



AGING.
BETTER.



What's Next

Our REIMAGINE Convening generated conversations and ideas to help us increase the visibility of villages in California. Now it is time to harness what we reimagined and turn our energies to growing our movement and being an innovative voice for older Californians.

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From the Executive Director



Charlotte

Thanks to all of you who attended our third convening, REIMAGINE, last month. It was good to be with you. My biggest takeaway from the convening's evaluation? 82% of you agreed that you "feel energized for what's next." That tells me the convening was successful, and you have the inspiration we will need to meet this historic period for villages in California.

The Master Plan for Aging calls for the promotion and

adaptation of villages at a time when many agencies and organizations are preparing to embrace and serve the fast-growing older adult population. This means that villages are viewed as a vital part of the aging services infrastructure that is being built at this very moment. Our movement will expand in size, geography, and diversity if we act strategically at the local and statewide levels between now and the end of 2021.

I need your help to leverage the opportunities we have now by taking two specific actions:

1. Plan to meet with your state legislators this summer during their recess. Your Assembly members and Senators need to hear about your village and how it helps the older adults in their districts. Please read the article below, *CALL TO ACTION! State Legislative Visits*, about these meetings and put July 28 on your calendar. We'll host a workshop to get you ready for a 30-minute meeting.
2. Find out what kind of local planning for the state's Master Plan for Aging is happening in your community and get involved. Villages are named in the state's plan under Goal 3, *Equity and Inclusion, Not Isolation*. Your village should be named in your local plan as well. Watch this [video](#), and find out if one of the [regional coalitions](#) mentioned in the video is working in your county. Then get involved!

I've been doing my part to put a spotlight on villages. I recently talked with Richard Figueroa, Governor Newsom's advisor on matters related to health and human services, and aging. He's very interested in the villages! We now have friends and collaborators who have the power to boost our profile and our presence in communities around the state. Let's meet this moment with power, joy, and action!



Diversity, Equity & Inclusion

By Charlotte Dickson

The workshop *Building Communities of Belonging* launched a movement-wide conversation about racial and ethnic identity. I have been planning for this brave conversation since I stepped into the position of Village Movement California Executive Director three years ago. I was thrilled that over 125 people joined the conversation, and I look forward to more such discussions.

We focused on White people and culture since our movement is predominantly White. For many of us, conversations about identity are new, especially if we identify as White. And these conversations can be disquieting. Some of you expressed discomfort being assigned to a small group of White people and then answering questions about being White. That's okay! We did this because we wanted everyone – White people and

People Of Color – to have the opportunity to talk without being afraid that they might say the wrong thing or hurt someone’s feelings. Affinity groups, also known as caucusing, is an established best practice for holding multi-racial, multi-cultural conversations. It adds a dimension of safety and welcome to a large group gathering. Here’s an [article](#) about this practice.

In my experience, brave conversations about race and identity enrich my understanding of myself and open possibilities for authentic, nourishing relationships with people and communities I’ve been trained to ignore or dominate. These relationships make me a more whole and loving human being, and they keep me accountable to people who know what their communities really need. I’ve made a lot of mistakes when I’ve spoken up or tried to work across our society’s racial divisions. I’ve learned that mistakes are part of the terrain. I think this is true about life in general!

Brave conversations in our villages aren’t easy, but they are necessary if we are going to grow into our potential, increase our membership, and remain relevant in our larger communities. Now that we’ve had this first movement-wide conversation, we will have more. Village Movement California and Pasadena Village are hosting a workshop about *LGBT Inclusive Villages and Belonging* on August 18. We invite you to spread the word and sign up lots of village members, volunteers, and friends. See details below in *Upcoming Events: Workshops & Programs*.



Convening Highlights

The Convening was a great success! The theme *Reimagine* attracted 152 registrants from 35 California and four out-of-state villages, and Village to Village Network. Seven sponsors offered valuable [information](#). One of them, [Circle Talk](#), is offering a discount for CA villages through November 2021.

The Evaluation Survey showed that the workshops were well-received, with approval ratings of 75% - 93%. Most attendees were village Board Members and volunteers. About half represented villages of 100 – 200 people, with equal numbers representing villages of less than 100 and more than 200. Well over half the evaluations showed that attendees learned something new, acquired information about the sponsors, felt part of a movement, and are energized for what’s next. That’s success!

“It was truly time well spent. Introduced me to a movement I knew little about that affects me greatly. Gave me a sense of solidarity and a place/ways to take action.”

"I learned that we are part of a large movement that is redefining aging as a viable and vibrant stage of life despite rampant ageism in our society. And, how many people are actively working to change these attitudes both socially and by working to change governmental policy and media perception. VERY HOPEFUL directions!"

The website has a wealth of [resources](#) from the conference including video-recordings of four workshops and the *State of the Village Movement* presentation. Check out the *Upcoming Events* list below to learn about follow-up workshops.

Tales From the Village: Marin Villages Welcomes John Power, New Executive Director



John has joined Marin Villages as executive director. He is a trusted authority and expert on community-building, nonprofit development, and volunteer engagement. For more than thirty years, John has shared his knowledge and skills with local, state, and national nonprofit, government, corporate and private philanthropy leaders. He led The Volunteer Center in San Francisco for twenty years and launched the national [Board Match](#). John is a native of the Bay Area and a UC Berkeley graduate with an MBA from Santa Clara University. John lives in Kentfield with his partner of 25 years. An avid runner, he can be found on trails throughout Marin. Flag him down, he'll be glad to stop and say "hello."



CALL TO ACTION! State Legislative Visits

Please see *From the Executive Director* above for the background on this request.

WHAT: Every village should meet with their legislators before mid-September.

WHY: Now that villages are in the Master Plan for Aging, we must make sure our legislators know about the good work we are doing. This increases our chances for securing state resources for our work.

WHEN: Meet during the August recess when legislators are back in their districts; no later than mid-September.

HOW: Village Movement California will host a workshop to take you step-by-step through scheduling the meeting, talking to the legislator and/or their aide, and following up.

WORKSHOP DATE: July 28 11:00 am – 12:00 pm

Register [here](#). We need every California village to participate!



Stay Alive in Extreme Heat!

By Carol Haig, Editor

STAY COOL, STAY HYDRATED, STAY INFORMED

As we go to press, the U.S. has just experienced the hottest June on record. Here in California, many of us are emerging from a string of early July days with temperatures in the 90s and 100s. Uncomfortable? Yes! Dangerous? Yes! Deadly? Very possibly, especially for older adults.

Hyperthermia

The way our bodies react to heat or cold is regulated by our central nervous system, and it begins to deteriorate as we age. People with additional health conditions face a higher risk of *hyperthermia* which includes: heat fatigue, heat syncope (sudden dizziness or fainting), heat cramps, heat exhaustion, and heat stroke. Add high humidity, and the risk of hyperthermia increases.

Heat stroke is the most serious form of hyperthermia. It can be particularly hard to detect in older adults because the symptoms—fatigue, dizziness, delirium—are common to other complaints an older adult may have experienced in the past. The symptoms are:

- Increased body temperature—usually over 104 degrees
- Confusion or combativeness
- Rapid, strong pulse
- Dry, flushed skin
- Feeling faint
- Staggering
- Coma

If someone shows these signs, call 911 for immediate medical attention. Get the person into a tub or under a stream of cool water. Cover them with a wet sheet and give them water—no alcohol or sugared drinks.

Health Conditions that Increase Risk

Other health conditions can mask signs of hyperthermia. These include:

- High blood pressure
- Restricted salt intake
- Heart, lung, kidney diseases
- Any illness that causes weakness or fever
- Some medications such as vasoconstrictors, beta blockers, diuretics, antidepressants, antipsychotics
- Reduced sweating caused by medications
- Poor circulation
- Over or underweight
- Alcohol use

How to Stay Safe

- **Stay Cool** - Go to an air-conditioned place such as a cooling center, movie theater, library, mall, senior center
- **Stay Hydrated** – Drink lots of water even if you don't feel thirsty
- **Stay Informed** – Keep current with local weather and heat-related information

Additional Resources

There are many resources for staying healthy in extreme heat. This article was sourced from:

- The U.S. Department of Health and Human Services, Administration for Community Living – [Staying Safe in Extreme Heat](#)
- Next Avenue – [Helping Others Stay Safe in the Heat](#)

See also: [Ready.gov](#), [Centers for Disease Control and Prevention](#), [National Institutes of Health](#).



Village Request: SLO Village

SLO Village is planning to design and implement a Welcome Committee/Buddy System for new members to help them feel part of the community right away. We think the buddy should be another village member. We'd like to know about other villages with similar programs and how they are set up. Can you help?

Please respond to Meredith Bates, SLO Village board member and volunteer coordinator: meredith@slovillage.org.

Upcoming Events

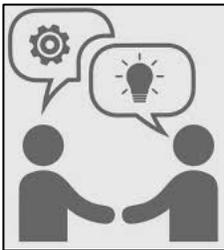


Caregiver Support Learning & Practice Group

July 21 10:00 – 11:00 am

Please join Esther Gillies and Monica Hubbard, leaders of the Pasadena Village Support group, and others considering a caregiver support group at their villages.

If you haven't joined us before, please watch this workshop [video recording](#) before attending and take a look at the [caregiver page](#) on the Village Movement California website. Register [here](#).

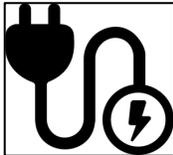


How to Meet With Your State Legislators

July 28 11:00 am – 12 pm

Join Charlotte Dickson and Leza Coleman, Village Movement CA Board member and Executive Director of the California Association of Long-Term Care Ombudsman, to learn about the nuts and bolts of a

successful meeting with state legislators. Register [here](#).



Energy Upgrade California – Orientation

August 4 10:30 – 11:30 am

The *Energy Upgrade California* program is a statewide campaign from the California Public Utilities Commission to inform PG&E and So Cal Edison customers that electric rates are changing to take advantage of sustainable energy sources. All California electricity providers are required to conduct extra outreach to older adults about these rate changes. Join us to learn about this program and how your village members can benefit. Register [here](#).



LGBT Inclusive Villages and Belonging

August 18 1:00 – 2:00 pm

Sponsored by Pasadena Village and Village Movement California



Join Sherrill Wayland from the National Resource Center on LGBT Aging for an engaging webinar that will explore the ways Villages can be LGBT inclusive and foster belonging for older adults from all backgrounds and orientations. Download and share the flyer [here](#). Register [here](#).



How to Set up a Hybrid Gathering

August 19 10:00 – 11:30 am

Sponsored by Ashby Village and Village Movement California



To usher us into the post-pandemic future, Ashby Village and Village Movement California are offering a how-to workshop on *hybrid* gatherings that give people the option to attend either in person or by Zoom. The focus is on around-the-table gatherings like committee meetings and interest groups. Share the flyer [here](#). Register [here](#).



Equity in Aging Webinar Series

This series of monthly peer-led webinars features national, state, and local leaders explores how we can help make our communities more just and build a California for *all* Ages. Sponsored by the California Department of Aging. The series is complete and is recorded for viewing. Find these videos and other resources [here](#).

Notices

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

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