



## Barbara Hughes Sullivan, Executive Director



Dear Villagers, Friends and Supporters,

It's hard to believe that it is almost Labor Day, where did the summer go? Typically, this time of year, VtVN is gearing up for our annual in-person conference. This year is no different, except we are meeting virtually. A new era, a new norm, a new opportunity.

The National Virtual Village Gathering will be a place where we can continue growth as the Village Movement. We have wonderful speakers, panels to share best practices and information on how to expand your Village (whether it is open or in development). Many of the topics will touch on how to operate during the pandemic and how to navigate moving forward.

We are excited to announce that our Master of Ceremony will be Steve Gurney. Steve Gurney is the Founder/Publisher of the Positive Aging Source Book. He helps develop innovative concepts and products to help elders and families understand

resources. Helping organizations better communicate their offerings to seniors, families, and professionals. Steve has been in the aging arena for 20+ years. You can find more information on Steve at [www.proaging.com](http://www.proaging.com).

Our agenda has a variety of information and networking for Villages across the nation. I am excited for this Gathering because it allows many of our Village members, who have not been able to participate in person, the ability to attend.

Registration for the virtual conference is open until September 18, 2020. Details and links will be sent out to registrants the week of September 28th, 2020. For groups of four or more, please contact the office for registration. You can register online at [www.vtvnetwork.org](http://www.vtvnetwork.org), just click on the **Conference 2020** link.

Enjoy the rest of your summer and we look forward to 'seeing' you at our Virtual Village Gathering on October 6, 13, and 20, 2020.

Sincerely,

Barbara Sullivan, Executive Director VtVN

# NATIONAL VIRTUAL VILLAGE GATHERING

OCTOBER 6  
OCTOBER 13  
OCTOBER 20  
  
2020

**20/20**  
~Clear Vision  
for the Future~



**Registration  
Closes on  
Sept. 18, so  
get registered  
NOW!**

We are gearing up for a great virtual gathering! Go to the Conference 2020 page on our website for the latest news. We've worked hard to keep the costs low and the content valuable.

The tentative **agenda is available for viewing** on the Conference 2020 page, and we are working to bring content that will be helpful for the "new normal" in light of the coronavirus pandemic. We should have more detailed descriptions of each session soon, so keep checking back.

[Click Here to Register](#)

# California Governor to Get Recommendations on Alternatives to Nursing Homes

The current pandemic has shined a light on an important issue that most people don't want to face: what will become of older people who need long-term care and support as they age?

An organization that focuses on helping older adults age in their homes and communities is sponsoring a discussion with California State Treasurer Fiona Ma, who will speak about the Governor's Master Plan on Aging and the recommendations Governor Gavin Newsom will receive in October from a Stakeholder Committee he created.

The [\*\*Ashby Village\*\*](#) Arts & Culture Series virtual event is scheduled for Sunday, September 13th from 2:00 – 4:00 pm PDT

Zoom link is:

[\*\*https://us02web.zoom.us/j/83193660960\*\*](https://us02web.zoom.us/j/83193660960)

The event is free and open to the public.

One recommendation is for a universal, long-term services and support benefit, publicly financed, like Social Security, through a payroll tax. Other recommendations also promote aging in place. "Long-term care is a critical issue," says Marcia Freedman, Co-Chair of Ashby Village's Arts & Culture Series and Ashby Village Board member, who organized the event. "Seventy five percent of people over 60 will need some measure of long-term care before they die and it's enormously expensive. None of us except the very wealthy or very poor, through MediCal, can afford long-term care—and most of us will need it."

State Treasurer Ma is a Certified Public Tax Accountant and currently serves on the California State Board of Equalization. She was elected to the California State Assembly from 2006-2012. She was the first Asian American woman to become Speaker Pro Tempore of the State Assembly.

Freedman says every country in the developed world, plus the State of Washington, have publicly funded long-term care and support systems, except the United States. "With nursing homes coming under increased scrutiny and knowing that five million people in California are unpaid caregivers for their family members, this strategy is something we urgently need to learn about and support."



California State Treasurer Fiona Ma







**National Good Neighbor Day**  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

**September 28**  
**#GoodNeighborDay**

**NATIONAL**  
**DAY**  
CALENDAR™

## HOW TO OBSERVE #GoodNeighborDay

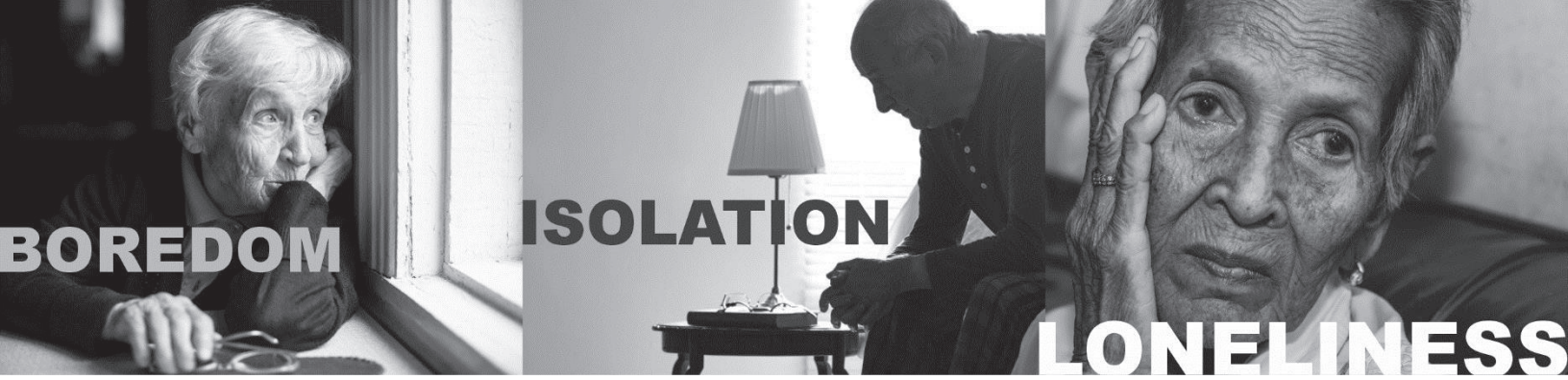
Being a good neighbor isn't all that difficult. Starting with kindness is always the first step.

- ▶ Offer a kind word. Even a small compliment goes a long way to creating a bond or breaking down barriers.
- ▶ Bring extra bounty from your garden or baked goods.
- ▶ Invite them to join an informal socially distant celebration.
- ▶ Offer a gardening tip.
- ▶ Ask who they recommend for a service such as taxes, painting, or car care. You will earn their respect, especially if the question is something they have first-hand experience with.

Use #GoodNeighborDay and #VillageMovement to post on social media.

Villages know a thing or two about being neighborly, because the whole idea of the Village Movement is neighbors helping neighbors. If you are not already involved with your local Village, find out how you can volunteer. That way you can be neighborly all year long!

If there is no Village near you, spread the word about the idea and build interest. Visit [www.vtvnetwork.org](http://www.vtvnetwork.org) for more information on how to start a Village in your area. It's a grassroots effort that will only continue to grow through awareness and the desire of older adults to remain in their own homes and communities for as long as possible.



## How to help your members stay vital during COVID

We are offering a **FREE 6-week pilot** of the **Virtual Perk program** to all Villages.  
Each week, we will send you everything you need to hold your own weekly sessions.

Social Isolation is one of the biggest health issues facing seniors today and now since COVID19, it has become an urgent crisis. Many organizations working with seniors have had to drastically cut back on providing activities, leaving seniors more isolated than ever before.

**Perk Activities**, programs to help seniors age well and improve their quality of life, has developed **Virtual Perk**. For the last five months, seniors have been attending the one-hour, weekly zoom sessions providing much needed stimulation and social interaction. They enjoy working together on activities drawn from the 14 diverse domains of the **Perk Activities** program and many say they look forward to meeting up with the group each week. For some seniors, this is their only social outlet.

Since 2008, **Perk Activities** has engaged seniors mentally, physically, emotionally and socially. In 2019, 25 North American Senior Living Communities were awarded the Beacon Award for "Best in Wellness." **Perk Activities** was the wellness program at 2 of these senior living communities.

### Perk Impact

A study on the impact of **Perk Activities** on seniors conducted by Simon Fraser University:  
*"For participants, increased time of enrollment in the Perk program was associated with lower anxiety, lower depressive symptoms, a greater number of close social relationships, more time spent in contact with their social network, and decreased loneliness. Participants appreciated the variety of the activities as this kept the program from becoming monotonous. On interview, 85% felt that participation in Perk Activities could help to reduce loneliness. Participants also noted that Perk Activities helped them feel more connected to their community."*

Wendy Loken Thornton, Ph.D., R.Psych.  
Professor, Department of Psychology  
Director, Cognitive Aging Laboratory  
Simon Fraser University

Please contact us today to learn more about Virtual Perk and take advantage of our offer.  
[perkactivities.com](https://perkactivities.com)



# Villages in the News



August 20, 2020  
Jewish Family Service  
Raises Revenue From  
Cancelled House Tour  
[Read Here](#)



August 19, 2020  
Vashon Senior Center  
receives county grant  
[Read Here](#)



August 14, 2020  
Love And Friendship In  
The Time Of A Pandemic  
[Read Here](#)



August 6, 2020  
Community's Village  
Volunteers extend  
services south to support  
seniors  
[Read Here](#)



August 5, 2020  
Lamorinda Village  
prepares for fire season  
with help from community  
[Read Here](#)



July 30, 2020  
Aging made easier,  
thanks to Northwest  
Village Network  
[Read Here](#)



July 28, 2020  
Wellness Communities for  
Senior Lifestyles  
[Read Here](#)



July 17, 2020  
Successful Aging: How  
to handle the fear and  
isolation of the pandemic  
[Read Here](#)



July 16, 2020  
Helping locals live their  
best lives  
[Read Here](#)



July 16, 2020  
Potomac Community  
Village Celebrates Eight  
Years  
[Read Here](#)



July 15, 2020  
Caring, connection,  
community — and cookies  
[Read Here](#)



July 13, 2020  
Local Organizations and  
COVID-19: Staying Put in  
New Canaan  
[Read Here](#)



July 13, 2020  
Coronavirus pandemic  
shifts Johnson County  
TRAIL's tactics but mission  
remains same: Helping  
seniors  
[Read Here](#)



July 12, 2020  
Community Thread to  
'Stuff the Bus' with school  
supplies  
[Read Here](#)



July 10, 2020  
Red Dirt Diaries: 90-Year-  
Old Artist Paints 70 Pieces  
During Pandemic  
[Read Here](#)



July 7, 2020  
Flags wave in Tollgate  
Village parade  
[Read Here](#)

# Village Anniversaries!

## July

[At Home Chesapeake](#) - 12 years  
[Ashby Village](#) - 10 years  
[Ashland at Home](#) - 8 years  
[Sequoia Village](#) - 5 years  
[ChaiVillageLA](#) - 4 years  
[South Whidbey at Home](#) - 4 years  
[Union County Neighbor to Neighbor](#) - 4 years

## August

[Aging in Place - The Woodlands](#) - 4 years

## September

[Tierrasanta Village of San Diego](#) - 12 years  
[The Athens Village](#) - 11 years  
[Monadnock at Home](#) - 10 years  
[Cheverly Village](#) - 4 years  
[Mid Peninsula Village](#) - 4 years  
[Coastal Neighbors Network](#) - 3 years  
[Coastline Neighbors](#) - 3 years

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# Village NEWS

View all of the archived Village news from this year by clicking the button below.

[Village News 2020](#)

Please Support Village to Village Network

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