

# network news

October 2020

From  
the desk  
of...

## Barbara Hughes Sullivan, Executive Director



Dear Villagers, Friends and Supporters:

This past month we hosted the National Virtual Village Gathering on October 6, 13, and 20th. We want to sincerely thank all our presenters, sponsors, planning committee, board of directors and most importantly, our participants. We never imaged that we would have over 600 registrants! Big kudos to our technical guru, Steve Gurney, who helped us navigate each day successfully! This year's Virtual Gathering helped to inspire, connect, and share best practices for all our Villages and their members.

The topics presented are vital to the growth and stability of our movement and show solidarity in a time of a new norm in society. Even though this year we were not able to meet in person, the success of the conference brought us together in a new and positive way. We have shared all conference materials with our registered participants and will make these materials available for the rest of our members toward the end of November.

The VtV Network board of directors announced at the conference the formation of three new committees. A new Mentor committee to help with our developing members, a committee

on data collection and a new outreach and marketing committee. Interested members can contact me at [barbara.sullivan@vtvnetwork.org](mailto:barbara.sullivan@vtvnetwork.org). In addition, Joel Shapira has a new strategic partnership focus group that will be meeting in November. Interested members can contact Joel at [joel@beyondage.com](mailto:joel@beyondage.com).

Four members of our Board of Directors will retire from the Board at the end of the year: Mandy Summerson, Dick Elkin, Peter Engstrom and Joel Shapira. If you are interested in becoming a board member please contact Carol Paquette at [carol.paquette@vtvnetwork.org](mailto:carol.paquette@vtvnetwork.org).

We are coming up on Thanksgiving and we have a lot to be thankful for at Village to Village Network. We have you, our Villages, members, friends, and supporters. I personally feel so fortunate to work with a great group of people to build something that has impacted so many of our lives. I look back at my journey almost fourteen years ago when my Village was forming in Virginia, and the wonderful support we got from VtV Network.

Now, as my good friend Betsy Franz says, here is the ASK. Village to Village Network needs your help. To have continued services, reduced membership fees for developing Villages, and staffing to meet the needs of our 350 Villages, we need your financial support. Please consider a donation to help us scale our movement! There is a donate button on the last page of this newsletter. Thank you!

Sincerely,



Barbara Sullivan, Executive Director VtVN

# VtV Network teaming up with FTC to bring important information to members

Village to Village Network works to support Villages and their members by bringing value added services and programs. We are working with the Federal Trade Commission on a [series of webinars](#) that will address different aspects of fraud, identity theft, and other scams that older adults should be aware of.

Because of the importance of these topics, we will open these webinars to members and non-members alike. Keep an eye on our Calendar for these upcoming webinars, or make sure that we have your email address so that we can keep you informed.

Let's stay safe out there, and keep in mind that if something doesn't feel right, ask a friend or loved one for an opinion before you provide any payment or information to someone you don't know.

Here are a few resources that you might want to save somewhere to help keep you safe.

## Anti-Fraud Resources:

▶ [Pass It On:](#) Fraud prevention information for active older adults, covering 13 topics including imposter scams, identity theft, home repair scams, and more



▶ [Pass It On Resources:](#) factsheets, PowerPoint presentations and bookmarks to download or print

▶ [IdentityTheft.gov:](#) The federal government's one-stop for recovering from identity theft

▶ [Online Safety:](#) Articles on online safety

▶ [Unwanted Calls:](#) Resources on how to stop unwanted calls on landlines, mobile phones and VoIP

▶ [Coronavirus Scams:](#) One-stop website for coronavirus scam resources. We have great one-pagers, social media shareables and articles here – available in several languages

▶ [Free Print Resources:](#) Here you can order bulk articles, bookmarks and more – and they are all free and ship free. Most things are available in English and Spanish

▶ [Subscribe](#) to the [Consumer Information Blog](#)

▶ [Managing someone else's money:](#) Guides from the Consumer Financial Protection Bureau. There are national guides and then a handful of state specific guides each for trustees, court-appointed guardians, people w/ power of attorney and government fiduciaries

# CAREGIVING IN CRISIS

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.



CAREGIVER  
ACTION  
NETWORK

CaregiverAction.org

National Family Caregivers Month in November is nearly here. [Caregiver Action Network](#) is proud to be the organization that sets the theme for National Family Caregivers Month each year. Here is a copy of the 2020 National Family Caregivers Month theme ([downloadable here](#)) so that you can begin planning your own NFC Month activities.

The theme for 2020's [National Family Caregivers Month](#) is "Caregiving in Crisis." During NFC Month 2020, CAN will be addressing the new realities family caregivers face with their loved ones during these uncertain times. The NFC Month theme links to four compelling caregiver blogs that illustrate the challenges of "Caregiving in Crisis."

- ▶ [Caregiver Grief Comes in Many Forms](#)
- ▶ [Caregiving and Telehealth in the World of Coronavirus](#)
- ▶ [Better Off At Home?](#)
- ▶ [When Caregiving, Coronavirus, and Finances Collide](#)

Be sure to follow and like Caregiver Action Network on [Twitter](#) and [Facebook](#)!

# Emancipated Patients: coaching for doc office visits

By Patrick Neustatter, MD

When I saw that one of the services that **LOWLINC** offers is helping people prepare for a visit to their doctor, I felt like they were "singing my song." They were encouraging emancipated patient behavior. But in addition they introduced me to the whole new world of the virtual village.

LOWLINC is, in their own words, is "a charitable, nonprofit organization that provides services to enable older adults at Lake of the Woods, Virginia, to remain safely and independently in their homes, with continued connections to the community."

Virtual villages like LOWLINC are being formed countrywide - an idea promoted by the organization Village to Village Network. It's a thing I didn't know about but apparently there are already some 75 just in the Washington area.

They are membership-driven, grassroots, nonprofit organizations run by volunteers and paid staff to help people maintain their health, help with transport, home repairs, find reliable affordable handyman services, provide social and educational opportunities and more.

My introduction came at one of the programs of the end of life positive planning group. A group I have mentioned before that I am helping run together with retired hospice grief counselor Gloria Lloyd. The group is made up of mostly old people interested in being proactive in how we slip gracefully into our dotage, but remain active, and ideally in our own homes.

The coaching service LOWLINC provides to prepare for going for a doctor's visit is not rocket science. The idea is to help people get the most out of their hard to get, and usually all too brief, visit to the doctor's office.

It uses things like the "Talking to Your Provider" check list to encourage people to make a list of their concerns with pertinent questions. It tells people bring your medications (a point I would like to emphasize - and preferably bring them in the original bottles, as the label has lots of additional useful information over and above just what kind of horse pills you are taking).

It suggests you take a note pad to be sure you don't forget what your healthcare provider/doctor tells you - or better still someone else to hear and record what's said.



That's where another LOWLINC service comes in. If you don't have a friend or family member available, they have a program of volunteers who will drive members to the doctor's office and go into the appointment as well.

The idea of having volunteers attending the appointment with the member grew out of what started off as just a transporting service, explained retired nurse/educator Emily Slunt, one of the LOWLINC original volunteers and board member.

A former chairperson of the health sciences department at Howard Community College in Maryland, she, together with fellow board member Carolyn Rourke, were the ones talking to our end of life group.

"We found often the member wanted the driver to come in with them to their visit" Emily Slunt told me when I called her a few days after the program. So they started recruiting and training notetakers - putting them through role playing, orientation, and background checks.

LOWLINC and other villages provide all sorts of other services and seem to me a great examples of community organizing, and people looking after themselves. But as I say, it is prepping people for their office visit, which is something I am always emphasizing as a low-tech, commonsense idea which can have a big impact, that I am particularly glad to see.

*Patrick Neustatter is the Medical Director of the Moss Free Clinic. & Author of Managing Your Doctor - The Smart Patient's Guide to Getting Effective Affordable Healthcare. [managingyourdoctor.com](http://managingyourdoctor.com)*



## **First Light Facts...Starting your day in a positive way**

Get your day off to a positive start, four days a week, with a quick read that is entertaining, informative, and often both. (By "quick," we mean under two minutes!) "First Light Facts" topics include heroes you might not know, or know much about; surprising things animals do; "wow" facts about common items we use; quick quizzes to test your word power or movie knowledge; simple explanation of terms you've begun to hear in the news but don't have time to check out for yourself; the many ways curiosity has led to great discoveries; things you've always wondered about; and candy. (Yes! Candy is in the regular rotation, in a sugar-free message.)

**Pledge: "First Light Facts" will always be factual (no opinion), and always positive (nothing controversial.)**

If you believe, as we do, that positive information is good for your mental hygiene and all-around well-being, give us your email address, and we will start your free subscription. Also, you are welcome to bookmark the page and send a link to friends, family members...anyone who needs to start the day in a positive way (and who doesn't?). Or just forward any day's message to them.

**Brought to you by [Volunteers Insurance Service Association, Inc.](#) -- helping volunteer-based organizations since 1972.**

[\*\*Click Here to Sign Up for First Light Facts\*\*](#)



# WELLNESS WEDNESDAYS

Presented by: *Zing*

## FREE webinars for your health and wellbeing

Enjoy free webinars to promote physical health and emotional wellbeing on the **2nd and 4th Wednesday of the month**. These programs feature top thought leaders and authors on a wide range of topics to help you “live your best life longer.” They are hosted by Sally Duplantier, founder of **Zing**.

Check out upcoming programs or view past recordings here:

[www.myzinglife.com/wellness-wednesdays](http://www.myzinglife.com/wellness-wednesdays)

### What people say about Wellness Wednesdays

*“The Wellness Wednesday programs provided by Zing are excellent. Sally Duplantier has consistently presented outstanding speakers in their field, all relevant to living in the pandemic and for the senior age group. They have become a favorite resource for our senior population. This is a great service to our community.”* – Michelle Rosengaus, Sr. Manager, Adult Programs, Oshman Family JCC

*“We have thoroughly enjoyed these sessions. Sally brings a wealth of knowledge, a solid network of connections and a positive attitude that spreads to others like wildfire. Sally has a personality that inspires others in ways that are very necessary in today’s world, and having Sally as a partner during these times has been absolutely wonderful.”* – Nicole Busbin, Residency Counselor, the Forum at Rancho San Antonio

---

## FREE, easy-to-use chatrooms for those over 50



**HIGHWAY61**

**Highway61** offers chatrooms to senior communities centered around conversation and connection. They are a free, easy to use, audio-only platform that offers virtual events and discussions such as trivia, travel stories, aging alone support groups and more!

They encourage both seniors and senior communities to host discussions on whatever they are passionate about! Check them out here: <https://highway61.co/>

Check out their calendar here: <https://calendar.highway61.co/>



# Villages in the News



October 16, 2020  
Grant to allow 'necessity bags' program to run through 2020 in Clintonville  
[Read Here](#)



October 15, 2020  
Community honors local pioneer gerontologist at age 90  
[Read Here](#)



October 14, 2020  
TRAIL of Johnson County releases senior housing guide to help older adults age in place in Iowa City  
[Read Here](#)



October 11, 2020  
Redwood Coast Village seeks volunteers  
[Read Here](#)



October 8, 2020  
Caregiver support coming to Rappahannock residents  
[Read Here](#)



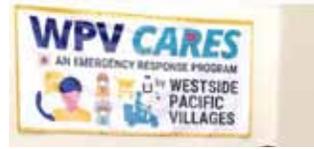
October 7, 2020  
Oakwood Village proposes affordable senior living  
[Read Here](#)



October 6, 2020  
Hyde Park Named Chicago's 1st Dementia-Friendly Neighborhood  
[Read Here](#)



October 4, 2020  
Nashoba Neighbors gears up to provide a Village for seniors to age at home  
[Read Here](#)



October 1, 2020  
The Road Back - Part Five: Seniors Stay Connected Despite COVID-19  
[Read Here](#)



September 28, 2020  
German Village organizations spreading cheer  
[Read Here](#)



September 25, 2020  
It really does take a village to provide seniors with the network and care they need  
[Read Here](#)



September 22, 2020  
Looking Ahead to Solo Old Age  
[Read Here](#)



September 22, 2020  
Local Alzheimer's Walk Raises Nearly \$15,000  
[Read Here](#)



September 16, 2020  
Video: Transportation Resilience  
[Read Here](#)



September 15, 2020  
Atterdag Village residents show off hubcap artwork  
[Read Here](#)



September 12, 2020  
Greenwich Elders – At Home in Quarantine  
[Read Here](#)

# Village Anniversaries!

## October

- [Avenidas Village](#) - 13 years
- [Capitol Hill Village](#) - 13 years
- [Dupont Circle Village](#) - 12 years
- [Mount Vernon At Home](#) - 11 years
- [Sausalito Village](#) - 10 years
- [Capital City Village](#) - 9 years
- [SPRYE](#) - 9 years
- [Neighbors Network](#) - 7 years
- [Good Neighbors of Park Slope](#) - 5 years
- [The FriendShip](#) - 5 years
- [Thriving in Place/The Celebration Foundation](#) - 5 years
- [Love Living at Home](#) - 4 years
- [San Clemente Village](#) - 4 years
- [Village of the CoastsidE](#) - 4 years
- [Village Without Walls](#) - 4 years
- [Viva Village](#) - 4 years
- [North Star Village](#) - 3 years
- [River West Village](#) - 3 years



**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](#)

Village to Village Network  
4818 Washington Blvd  
St. Louis, MO 63108  
(617)299-9638  
[vtv@vtvnetwork.org](mailto:vtv@vtvnetwork.org)  
[www.vtvnetwork.org](http://www.vtvnetwork.org)