



The Kanawha Valley Village People

News from
The Villager

The Villager

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December Dutch Treat at Taste of Asia!

KVVP Calendar

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. Note: No class in February 2019 due to Souper Bowl soup sale to go with Super Bowl Sunday.

Third Tuesday of every month (September through May) - CAMC Mall Walkers (see article inside for details)

OLLI Winter Classes begin in the winter term that runs Jan. 30 through March 5, 2019; OLLI Charleston Winter 2019 Catalog is available online at www.olliatwvu.org

Wednesdays, 1:30 pm – KVVP Board meets on Jan. 30, Feb. 27, March 27, further meetings TBA

Tuesday, Feb. 5, 6:30 p.m. – Dutch Treat Dinner – a joint affair with Friendship Force International, at Laury's

Tuesday, March 5, 6:30 p.m. – Dutch Treat Dinner – a joint affair with Friendship Force International, at Plaza Maya

Tuesday, March 12, 7 - 9 p.m. – Faith in Action's (FIA GKV) annual Sweet Charity event, at the Columbia Pipeline Auditorium; tickets are \$25 per person.

Tuesday, March 19, 3 - 4:30 p.m - KVVP "Hi!" Tea* begins! location will be at the YMCA in Charleston: The first session will "Pruning and Mulching" presented Scott Byars, Putnam County Extension Agent. You do not have to be a YMCA member to attend.

* Read article inside for more information

Sunday, May 6, 2019 at 1:30 p.m. - 2019 KVVP Annual General Membership Meeting

**Please note: for all KVVP Dutch Treat Dinners
Reservations are easier if you let us know if you will
attend! RSVP...**

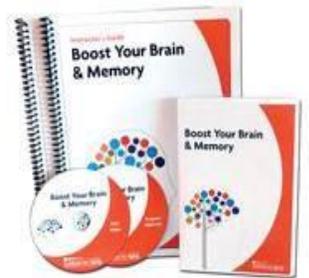
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KVVP - YMCA "Hi! Tea" Sessions

Something new from the KVVP! Monthly programs that we are calling "Hi! Tea" to be held at our new partner's, the Charleston YMCA. Programs are open to our members even if they are not members of the YMCA and we hope to encourage more membership while sharing wonderful programs for seniors! Our schedule is to hold the programs on the third Tuesdays of each month 3 – 4:30 p.m.

Our initial program will kick off on March 19 with Scott C. Byars, speaking on Pruning and Mulching, Scott is a WVU Extension Agent from Putnam County.

Our own KVVP Board member Chuck Daugherty will then begin a multi-part series, "Boost Your Brain & Memory" for seniors – a program that he has successfully conducted for KVVP members in the past. Because this is a series of linked sessions, Boost the Brain will be an 8-session event held over 8 consecutive weeks, April 16 through June 4, each on sequential Tuesdays from 3-4:30.



On Tuesday, June 18, KVVP member Mel Cann will offer a session on Developing and Sharing Family Histories.

The Loneliest Generation:

Americans, More Than Ever, Are Aging Alone

Loneliness undermines health and is linked to early mortality—and baby boomers are especially feeling the effects. Elizabeth Scott (The Wall Street Journal) delivers some good insights into "Loneliness and The Holidays." You can read the original article at www.verywellmind.com/loneliness-and-the-holidays-3144645. She notes that certain behaviors can positively affect us and prevent the feeling of isolation. Consider trying these things:

- ✓ **Be good to yourself**
- ✓ **Understand that you're not alone**
- ✓ **Rethink your expectations**
- ✓ **Get connected**
- ✓ **Cultivate gratitude**
- ✓ **Give to others**
- ✓ **Examine your feelings**



STAY CONNECTED – JOIN THE KVVP FOR 2019!

From **Caring – Right At Home**, comes some useful advice:

Four Great Tips for Brain-Healthy Holidays (and all winter long!)

Recent research reveals a few pitfalls to avoid:

1. Control stress: *Many studies confirm that stress is very bad for our cognitive health. In October 2018, the American Academy of Neurology noted that stress hormones can actually cause shrinkage of the brain!*

2. Don't overdo the toasts: *For most of us, an occasional glass of champagne or two won't hurt. But drinking too much can be very bad for the brain.* Experts from Canada's Centre for Addiction and Mental Health announced that heavy drinking is the top risk factor for dementia. And while some experts believe moderate drinking might be beneficial, consuming even a little too much on a regular basis can cause shrinkage of some very important parts of the brain.

3. Watch out for cold-weather overexertion: *Snow is almost synonymous with the holidays. Studies show that snowy, frigid days also could increase the risk of strokes and heart attacks, both of which can damage the brain.* Some experts believe that the risk of stroke — a "brain attack" — increases during very cold weather, especially if there is a dramatic, rapid drop in temperature. They speculate this is because cold weather can raise our blood pressure and cause blood vessels to constrict. And the statistical connection between plunging temperatures and the risk of heart attack is even more well-established.

4. Protect against head injuries: *Walking on icy sidewalks and even those beautiful icicles can lead to dangerous head injuries.* A brisk walk during the holidays is a great stress-buster. But slipping on an icy sidewalk or an unshoveled stairway can cause a serious brain injury. Take extra care as you make your way around this winter. Wear shoes or boots with traction soles. Slow down and pay attention to both what's underfoot and what's ahead of you. Use the handrails on stairs and remember that ice can hide beneath a patch of snow and be almost invisible on a sidewalk.

Icicles are another classic symbol of the season. They're pretty to look at, but Dr. Mark Cichon of the Loyola University Medical Center warns, "An icicle is like a sharp, stiletto-heel dagger. Coupled with the forceful dynamics of impact from falling a distance, it can cause a serious injury." Don't walk underneath icicles and be cautious in removing them.

Stay connected to the KVVP

Hot links from KVVP webmaster Susan Mollohan: the latest version of the KVVP By-Laws can be found at: <http://www.kvvp.org/index.php/by-laws/>. This is the Jan. 12, 2019 version and hot off the presses.



Fund raiser by our partner,

Faith in Action of the Greater Kanawha Valley (FIAGKV)

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 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! Tickets are \$25 per person and each ticket comes with ONE People's Choice Award vote!

All monies raised from this event benefit Faith in Action of the Greater Kanawha Valley, a 501(c)(3) nonprofit. 100% of the net proceeds from our signature event go directly to fund our work in service to seniors in our community. Visit FIA webpage or Sweet Charity Facebook page for more information.

About Movies for Grownups!

AARP's Movies for Grownups celebrates and encourages films with unique appeal to audiences with a grownup state of mind—and recognizes the inspiring artists who make them. With weekly news and reviews, nationwide screenings, and an annual star-studded awards event, AARP champions movies for grownups, by grownups. Learn more about West Virginia AARP opportunities at <https://states.aarp.org/region/west-virginia/>

Interested in a "Movie Night" for KVVP members? Contact us at kvillagepeople@gmail.com! If we hear enough interest, we can look into coordinating an afternoon or evening **Let's go to the Movies!** group event each month.

Plan ahead and don't forget our Annual KVVP Meeting this spring

The 2019 KVVP Annual General Membership Meeting will be on Sunday, May 6, 2019 at 1:30 pm. It will be followed immediately by a meeting of the newly elected Board. Make sure your dues are paid so that you can vote! In advance, we will be accepting nominations for positions on the Board of Directors and thus the slate will be ready for members to vote upon at the Annual Meeting. Consider running for the Board — you would be part of the decision-making process!



KVVP Dutch treat on Tuesday, Dec. 4, 2018!

Photos and article by Ron Graham

KVVP Dutch Treat Dinner at A Taste of Asia in South Charleston was enjoyed by Donna and Ron Graham, Laura Lou Harbert, Mary Huntley, Stephanie Hysmith, David Mould, Laura Mahony, John Doyle and Janice Runyon. The group was instrumental in deciding upon upcoming dinners including the recently held January dinner at Bridge Road Bistro. Still to come are dinners at Laury’s (February 5) and Plaza Maya (March 5). The February and March dinners are will be joint affairs with 10.



CRISIS CASSEROLES

For the first time, KVVP has used a specialized website - **Take Them A Meal**; <https://takethemameal.com/>. During late November / December 2018, two members were in need of crisis casseroles – one recuperating from a second knee-replacement surgery and one recovering from open-heart surgery. For a first time attempt at using the website, it was a great success. While we all may need to have a bit of training on the website (and other such websites), we have successfully fulfilled our mission! Thanks to each of you who participated. We do plan to offer training on the use of this website during a **KVVP “Hi! Tea” at the YMCA in March 2019**. The Caring Committee coordinates crisis casseroles, distributes birthday cards, visits “shut-ins” to minimize isolation, makes well-being / courtesy calls to members, etc.

HOWEVER, PLEASE, let us know if you need assistance in order that we may activate our resources to help you in your time of need. THAT is what KVVP is all about!

NOTE on Inner Listening: We will not be having the class in February due to our fabulous Souper Bowl soup sale corresponding with Super Bowl Sunday!

KVVP MEMBER PROMOTES INNER LISTENING

Greetings everyone and welcome to 2019!

Inner Listening Class may be a great way to begin the New Year. The class mainly consists of meditations: Tuning-in meditation while sitting; standing meditation to integrate good posture allowing the chi to flow through the body uninterrupted; then we loosen up the torso with gentle upper body stretches; self-massage; abdominal breathing exercises; followed by Qigong Flow which is a moving meditation mirroring the movement of water. It is called the Art of Effortless Flow, going with your own flow rather than against it. It is based on the 5 elements. Metal-lungs, Water-kidneys, Wood-liver, Fire-heart, Water-spleen and the last movement helps to bring energy to the whole system particularly the glands and hormones. We then sit back down for a relaxing meditation followed by chakra meditation and finish with time in silence to listen to our own inner guidance. The main focus for the whole class is mindful breathing which will be encouraged throughout. Many blessings to all of you for a peaceful and healthy New Year!

Namaste, Marianne Gettman



friendship force
INTERNATIONAL

New partnership – CC FFI and KVVP (No, this is not alphabet soup!)

At the December KVVP Dutch Treat Dinner Laura Lou Harbert spoke about the Charleston Chapter of the Friendship Force International (CC FFI) and about a planned trip by the Las Vegas Chapter (LVC FFI) to visit the Harrisburg PA Chapter (HC FFI) in October 2019 and about their desire to visit Charleston WV for 3 or 4 days either the week before or the week after the Harrisburg PA visit. At this time, there are 10 members of the LVC FFI who wish to be part of the trip. Once the LVC FFI finalizes their plans and Laura Lou provides the dates to KVVP President Ron Graham, Ron will send out a KVVP e-BLAST about the project and seek KVVP member participation.

This is part of the CC FFI and KVVP joint efforts to do more together. Several CC FFI members accompanied KVVP members to the Shakespeare Center in Staunton VA last fall. KVVP is working with the YMCA (and, hopefully, AARP WV) to do more together in the form of a monthly session at the Y, that we are calling our “Hi! Tea” – read about that in another article in this newsletter.

As you know, KVVP is already working with FIA GKV on an ongoing basis. Ron says, “We small non-profits must all hang together, or we surely shall hang separately!”

Friendship Force announcement

From Laura Lou Harbert

Friendship Force International (FFI) has over 360 clubs in 60 countries. Its members travel and host as citizen ambassadors in the spirit of friendship and peace. The Friendship Force Purpose is to help its members develop a deeper understanding of the cultures that exist in our world. Friendship helps replace prejudice with open-mindedness, discrimination with insight, and hate with friendship and peace.

The Charleston WV FFI will be hosting the Las Vegas, Nevada FFI for 3-4 days during the third week of October 2019. The plan is for FFI and KVVP to partner together to host the Las Vegas group. The group of 10-12 will stay at John XXIII.

What can you do to help? People will be needed to drive their cars for day/ evening activities. Past day activities have included touring the state Capitol, governor's mansion, Malden salt works, and the New River Gorge Bridge. We will have a welcome and farewell dinner for the whole group. Hosts will be needed for small dinners in their home, people to prepare covered dishes, and people to serve on the planning committee. In return for all our hospitality the Las Vegas Club has invited us to come to Las Vegas.

FFI members will be joining KVVP for dinner at Laury's February 5. We can all get acquainted and FFI members can share their experiences.

From Village to Village Network (VtVN)

WHY VILLAGES ARE NEEDED: Villages are well positioned to improve the **population health** of the communities they serve. Until the year 2029, 10,000 people will turn 65 on a daily basis. In Britain and the United States, roughly one in three people older than 65 live alone, and in the United States, half of those older than 85 live alone. Studies in both countries show the prevalence of loneliness among people older than 60 ranging from 10% to 46%.

“The profound effects of loneliness on health and independence are a critical public health problem,” said Dr. Carla M. Perissinotto, a geriatrician at the University of California, San Francisco. “It is no longer medically or ethically acceptable to ignore older adults who feel lonely and marginalized.” Research shows that 60% of health outcomes are based on behavioral, socio-economic and environmental factors.

Village members experience **reduced isolation, increased independence, and enhanced purpose of life.** “Villages are instrumental in helping people remain in their homes and independent in their communities.” - Ilene Henshaw, AARP, Department of Government Affairs.

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, Ruth Zika at 304-542-8695 (cell); 304-344-3958 (home), or ruth.zika@yahoo.com (e-mail). Please remember to tell us how a provider performed so we can maintain good AND bad reviews! 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 that feedback from you, our members, on providers they have used.



2019
Aging in America Conference
April 15-18 | New Orleans, LA