



AGING.
BETTER.



Carol Haig, Editor

A publication of [Village Movement California](#)

March 2021

Turning the Page: Vaccines are Here!

Have you had your shot yet? Perhaps you've already had both doses or have an upcoming appointment. As more of us become better protected against COVID-19, we are cautiously looking forward to the new normal and the opportunities it will bring. What are your plans? Also, happy Women's History Month and happy St. Patrick's Day.

Contents

- Diversity, Equity & Inclusion
- Introducing: Caregiver Support Group Toolkit
- Village Request: San Clemente Village, Village Network Petaluma
- Volunteer Opportunity – Social Media Expert
- Update: Repository for Sharing Articles & Videos
- Fall Fundraising Appeal Results
- Upcoming Events: Webinars & Programs
- COVID-19 Information & Resources

From the Executive Director



I am watching and reading the Covid-19 anniversary stories with grief for all that was lost, the inequities that were revealed, mixed with hope for the post-pandemic era. It's hard to believe that we closed down our villages' in-person activities twelve months ago and launched our state-wide COVID calls to support each other through those hard times.

Our second call took place on March 18 when a generous millennial volunteer, Tasha Russman, taught

Charlotte

60 of us to use Zoom. Another 128 people watched the video recording. At that time, we had no idea what a lifeline Zoom would become. I think it's here to stay in some form.

Most of our villages have been busy scheduling and transporting members to vaccine appointments. I trust that most members, volunteers, leaders, and staff 65 and over are vaccinated by now. Hooray!

With vaccination comes planning to re-open villages. Questions are arriving in my email inbox, and I have connected a few of you to each other to talk things over. Please take a look at this month's *Village Request* and respond to San Clemente Village and Village Network of Petaluma.

The Village to Village Network's listserv is buzzing with post vaccine re-opening questions and suggestions from villages around the country. I can't wait to hear stories about reunions with grandchildren and family, village interest groups, and neighborhood circles. I image our faces will be tear stained and even more wrinkled from wide smiles.

We will have plenty of work to do in our villages, communities, and nation. Let's use the lessons of grief and the energy of joy to restore connections and advance a society where all stages of life offer meaningful opportunities for growth, connection, and joy; where people of all backgrounds and economic means can age with dignity, purpose, and self-determination.



Diversity, Equity & Inclusion

Violent and racist incidents against Asian older adults have been rising recently. They are rooted in the false narrative about COVID-19, and in our country's long history of anti-Chinese discrimination. California's founding was dependent on Chinese immigrant labor, and its ongoing economic success is fueled by our Asian workforce. Village Movement California condemns these acts of violence and assures our Asian members, volunteers, and partners that you are valued. We urge your village to join us to take action to support the Asian community in small and large ways. Here are some things we are doing:

- Report anti-Asian incidents at stopaapihate.org
- Check in on with Asian village members, friends and families
- Support local Asian-owned small businesses
- Order takeout from local Asian food restaurants
- Donate to the cause against Anti-Asian violence. Here is [a list](#) of resources
- Learn more about Asian older adults

By 2030, Asians will become California's second largest older adult population of color, after Latinx/Hispanics. Achieving our movement's vision requires us to learn about the cultures and aging perspective within California's many Asian communities. The California Department of Aging's recent webinar [Culturally Informed Policy and Programs for Asian and Pacific Islander Older Adults](#) offers excellent information and insights. The entire [series](#) is a "must see".

We can learn from our own villages. NEXT Village SF offers bi-lingual Chinese/English newsletter features and services. [Care Connections Network](#) was founded by Japanese and White leaders of Lutheran Church of the Resurrection in Huntington Beach. It offers culturally and linguistically specific programs and services to Japanese members. Twenty percent of Westside Pacific Village in Westchester, Los Angeles County, identify as Asian. Its [county funded van](#) makes a weekly trip to the area's Japanese grocery store. These villages have much to teach us.

Village Movement California is working with the organization [The UNtraining](#) to help us become an inclusive, diverse, equitable statewide movement. One current opportunity they offer is a seven session group. [Beyond Black and White: Being Chinese in America](#) for people of Chinese descent. The program explores the effects of internalized racism and offers support and strategies for healing, liberation, and action. Check it out if you are interested, and contact charlotte@villagemovementcalifornia.org for tuition support.



Introducing: Caregiver Support Group Toolkit

Villages are uniquely positioned to give care to their caregiver members, supporting them and welcoming their loved ones to village activities. The Toolkit contains guidelines and resources to help villages develop support groups for caregivers.

Members of the Pasadena Village Caregiver Support Group generously contributed their story and operational model. A grant from the Arthur N. Rupe Foundation supported development of the toolkit and a four session workshop series on caregiving.

The Toolkit is [here](#). Register for the March 18 *Caring for Someone with Dementia* workshop [here](#).



Village Request: Vaccination Data Collection?



Some villages are once again receiving requests for in-person services such as rides and friendly visitors. Has your village established policies and/or procedures for collecting information about vaccination status from staff, members, and volunteers?

If you have protocols in place, San Clemente Village and Village Network of Petaluma would like to hear from you. Please contact:

Jan Montague at janm@scvillage.org

Carol Appel at <http://villagenetworkofpetaluma.org>



Social Media Volunteer Needed: Village Movement California

Do you know of a family member, friend, college student, or someone else who is interested in volunteering and would like to help older adults? Are they a skilled Facebook user? Many of our members and prospective members are comfortable with Facebook and use it regularly. We want to reach them. Village Movement California needs a person to set up our Facebook page and to post to it once per week. The Social Media volunteer will work closely with Charlotte Dickson and the Communications Team. Please contact charlotte@villagemovementcalifornia.org.



Update: Repository for Sharing Articles & Videos

Last month, Linda Beck, President of SLO Village, suggested that villages could share articles of common interest to reprint in their newsletters if we had a repository for collection and storage. In addition, the repository could contain video recordings of village workshops featuring experts in finance, long-term care, end-of-life, and other topics of interest along with other resources of value.

We asked if villages would be interested in contributing to and using such a repository and received several responses of interest. We are setting up a three-month pilot program to assess the value of a repository that will include this newsletter, starting with the January 2021 issue. Currently we are exploring shared file applications and will be

testing them for ease of use. We plan to launch this pilot in April and will make an announcement when it is ready to go. Stay tuned!

Meanwhile, if your village is interested and did not respond previously, please contact this newsletter's editor at carolhaig@earthlink.net.



Fall Fundraising Appeal Results

We are delighted to announce a successful Fall Appeal. With 100% of Village Movement California staff and Board members participating, along with individuals and villages, we raised \$18,000. Our special thanks to all contributors:

Individuals

Linda Beck	Barbara Kivowitz
Floy Biggs	Sue Kujawa
Pat Brown	Dave Kuykendall
Leza Coleman	Andra Lichtenstein
Charlotte Dickson	Steve Lustig
Mary Dickson	Mary Ann
Hearon Dickson	Scott McMullin
Deborah Flaherty	Larry Meredith
Leni Fleming	Janis Montague
Harold Goldstein	Henry E. Nelson
Carol Haig	Iris Nicholson
Kate Hoepke	Mary Ann Reynolds
Sheila James	Ann Robinson
Bea Kirkman	Tauria Linala
Carol Kitabayashi	Fran Wielin

Villages

Ashby Village
Conejo Valley Village
San Francisco Village
Villages of San Mateo

Upcoming Events



Villages and Family Caregiving Webinar Series

All sessions will run from **10:00am – 11:00am**

March 18 – *Caregiving for a Loved One with Dementia* – Wayne April, Pasadena Village. Register [here](#).

- April 21 – *Love in the Time of Chronic Illness: Active Strategies for Caregivers and Care Receivers* – Barbara Kivowitz, San Francisco Village. Register [here](#).



2021 Senior Medicare Patrol Annual Conference

April 7, 9:30am – 2:00pm

Featured presentations include a message of support from California Congresswoman Katie Porter, current Medicare fraud cases from the Office of Inspector General, and roundtable discussions involving the California SMP program. **The first 100 registrants who register will receive a voucher for a free meal (to be emailed a few days prior to the event).** Register [here](#).



Equity in Aging Webinar Series

April 7, 2021 – July 2021, Every 1st Wednesday, 10:00am – 11:00am

Monthly peer-led webinars feature national, state, and local leaders exploring how we can help make our communities more just and build a California for *all* Ages. Sponsored by the California Department of Aging.

April 7, 2021 - [Culturally Informed Policy & Programs with and for Latino Older Adults](#) - featuring Carlos Londono & Ana Seda, Alzheimer’s Association, NorCal & San Diego and Jeffrey Reynoso, Latino Coalition for a Healthy California
Register [here](#).



Defunding the Police: Why Now? – A Conversation with Jonathan Simon

April 18, 2:00 – 4:00pm

Ashby Village ELDER Action and Arts and Culture Present Dr. Jonathan Simon, the Lance Robbins Professor of Criminal Justice Law at the UC Berkeley School of Law. Learn more about the history and evolution of policing in America. RSVP [here](#).

Although this event is FREE, Ashby Village relies on donations to bring programs like this to our members and friends. We thank you for any contribution.

Join at <https://us02web.zoom.us/j/88999218975>



Intergenerational Learning Cohort

April 21, 10:00am

For more information contact charlotte@villagemovement.org

COVID-19 Information & Resources



Ask an Expert

A daily COVID-19 feature on the San Francisco Bay Area all-news radio station, KCBS, each Q&A session has a pandemic-related subject and compiles listener questions into a 20-minute discussion with a subject matter expert. All discussions are available and recorded [here](#).

Recent offerings include:

- Why The COVID-19 Vaccine is Even More Effective Than You Might Think [here](#)
 - How Worried Should We Be About Coronavirus Variants? [Here](#)
-

Notices

Have an upcoming event you'd like to open to other villages? Send the information to the newsletter editor: carolhaig@earthlink.net

All articles and notices published here are available for use in your village newsletter. Please include this citation: *Reprinted with permission, Village Movement California*

All newsletters are archived [HERE](#)

Copyright © 2020 Village Movement California, All rights reserved.

Our mailing address is:

3220 Fulton Street San Francisco, CA 94118

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

