2018 National Village Gathering
Conference Agenda with Session Descriptions

Sunday, October 7

6:00 - 7:00 PM　　　　**Registration**

7:00 - 9:00 PM　　　　**Pre-Conference Gathering: Movie -** *RBG* **(pre-video release screening!) Watch the trailer here!**

Monday, October 8

8:00 - 9:00 AM　　　　**Registration and Continental Breakfast**

9:00 - 9:15 AM　　　　**Welcome and Intro**

9:15 - 10:30 AM　　　　**State of the Village Movement**
Village to Village Network;
UC Berkeley, Mather Lifeways Institute on Aging

10:30 - 11:00 AM　　　　**Networking Break/ Visit Exhibitors**

11:00 - 12:00 PM　　　　**Opening Keynote Speaker: Jim Nedohon, AARP -**
When Living to 100 is the New Normal
Today the average 10-year-old has a 50 percent chance of living to 104. What will it mean for society when it becomes commonplace to live to 100? How should that longevity affect how we live and think about everything from retirement and our financial lives to health and lifetime wellness? Longevity demands that we "replace outdated models," including the traditional linear life path of going to school, spending years at work and then retiring. How would we live our lives differently? It's about the living, not the 100. We have to plan for 100 — but we really need to live for today.

12:00- 1:30 PM　　　　**Networking Lunch - Western Union, Fraud Prevention**

2018 National Village Gathering

1:30-3:00 PM	BREAKOUT SESSION DESCRIPTIONS	PRESENTER
Breakout A-1 Promoting and Sustaining Cognitive Well-being for Villages	Village Engagement Director Chava Ball will join Roger Anunsen and Michael Patterson, Co-Founders of MINDRAMP to explore (a) the scientific evidence that cognitive decline and dementia can be prevented and (b) how Villages can develop programs to train members to promote and sustain their cognitive well-being for the rest of their lives.	Mindramp; CHAI
Breakout B-1 The Sharing Economy – Changing the Space of Aging	This session will provide a background on the sharing economy, ways in which aging adults are benefiting as both producers and consumers and tips to get started. Home sharing will be spotlighted as an example within the sharing economy that empowers aging in place.	Silvernest
Breakout C-1 Village 101: What Villages & The Network are all About	Village 101: What Villages & the Network are all about	Village to Village Network; Nauset Neighbors
Breakout D-1 The Importance of Community Partnerships in Developing Healthy Villages and Communities	Villages have the opportunity to initiate inter-organizational efforts around critical aging issues, allowing for increased recognition, sponsorship opportunities and benefit to the broader community. In this session, learn about two replicable initiatives that Ashby Village is engaged in, and learn techniques for identifying and building particular initiatives in your own community.	Ashby Village; Berkeley Age Friendly Continuum; UC Berkeley Retirement Center
Breakout T-1 Technology for Running Your Village: ClubExpress	Technology for Running Your Village: ClubExpress	VtVNetwork CE Users Group; ClubExpress

Monday, October 8 - Continued

3:00 - 3:30 PM   **Networking Break/ Visit the Exhibitor Tables**

3:30 - 4:30 PM   **General Session: Dr. David Aaker -**
                           Creating Your Signature Story
During his keynote session, Aaker will lead attendees through a process to create signature stories. These are stories from clients or employees that truly represent what we stand for as an organization--our purpose, culture, values, programs, or people. The story should "pop" because it has some element such as a character, plot, or outcome that is so intriguing, involving or otherwise exceptionally interesting that it is worth sharing.

One end goal of the signature story session is to become more sensitive to the need to communicate with stories rather than program descriptions and facts. Another is to learn to find the most impactful stories and to present them in the most effective way. David Aaker's book, entitled *Creating Signature Stories*, will be available to all attendees before the conference to provide the logic behind signature stories, a road map on how to find and present them, and a host of signature story role models.

5:00 - 7:00 PM   **Welcome Reception: Mission Terrace**
                           Remarks & Volunteer of the Year Presentations

Tuesday, October 9

7:00 - 8:00 AM   **Light Exercise Sessions**

8:00 - 9:00 AM   **Registration and Continental Breakfast**

8:00 - 9:00 AM   **Breakfast Roundtable Discussion Groups**

9:00 - 10:30 AM   **General Session: The Village Movement CA**
                           Kate Hoepke, ED, San Francisco Village;
                           Charlotte Dickson, ED, Village Movement CA

10:30 - 11:00 AM   **Networking Break and visit exhibitor tables**

Tuesday, October 9 Continued

11:00-12:30 PM	BREAKOUT SESSION DESCRIPTIONS	PRESENTER
Breakout A-2 Care Programs for Frail Members	Villages are adopting various models to address members who are increasingly frail or who have short-term medical needs. The Village in Howard's all-volunteer Circle of Care program and Arlington Neighborhood Village's 2018 pilot program contracting with a Care Manager will be discussed, including successes, challenges and how they were resolved.	The Village in Howard; Arlington Neighborhood Village
Breakout B-2 AARP Livable Communities Program and the Livability Index	This session offers an in depth overview of the AARP Livable Communities program and the AARP Network of Age-Friendly States and Communities. AARP works to inspire, educate, and support the efforts of cities, towns, and neighborhoods to be great places for people of all ages. The AARP Network of Age-Friendly States and Communities encourages states, cities, towns and counties to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults. Panelists will discuss how AARP collaborates with local officials, leaders, planners, and citizen activists on how to identify their community's specific needs and created a tailored action plan. See a demonstration of AARP's Livability Index, a ground-breaking tool—now in its third year—that uses more than 50 national data sources and 60 indicators spread across seven categories to jump-start community conversations about livability and encourage action by consumers and policymakers alike.	AARP
Breakout C-2 Village 202:	Village 202: Developing a Lasting Village Model (Dialogue for Mature Villages)	A Little Help; The Village Chicago; San Francisco Village; Beacon Hill Village
Breakout D-2 Creating Events and Workshops to Engage Village Members	Brandywine Village will discuss the power and benefits of small group workshops, e.g., memoir writing, for members and Villages. How to begin and nurture a group, based on five years in a Village. A Little Help will lead participants through a shortened "Conversations About Death" event. Attendees are provided all the materials needed to bring the event to other Villages.	Brandywine Village Network; A Little Help of North Fork Valley
Breakout T-2 Voice-Activated Personal Digital Assistants: Promise and Pitfalls	Panelists will describe lessons learned from pilot project that trained seniors to use voice-activated personal digital assistant Amazon Echo. The focus will be on the generic tasks, benefits, and challenges common to such technologies from any vendor. We will discuss how the capabilities of these devices can benefit Village organizations as well as seniors themselves and how best to work with seniors. Given the new attention to privacy and security problems with new technologies, we will discuss specific potential issues and how to minimize them.	Maplewood Village; Front Porch; CHAI

Tuesday, October 9 Continued

12:30 - 1:30 PM   **Networking Lunch - Robert Blancato, Exec Director of NANASP: Update on policies affecting older adults**

1:30 - 2:30 PM   **Innovation Panel with Trending Technologies**
                            Intuition Robotics, IamFine, Mentia, Cuida Health

During this panel discussion you will learn about technologies that are changing the way we age. The moderator will highlight the landscape of innovation impacting many aspects of day to day living and aging. Each panelist will share the challenges their respective companies are tackling, how they are solving those problems and if there are opportunities for partnerships with Villages.

Our end goal for the session is not just to provide education on specific innovation. Rather it is to spur discussion on how each one of the Villages may participate in shaping the future of aging, by participating in focus groups and pilots.

2:30 - 3:00 PM   **Networking Break/Visit Exhibitors**

Tuesday, October 9 Continued

3:00 - 4:30 PM	BREAKOUT SESSION DESCRIPTIONS	PRESENTER
Breakout A-3 Upwardly Mobile: Improving Your Transportation Program	The topic of transportation is often a primary concern among older adults. As the aging population grows, the gap of senior transportation is growing and escalating while the latest reports identify social isolation as a potential health epidemic. Learn about the successes of *Freewheeling After Sixty*. The program aims to empower older drivers and eliminate the need for the, "it's time to give up the keys talk." Designed to take a proactive approach to transportation by creating awareness, developing a network and utilizing social capital in the community. This interactive session is designed to develop a knowledge base, identify resources, and help participants tackle the topic of transportation with a positive problem solving approach in their Villages.	Advocates for Aging; AARP
Breakout B-3 Neighbor to Neighbor Movement: A New Model to Market Villages to Community Associations	Reston for a Lifetime, and other Villages in northern Virginia, are partnering with local government to re-brand the Village approach. Together, they developed the Neighbor to Neighbor (N2N) brand and are marketing it to community associations. The concept is simple: neighbors helping neighbors. Homeowners, civic and community associations are using the model and creating service structures within their organizations to serve older adults. The workshop will give an overview of N2N by county staff Patricia Rohrer, reference active N2N initiatives and share an example by Sharon Canner, Director of Reston for a Lifetime.	Reston for a Lifetime; Fairfax County Health Department
Breakout C-3 How We Started a Rural All-Volunteer Village on a Shoestring	MY Neighbors is a rural all-volunteer Village serving Yancey County in the mountains of North Carolina. The focus of this presentation is on how the all-volunteer model can work in either rural or urban areas, and how to make the Village model accessible to people of limited financial means.	MY Neighbors; TBD
Breakout D-3 Village Newbies = Ready Made Leaders	Why wait? Often at the peak of their desire to get involved, contribute, and become well-known in their new Village community, incoming new members and volunteers can be transformed into decisive, democratic Village leaders. Learn to effectively dispel the reluctance of those newly retired to take on responsibilities at a time in life when personal freedom is especially valued.	Ashby Village
Breakout T-3 Tech for Running Your Village: Helpful Village	Technology for Running Your Village: Helpful Village	VtV Network HV Users Group Helpful Village

5:00 - 9:00 PM   *Dine Around Dinners

7:30 PM   *Movie - *RBG* (pre-video release screening!) -

Wednesday, October 10

7:00 - 7:30 AM	**Light Exercise Sessions**
7:30 - 8:30 AM	**Continental Breakfast**

8:30-10:00 AM	BREAKOUT SESSION DESCRIPTIONS	PRESENTER
Breakout A-4 Movies & Mentors	As a national partner, VtV encouraged Village communities to host watch parties during Gen2Gen's Movies and Mentors Campaign. In this session, we will hear from several of those Villages. Participants will be provided real life examples and tools needed to organize a watch party designed to use the power of film to engage attendees in dialogue around the importance of intergenerational mentoring relationships.	Encore.org
Breakout B-4 Migration Toward Membership: Facilitating Engagement Within a Village Community	The goal of the presentation is to help Villages learn how to identify and cultivate participants in their Village who are not yet members, and to provide insights on how expand their engagement so that they will migrate toward membership when the time is right. The focus will be on ensuring Village sustainability, by suggesting a broader view of Village participation and by providing guidance on how to facilitate movement among individuals across Village activities toward membership.	Staying Put in New Canaan
Breakout C-4 Redefining Aging	"Redefining Aging" will look at the evolution of the member driven Pasadena Village identifying the stages of development, methods to support member empowerment, and specific activities of four of its major programs: the Support Assessment Team, the Cultural Committee, the Transportation Initiative and Affinity Groups.	Pasadena Village
Breakout D-4 Developing and Assessing Village Programs & Road Scholar - Travel and Life Long Learning	Developing and Assessing Programs will address how to develop a robust and diverse calendar of programming. Participants will learn how The Village Chicago creates, maintains, and assesses its wide-ranging programming calendar. You'll also learn how to start your own version of a popular, long running memoir-writing program. There will also be a lively discussion of the many programs offered by Road Scholar, - a not-for-profit travel organization whose mission is to inspire adults to learn, discover and travel. Newcomers will discover the breadth of learning adventures available in the U.S. and abroad.	The Village Chicago; Mather LifeWays Institute on Aging; North Coast Village
Breakout T-4 Market your Village using technology	Learn about technologies that can help market your village to a diverse set of audiences that include prospective members, funders, partners, sponsors, local government etc. Learn what social media marketing tools are best for each audience, and how-to setup those tools for your Village. You will also learn the best ways to engage the local media and promote your Village in print and TV. We will share how to leverage content that is being created and share in the successes of social media marketing with VtVNetwork.	VtV Network

10:00 - 10:30 AM   **Networking Break**

10:30 - 11:30 AM   **Closing Keynote Speaker: Dr. Kerry Burnight - GrandPad Age Brilliantly: What Makes a Good Long Life?**

There is one factor that best predicts a good long life. Blood Pressure? Exercise? Diet? No. While those factors are helpful, the biggest predictor of a healthy and happy long life is, drumroll…. social connection. People who have good, close relationships have lower rates not only of depression and anxiety, but also heart disease, stroke, cancer, and dementia. Here's the problem: at any given time, 1 in 5 Americans report feeling lonely. You can be lonely in a crowd or lonely in a marriage. Research shows that chronic loneliness is as hazardous to your health as smoking 15 cigarettes per day; is a leading risk factor of elder abuse and financial exploitation; and increases your risk of dying prematurely by 25%. Villages are ideally suited to change the world by addressing the global epidemic of social isolation. One of the nation's leading Gerontologists, Dr. Kerry Burnight, has spent her entire professional career researching social isolation and how to prevent it. From her work as the founder of the first Elder Abuse Forensic Center to her non-profit, Ageless Alliance, Dr. Kerry understands that as humans, we need to eat, sleep, exercise and connect in meaningful ways. Join Dr. Kerry as she recounts her findings on a solution that eradicates loneliness in older adults.

11:30 - 12:00 PM   **Closing: Conference Wrap-Up**