"Yes," he said, "this last question asks where you would want to be if you couldn't be cared for at home." He paused and smiled at her. "But we can keep you here. I know that's what you want. We'll make sure that's in your records and that all health providers know that."

My 92-year-old mother is frail and dependent on others for most of her care, but she still makes her own decisions. She was completing an advance care plan, what we would call here a POST form, which stands for Physician Orders for Scope of Treatment. My mother is in Scotland, not West Virginia, so the forms and procedures are a bit different. However, we have similar problems. People tend to put off talking about what they do and don't want at end of life because it is such a difficult conversation to have.

We know that 77 percent of West Virginians want to be cared for at home if they have a serious illness, but 70 percent of those surveyed have not yet spoken to their health provider about their wishes. This is from a recent survey conducted by the West Virginia Center for End-of-Life Care that was funded by the Benedum Foundation.

Now would be a good time for all those who have not spoken to their health provider about this to do so. People are encouraged to have these difficult conversations with their family and to execute formal advance directives, such as a medical power of attorney and living will.

I completed mine long ago and have encouraged others to do so: As a nurse I have often witnessed how difficult it can be for families when a loved one has an accident or stroke and they do not know what treatment their loved one would want. These conversations are even more important than the forms, and it is better to have them long before a medical crisis.

What are your values? Would you want to live as long as possible, even if this meant being maintained on machines, living in a nursing facility or being in a vegetative state? Every individual will make different decisions about this. My mother never said, "I want to die at home," but what we heard her say was that she would rather die than have her life artificially extended.

She would rather "allow a natural death" at home than be hooked up to machines and taken off to a facility. The term "allow a natural death" has been proposed as a better way of saying "do-not-resuscitate" because with all the technology we have that can keep people alive, it has become very difficult to allow a natural death, which can be gentle and peaceful.

For those who want to be at home and to die comfortably, hospice is a great choice. Hospices can also help people complete advance directives and provide you with more resources.

Resources for advance care planning can also be found at [wvendofoflife.org](http://wvendofoflife.org) and at the National Hospice and Palliative Care Organization's "Caring Info" website, [caringinfo.org](http://caringinfo.org) and [theconversationproject.org](http://theconversationproject.org). The Conversation Project also has a Facebook page.

West Virginia has made a lot of progress and leads other states in the completion of advance directives, but we need to reach more people. Please help us spread the word to people of all ages. Have the conversation with your family now and make sure your doctor knows your values and preferences. As the theme for this year's National Healthcare Decisions Day said, "It's always too early until it's too late."

*Chris Zinn is a registered nurse and executive director of the Hospice Council of West Virginia.*

## MEMBER ANNOUNCEMENTS AND ACTIVITIES

**Christine and Chuck Daugherty** have moved to a new home with fewer stairs! Their old residence is now for sale - 123 Falls Run, Charleston, in the Woodbridge Subdivision, and can be viewed at ZILLOW and at [www.oldcolony.com/s/wv/kanawha-county/charleston/25311/123-falls-run-road/dmgid\\_122549907.html](http://www.oldcolony.com/s/wv/kanawha-county/charleston/25311/123-falls-run-road/dmgid_122549907.html)

**Dr. Steve Jubilier** recently presented at a CAMC Health Education and Research Institute's 2018 5th Annual CAMC Breast Health Conference. He was part of a webinar focusing on the most current topics affecting the diagnosis and treatment of breast diseases. The program included discussions on genetics, radiology issues, risk reduction, and oncologic and surgical and prevention strategies, useful to surgeons, gynecologists, family practitioners, internists, residents, medical students, nurses and imaging technicians working in the fields of radiology, ultrasonography and nuclear medicine.

**Haven't joined yet? Contact us today and become a member of the Kanawha Valley Village People tomorrow!**