

Network News: Happy Spring from Village to Village Network!



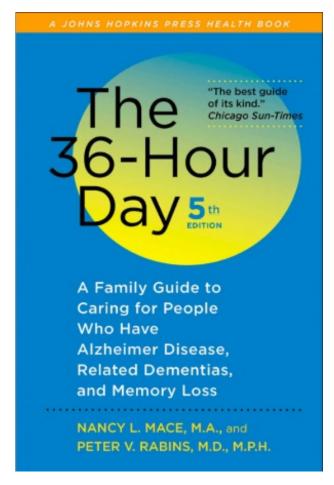
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Announcing Keynote Speaker: Dr. Peter Rabins

The 2017 National Village Gathering Planning Committee has been hard at work on this year's conference agenda. We're excited to announce another Keynote Speaker, Dr. Peter Rabins. We look forward to hearing him speak insights on enhancing the power of aging on Tuesday, November 7th!

Peter V. Rabins, M.D., M.P.H., is the Richman Family Professor of Alzheimer Disease and Related Disorders in the Department of Psychiatry and Behavioral Sciences of the Johns Hopkins University School of Medicine. He has joint appointments at the Bloomberg School of Public Health in the departments of Mental Health, and Health Policy and Management. Dr. Rabins is also the director of the Division of Geriatric Psychiatry and Neuropsychiatry, the T. Rowe and Eleanor Price Teaching Service, and the Jane K. Schapiro Family-Centered Dementia Care Program. He is also the author of the 30 year old best seller, "The 36 Hour Day." (see image below).

Remember, we have early bird registration until July 31, 2017. <u>Click here</u> for more info and to register today.



Village Stories: KVVP Hiking Group

<u>The Kanawha Valley Village People</u> (KVVP) is a rural-urban Village, covering the capitol city of Charleston and the surrounding communities in the Kanawha River valley. The KVVP Hiking Group is blessed with an abundance of fantastic hiking opportunities in Charleston and in the surrounding region. Typically, the Hiking Group takes 2- to 4-hour hikes in the nearby <u>Kanawha State Forest</u> (KSF).

KSF is located 7 miles south of Charleston and provides unique opportunities for hiking through a 9,300-acre forest that offers over 15 miles of trails that cover some of West Virginia's best hiking terrain. The Forest is blessed with a wide variety of trees, shrubs, wildflowers, and birds. Black bear are known to inhabit the Forest.

In addition to these local hikes, KVVP members have enjoyed day-trips to regional points of interest that travel through fantastic mountain vistas and along majestic rivers and beautiful, bubbling brooks heavily invested with fascinating water features, as West Virginia is thoroughly blessed with rugged mountains; rushing streams; and royal beauty defined through diverse microclimates, rugged geological features, indigenous hard- and softwood forests in which the deciduous trees provide a blaze of multicolored glory in the autumnal months. These day-trips are usually highlighted by a three- to five-mile hike to a unique feature, such as the rocky plateau at the end of the Long Point trail (a view that is reproduced on the West Virginia state quarter) or the Glade Creek Trail near Prince, WV.

Two- or three-day events can be planned to take in several regional venues that pique the varied interests of our members. In early October, seven avid adventurers enjoyed Cranberry Glades; the NRAO at Green Bank (National Radio Astronomy Observatory); Seneca Rocks; Smoke Hole Caverns; the North Fork Mountain Trail; and Dolly Sods. The Smoke Hole Caverns tour included interesting views of unique stalagmites and stalactites, including the world's longest ribbon stalactite. The six-hour long North Fork Mountain hike included an initial 1,200-foot ascent of the Landis Trail, followed by a transverse hike and a 1,900-foot descent along a four-mile section of the North Fork Mountain Trail. While

elevations along the North Fork Mountain hike ranged from 1,660 feet to 3,065 feet, the one-half mile Cranberry Glades Boardwalk loop had a change in elevation of only 13 feet (at an average of 3,370 feet elevation).

written by Ron Graham



Network Member Benefits: Mentor Program

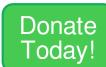
One benefit of being a member of Village to Village Network is the Mentor Program. Through our peer to peer network, there are so many ideas and advice to be shared amongst one another. With the mentor program, Villages across the country are able to connect and share ideas with each other. Developing Villages are able to speak with Open Villages on anything from general start up to specific programs. Open Villages mentor with other Open Villages to bounce ideas off each other and share programs and activities to implement in their own Villages. The mentor program is beneficial to many Villages old and new and we are very happy to help provide this service. Villages looking to seek a mentor can fill out a form here. We ask for location, type of Village, and what exactly you are looking to receive from a mentor. From here, Nisha looks through the available mentors to find one that would best help your Village. We are ALWAYS looking for new mentors! If you are interested in being on the list of mentors, please fill out a form here. The commitment can be as much or as little as you like. As Nisha sends requests out, you can accept or deny depending on your schedule at the time. We hope you take advantage of our program!

Announcing: Rescheduled Date for Atul Gawande Talk

Thanks for your patience as Beacon Hill Village worked to reschedule their 15th Anniversary celebration with Atul Gawande program in Boston. They are excited once again to invite all Village to Village Network members to participate in the live broadcast and we are happy to help facilitate it. The live event and broadcast has been officially rescheduled for Monday, September 25th 2017. The event will take place 5 PM EST/ 2 PM PST and will follow the same program as previously scheduled. In the next few weeks, we will be sending an email out to VtVN members regarding how to register for the live broadcast again. Please be patient as we figure out the details.



We will be sure to email membership as soon as we have more info on registration. We will also be scheduling a dry run again so people can get acquainted with the Zoom space. More info to come on that as well. We are excited that this was able to be rescheduled and we cannot wait for all of our members to attend via Zoom!



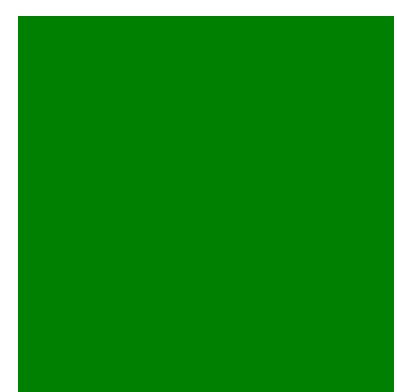
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