

From  
the desk  
of...

## Barbara Hughes Sullivan, Executive Director



Dear Village Members,  
Friends and Supporters!

Thanks to all of you for  
a great 2019! What an  
incredible year Village to  
Village Network has had. It  
is hard to believe that this  
time next year, we will be

celebrating our 10th anniversary of VtVN.

I am very proud to say that the Network has seen positive growth in new and developing Villages. This year alone, we had 47 new opportunity memberships and almost half of those Villages formed in just this last quarter. Strengthening our numbers adds value to our long term goal of national recognition for a model for aging. Kudos to all of our Villages for their support, leadership and dedication to scaling our movement.

This year was outstanding in terms of serving the needs of our Village communities. I am very proud of the dedication and hard work that our staff does to provide support and information to all of our Villages. This past year we have looked outside of our normal webinars, to bring you valuable information and tools to help successfully operate our Villages throughout the country. We will

continue to look for new opportunities for growth for our Village members.

I would like to extend my appreciation to our dedicated volunteers who organize, staff and fulfill the everyday work of our Villages. We also wish to acknowledge the contributions of volunteers who run our webinars, planning committee, board of directors and mentor programs. Thank you, everyone, for your part in making this a successful year.

Today, I am asking you to help scale our movement. Just like every Village, we need the financial support to make this dream a reality. Would you be willing to donate \$50, \$100 or whatever you can afford to help offset the full cost of membership for developing Villages? We listened to you. Our dues structure allows a more inclusive plan for new, low income and all volunteer Villages. Donate to Village to Village Network, help us take the #VillageMovementForward.

Donate online at [www.vtvnetwork.org](http://www.vtvnetwork.org), or mail a check to: Village to Village Network, 4818 Washington Blvd., St. Louis, MO 63108

I wish you all a very happy, joyous and healthy holiday season.

Best,

A handwritten signature in cursive script that reads "Barbara H. Sullivan".

Barbara

## Caregivers, take a few moments for yourself daily

If you are a caregiver, you know it can be hard to slow down and focus on yourself.

Tara Brach is a meditation teacher who blends Western psychology and Eastern

spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world.

Tara's meditations are accessed through her website by 2 million users worldwide, and she recently released a collection of meditations called "**Resources for Caregivers and Those Aging in Place.**"

Check out the resource at:

<https://www.tarabrach.com/caregivers/> and pass this along to anyone who you think might benefit from these meditations.



## Are you prepared for a weather emergency?

One of our member Villages shared a flyer that they send out to their members before hurricane season, but it's worthwhile to get prepared before any major weather event...say, a snowstorm!

Here are a few tips from the Red Cross that will help you prepare.

### Get A Kit

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

caused (e.g., hazardous materials and transportation accidents) and about your risk from those hazards.

For more details about how to prepare, check out the "**DISASTER PREPAREDNESS For Seniors By Seniors**" guide from the Red Cross.

[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/Preparedness\\_Disaster\\_Recovery/Disaster\\_Preparedness/Disaster\\_Preparedness\\_for\\_Srs-English\\_revised\\_7-09.pdf](https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English_revised_7-09.pdf)

### Make A Plan

The next time a disaster strikes, you may not have much time to act. Planning ahead reduces anxiety. Prepare now for a sudden emergency and remember to review your plan regularly. Meet with your family and friends.

### Be Informed

What hazards threaten your community and neighborhood? Make a list of how they might affect you. Think about both natural (e.g., hurricanes, flooding, winter storms and earthquakes) and human-



# VtVN BOARD ANNOUNCEMENT

## Background:

Village to Village Network is the national organization that represents and advocates for the Village Movement. It is a membership-based organization bringing Villages from across the nation together to create a national learning community to spread the Village model. The Network provides a variety of services and products to support the development and operation of Villages. It serves as a "Village commons" enabling Villages to connect with their peers to facilitate sharing of member knowledge. It provides guidance and resources to help Villages develop, grow and serve their members. The Network is the central access point to the Village community with a membership of over 330 open and developing Villages.

## The Network has three strategic goals:

1. Reduce the time and effort to start a Village
2. Promote the growth and financial sustainability of operating Villages
3. Integrate Villages as valued partners in the social safety net

The Village Model is based on the concept of neighbor-helping-neighbor as a sustainable approach to allow people to continue living at home in a safe, healthy and socially connected way. Villages are grassroots, mostly volunteer-operated organizations created locally to meet the needs of their community. The appeal and efficacy of this self-help model to support aging in place is evidenced by the ongoing spread of Villages across the country for the past 15 years.

## Director Responsibilities:

The Board meets monthly by teleconference and holds one in-person meeting in conjunction with the annual National Conference (usually held in September or October). Special sessions may be called as necessary. Directors serve without compensation. Terms are for three years, with the option of an additional three year term without a break in service.

## General responsibilities include:

1. Provide leadership, vision, and strategic direction for the Network

2. Actively support program development and implementation
3. Assist with fundraising and ensure adequate resources are available to carry out the Network's mission
4. Help advance strategic alliances, partnerships and other affiliations
5. Represent and advocate for the Network and the Village Movement in their community and on a national level
6. Safeguard organizational assets and provide financial oversight
7. Co-chair or otherwise actively participate in at least one committee or working group
8. Provide guidance, assistance and oversight of the Executive Director

The VtVN Board operates as a working board and therefore requires active engagement in organizational functions by all Directors. Board members are expected to attend and participate in every regularly-scheduled Board meeting and to make every effort to participate in specially convened meetings. Every Director is expected to make a meaningful annual financial contribution to VtVN over and above the annual membership fee. Directors have a fiduciary responsibility to the Network and are required to sign a Conflict of Interest agreement. Directors must have a passion for the VtVN mission and be willing to commit their time, talents and resources to ensuring the success of the organization.

## Qualifications:

We are seeking candidates with demonstrated professional leadership experience in business, health care, government, law, or the nonprofit sector and expertise in one or more of the following areas: fundraising and organizational development, communications and marketing, financial planning and oversight, aging services.

## To Apply:

Send resume and letter of interest by December 31, 2019 to:

[vtv@vtvnnetwork.org](mailto:vtv@vtvnnetwork.org).



# VtV Network Supports Dignity in Aging Act

**Village to Village Network joined 102 national organizations, representing a diverse set of stakeholder groups supporting House passage of the Dignity in Aging Act, H.R. 4334 and encouraging the Senate to move forward with priorities included in H.R. 4334.**

**The following is the text of the letter (dated 11.5.19) that was sent to Senate and House Leadership, and Members and staff on the Senate HELP Committee and House Education and Labor Committee.**

On behalf of the undersigned 102 national organizations with a vested interest in the well-being of America's older adults and caregivers, we write to you today in support of the Dignity in Aging Act (H.R. 4334) to reauthorize the Older Americans Act (OAA), which received unanimous support in the House on October 28.

We thank you for working in a bipartisan, bicameral manner to advance a 2019 reauthorization of Older Americans Act, which expired on September 30. Achieving a reauthorization of this critical Act that reaffirms and protects its mission will ensure the sustainability of vital OAA programs, as well as the health, dignity, and independence of older Americans and their caregivers who depend on them.

The OAA is essential to developing, coordinating, and delivering home and community-based services that help older adults age with independence and dignity in their homes and communities. Many individuals served by OAA-funded programs are at significant risk of hunger, isolation, abuse, and losing their ability to live with health and independence. OAA-supported programs are provided to more than 11 million seniors and their caregivers annually. These vital supports include, but are not limited to, home-delivered and congregate nutrition services, in-home supportive services, multipurpose senior centers, transportation, caregiver support, disease prevention and health promotion, community service employment, the long-term care ombudsman program, and services to prevent the abuse, neglect, and exploitation of older adults.

By keeping seniors healthy and in their communities for more than 50 years, OAA programs have delayed or prevented the need for more expensive institutional care for many older adults, which is often paid for

through Medicare or Medicaid. OAA services can effectively save taxpayer, state, and federal dollars. In addition to helping older adults age in place where they most often want to be, OAA programs have improved our country's fiscal future and promoted efficiencies within the health care system by preventing unnecessary hospital stays, reducing readmission rates, coordinating care, and managing care transitions.

We appreciate the bipartisan manner in which Leaders and Members of the House approved the Dignity in Aging Act, H.R. 4334. This legislation to reauthorize the OAA builds upon the early bipartisan Senate draft bill and incorporates a number of important priorities articulated by stakeholder organizations. Moving forward, we understand that the Senate is considering its reauthorization process and appreciate the opportunity to work with Senate leadership on a bill that will garner bipartisan support in both chambers. However, we urge lawmakers in the Senate to incorporate the priorities reflected in H.R. 4334 into a compromise bill.

Most importantly, the Dignity in Aging Act calls for much-needed and necessary investments in the OAA by increasing funding authorizations over the next five years—a top priority of the undersigned organizations and the most critical need of the Aging Services Network authorized by the OAA.

Other priority areas include research innovation and demonstrations, Native American services, local planning and development, supports for those suffering from dementias and social isolation, legal services, nutrition, in-home supportive services, disease prevention and health promotion, multigenerational collaboration, and family caregiver supports. We appreciate that both the House and Senate proposals to reauthorize the OAA have preserved the numerous ways in which this Act works so well at the federal, state, and local level, on behalf of the older adults and caregivers for whom it is a lifeline to dignity, independence, health, safety, and economic security.

Thank you for your commitment to this important issue. The undersigned organizations represent a diverse set of stakeholders, and we stand ready to build upon existing momentum to swiftly advance a bill to reauthorize the Older Americans Act through the full Senate and to the President's desk.

# New podcast series for Stay at Home in Wilton

**Stay at Home in Wilton** (Wilton, Connecticut) introduced an exciting new dimension to the almost 10-year community organization by launching the first in a new series of podcasts called **"The Story Next Door"**, where two generations are brought together in one conversation.

Stay at Home in Wilton offers seniors supportive services and resources, along with social and educational programs that unite its members and enhance their efforts to remain independent, active, and connected.

Today in 2019, Wilton's population of people over 65 has grown to 20%. And now in the U.S., there are more people over 60 than under 18. These incredible statistics mean it is important to address the needs of Wilton's elders and elevate their voice in our town.

The organization believes that keeping our elders engaged is vital and that conversations between the generations will benefit everyone and strengthen and connect our community. Stay at Home in Wilton through this new podcast, hopes to spearhead the effort to achieve this goal.

Recently, Dick King, an eight-year board member, ten-year volunteer, and a current member of the Advisory Committee of Stay at Home in Wilton, sat down to chat with Connor Allen, a Wilton High School Junior. They discussed everything from how it was to grow up on a farm in Michigan versus suburban Wilton, how technology and mobility have changed their lifestyles, and how differently people of varying ages get the news.

As a long-time volunteer driver for Stay at Home in Wilton, King explained that, "We do more than drive people to where they need to go," referencing conversations that led to a pop-up birthday party for someone



Wilton High School junior Connor Allen and Dick King, of Stay at Home in Wilton, conducted the first interview of the organization's new podcast, "The Story Next Door."

who had thought no one cared, and in another instance to a handrail that was built for someone who recently had knee surgery.

When the conversation ended, King revealed, "I admire young people... our country is in good hands, and I am proud of what the youth can do and how capable they are at a young age."

After learning about Stay at Home in Wilton through this conversation with King, Allen concluded: "Building connections in the community and working together is what to strive for." When asked his favorite quote, Allen cited King's remark "Once I asked a passenger, how is Stay at Home in Wilton doing for you?, and she replied, 'Oh my goodness, I get down on my knees every night and say thank God for Stay at Home in Wilton!', those kinds of things really enrich your life as a volunteer."

To listen to the entire podcast and learn more about Stay at Home in Wilton and its goal to support a vibrant senior community, please visit the newly designed website: [www.stayathomeinwilton.org/podcast](http://www.stayathomeinwilton.org/podcast).

## Connection makes life better for everyone

It's a Friday afternoon and Marie Hamilton, 90 years old, picks up the phone to call Ann. Though Ann lives in a neighboring city, it's unlikely they would have crossed paths in person. As they discuss gratitude and vision loss over the course of months, they become friends. Marie later calls Irene, who is several states away, to chat, also about the experience of vision loss. On many weekday mornings, you'll find Marie joining Gratitude, a heartening group where several participants join via phone and share what they are grateful for that day. And on Sunday afternoon, Marie facilitates her own Gratitude group, as well as a monthly Book Club. This session, the group is reading and discussing several best sellers.

**"Marie always has you look upwards, she's very much an encourager. I originally contacted your program to speak to a blind person but Marie has sight unbelievable. She sees with her spirit and soul."  
– Ann, Marie's phone match**

Marie has these robust social connections through her roles as volunteer and participant with Social Call and Well Connected, which are creative programs for community-building with older adults.

**Social Call** and **Well Connected** are community services of **Covia**, a California-based nonprofit which operates communities focused on residential and aging services throughout the state. However, Social Call and Well Connected are open to any older adult in the United States and are no-cost to participants.

Social Call matches volunteers and older adult participants for one-on-one weekly, neighborly visits via phone. Matches can be intergenerational or peers, like Marie

and her matches. Visits are about 30 minutes each week and the nature of the conversation depends on the match and where their interests overlap. Social Call is based on the idea that the volunteer and participant both have much to give one another, ensuring a reciprocal bond. To this end, we make matches based on best fit – personality, hobbies, interests, and schedules.

Well Connected is a community of older adults gathering via phone and computer conferences for wonderfully curated programs, most of which are facilitated by older adult participants themselves. The community currently has 1,800 older adult participants joining from 44 states. Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect.

Well Connected will host the third annual virtual Creative Aging Symposium on January 29th, 2020, where we will celebrate how creativity builds resiliency, how it shapes our sense of self and guides us to more purposeful living. For details on the speakers and schedule, visit **[CreativeAgingSymposium.org](https://CreativeAgingSymposium.org)**.

We invite you to join us in the way that suits you – as a volunteer, participant, or both. In Well Connected, Social Call, or both! Join Marie and others like her to intentionally create community, all from the comfort of home. To join or refer a friend, call 877-797-7299 or email **[coviaconnections@covia.org](mailto:coviaconnections@covia.org)**.



## Villages in the News



12/2/2019

Berkeley program puts students seeking housing in the homes of older adults

[Read Here](#)



11/27/2019

Queen Anne's at Home celebrates one year

[Read Here](#)



11/26/2019

Getting — and giving — a little help

[Read Here](#)



11/26/2019

CARESTAR Foundation Awards Grant To Village Movement California Project, Helping Older Californians Stay Safer And Connected To Services At Home

[Read Here](#)



11/20/2019

Susie Wallo Earns Spirit of the Vineyard Award

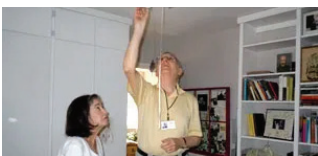
[Read Here](#)



11/18/2019

Setting up a Village to help communities

[Read Here](#)



11/13/2019

Northwest Neighbors Village helps neighbors help neighbors age well

[Read Here](#)



11/7/2019

A Community of Mutual Support—The "Village Common" Encourages Healthy Aging in Rhode Island

[Read Here](#)



11/7/2019

Greater Lewes Community Village changes name to Village Volunteers

[Read Here](#)



10/27/2019

Health Matters: Good health takes a Village

[Read Here](#)

# Village Anniversaries!

**Penn's Village** - Philadelphia, PA - 12 years

**NEXT Village San Francisco** - San Francisco, CA - 10 years

**Georgetown Village** - Washington, D.C. - 8 years

**Village At Home** - Baltimore, MD - 8 years

**Wellesley Neighbors** - Wellesley, MA - 8 years

**Wellington Cares** - Wellington, FL - 7 years

**Greater Lewes Community Village (now Village Volunteers)** -  
Lewes, DE - 6 years

**Methow at Home** - Twisp, WA - 4 years

**A Little Help North Fork Valley** - Paonia, CO - 3 years

**Bethesda Metro Area Village** - Bethesda, MD - 3 years

**Northeast Village PDX** - Portland, OR - 3 years

**SLO Village** - San Luis Obispo, CA - 3 years

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**Please Support Village to Village Network**

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