



AGING.
BETTER.



Carol Haig, Editor

A publication of [Village Movement California](#)

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Villages and Activism

Our village movement is an assemblage of activists working to raise awareness about the needs of older adults. We are creating changes to make our later years more comfortable and enriching. Read on to see what we've been up to.

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From the Executive Director



Charlotte

The last of four town hall meetings sponsored by the California Department of Aging and the California Commission on Aging to explore a “hubs and spokes” model for regional aging services took place October 12th. I’m glad to report that villages participated in all four of the events, advocating for villages to be included in the state’s new framework for meeting the needs of California’s older adults. Village Movement California will continue to lead the charge to make our constituents’ needs known, and our model of care recognized as a vital service.

The importance of connecting with our regional and local aging services organizations can't be overstated. It's a sustainability strategy, opening doors for members and volunteers, partners and supporters, and funding. This month's *Tales from the Village* includes an article about how the Villages of San Mateo County has gotten involved in several aging initiatives and organizations, and lists those you should approach.

Connecting with local businesses that serve older adults and their families is another sustainability strategy. Katie Brandon, Executive Director of Pasadena Village, will present a workshop about their successful program as a follow up to her conference presentation. Details are in the Upcoming Events section below.

One of the things I continue to learn is that if an organization plans to do great things in the future it must begin by investing in itself. Thus, I am devoting this quarter to working on Village Movement California's infrastructure and planning for 2022. I am meeting with leaders of the statewide aging services network to explore how we can work with and support each other. The Data and Evaluation Team is formulating a statewide survey to update what we've learned about our members since 2018, and to hear how we might be most supportive of you. Stay tuned for more information about the new survey.

Diversity, Equity, & Inclusion



Sankofa Stories: A Joyous and Groundbreaking Event

By Charlotte Dickson

Village Movement California was a proud co-sponsor of the September 30 release and celebration of a valuable report, *Sankofa Stories: Black Women Reflect on Aging in Place and Community: A Narrative on Policy*. Carlene Davis, MPA, co-founder of Sistahs Aging with Grace and Elegance (SAGE Sistahs) and Robert Wood Johnson, Culture of Health Fellow, introduced Carlene's community of elders, intergenerational colleagues, mentors, and friends, and opened a conversation on Black women's experiences and perspectives on aging.

Among the audience were 23 village members and leaders. Several of us later shared how moved we were by the spirit of love, the demonstration of mutuality and gratitude, and the rich expressions of culture that we had been invited to share.

The report is available [here](#). Just scroll down and then follow the report link.

Three takeaways from this extraordinary evening:

- Black women are at the center of their communities.
- The current academic research on “aging in place” does not include Black women. It doesn’t include gender, gender identity, or race. That needs to change, and the Sistahs are ready to make their voices heard in the policy arena, and in the village movement.
- The term [“aging in place”](#) as defined by the Centers for Disease Control is ripe for an update. According to Carlene’s research colleagues, the definition must expand to include specific components of community like housing and transportation, along with gender and race, to uncover needs, identify assets, and shape solutions that support optimal healthy aging.

Village Movement California looks forward to working with the SAGE Sistahs to learn how the village movement can include Black women’s voices. From there we can shape village communities that amplify Black women’s strengths and meet their needs and desires. Stay tuned for follow up opportunities to learn more!



Tales From the Village

Villages of San Mateo County – Influencing Aging Agencies and Why it Matters

By Carol Haig, Editor

The Villages of San Mateo County (VSMC) currently have five volunteers serving on local aging agencies’ commissions. They have reaped significant benefits from this cross-pollination with others who want to advocate for and help older adults. I talked with Scott McMullin, VSMC co-founder and current board president, to learn how this was accomplished, what value it brings to participating villages, and how you can get your village leaders involved.

Agencies Serving Older Adults

Are you familiar with the agencies in your locality that serve older adults? Your village shares common goals and values with them:

- C4A – [California Association of Area Agencies on Aging](#) – with its 33 member organizations, provides older Californians with programs that enable them to live independently for as long as possible
- N4A – [US Aging](#), formerly the National Association of Area Agencies on Aging – their members help older adults and people with disabilities live with choice and dignity in their homes and communities

- AAA – Area Agency on Aging, your local Commission on Aging – advises and provides your local government officials with information about the needs of older adults
- Senior Centers that serve your community – provide information, services, resources, and connection to older adults in your town
- Age Friendly Cities – are actively making changes and improvements to provide a better quality of life for older citizens

How to Get Involved

The agencies that serve our village populations have common missions, visions, values, and goals. Villages can become better known and viewed as important partners to local agencies on aging when members step up to be seen and heard.

- Investigate how your village can partner with your local senior center, perhaps to co-sponsor an event, provide a speaker, or co-develop a program.
- Who do you know at your Area Agency on Aging? What is their knowledge of your village? What services do they provide that directly benefit your village's members?
- Find out when your local aging agencies/commissions meet (usually monthly) and attend. Plan to introduce your village in about 2 minutes during the public commentary period. Go to these meetings regularly so you and your village become known.
- Introduce yourself to the current commissioners and recruit them as village volunteers.
- Investigate vacancies on local commissions and offer your services.
- Are there Age Friendly Cities initiatives in your county? There are about 56 cities and counties in California currently participating in this program. Join a local task force to add your village's voice.

What's in it for Your Village

To be sure, serving with any aging agency or program is a lot of work. And the benefits to your village are worth it. You stand to gain:

- Broader exposure, publicity, expanded public awareness of your village
- Help from people who are concerned with the well-being of older adults, will relate to the village concept, and may sign up as members, volunteers, or board members
- Possible offers of office space, equipment, referrals to candidates for executive director or administrative staff positions
- Speaking opportunities for your village's leaders as well as access to like-minded speakers for your village events
- Opportunities, over time, for funding from other entities that serve older adults
- Introductions to local politicians and opportunities to connect with them

With all the programs and initiatives associated with the [California Master Plan for Aging](#), and the current organizing of the [Hubs and Spokes](#) program to reinvent aging services and include villages, now is the perfect time to infiltrate your local aging agencies. The active involvement of your village leaders will help you learn more about what is available to your members and volunteers. At the same time, you'll have a platform for showing what your village offers to the community.

For more information about aging agencies and how to connect with them, contact Scott McMullin mcmullin.scott@gmail.com.



R.I.P. Marcia Friedman

Marcia Friedman, a founding Board member of Ashby village, passed away September 21, 2021, at the age of 83. She established Ashby Village's Arts and Culture speaker series and their ElderAction group which advocates for social justice issues.

A tireless activist for her entire life, Marcia emigrated to Israel with her family as a young woman. She was committed to seeking resolution to the Israeli-Palestinian conflict and founded a well-respected Middle East peace organization. She was sad and disappointed to not see this resolved in her lifetime. She was the first out lesbian in the Israeli Knesset.

Rochelle Lefkowitz, a fellow Ashby Village board member and close friend says, "She was clear and sharp, and honed in on the right things that would move people. She was a person who thought big in the public sphere." Read more about Marcia's life and achievements [here](#).

MONTHLY EVENTS

Introducing Current Events Monthly

On November 1st we will introduce a new publication, *Current Events Monthly*. It will inform you of up-coming events in plenty of time to share the information with your village members and volunteers and to register for those that are of interest.

We sometimes learn about events too close to the date they are happening for us to include them in this newsletter, which publishes mid-month. We think a first-of-the

month notice of all the events we know about will close the gap. Watch your email on November 1st!



Announcing Next Village Podcast – Not Born Yesterday

Are you a podcast listener? If you are not, perhaps it is because so few podcasts are created with older adults in mind. Well, now we have Next Village's new *Not Born Yesterday* podcast. The creators,

Miriam Goodman and NEXT Village member Lynn Winter Gross, media professionals, explain:

"Not Born Yesterday" will focus on the challenges and joys our members and friends experience related to aging. It's about playing, working, loving, laughing, and enjoying the possibilities and opportunities in our later years. Our podcast will bring you the wisdom and voices of experts in the field of aging and offer tips on how to feel your best, use your lifetime skills and experience, and make the coming months and years as fulfilling as possible."

The podcast will also address some more serious subjects. Listen on any podcast app like: Apple, Spotify, or click [here](#) to listen.



How to Spot Fake Text Messages

By Carol Haig, Editor

Most of us are probably familiar with fraudulent email messages that aim to gather our personal information or load malware onto our computers. But have you noticed fake text messages on your cell phone or tablet? They are becoming more common with \$86 million reported lost in 2020 in scams that originated with a text message, according to the Federal Trade Commission.

AARP's Fraud Watch has a short and helpful article in their September Bulletin, *Spot Fake Texts*, page 34. It lists nine clues text scammers typically leave in their messages. Become familiar with these and you are less likely to become a victim:

- The text suggests a personal relationship that doesn't exist
- As with emails, spelling mistakes and poor grammar
- The sender uses emojis
- The message has a website link not associated with the company

- The text is directed to multiple phone numbers and people
- The sender uses ALL CAPITAL LETTERS
- The *sent* time suggest the text was sent from a foreign country
- You are asked to text personal information
- The language creates unnecessary urgency

Be vigilant and stay safe!

Upcoming Events



Compassionate Communication: Effective Strategies From the Alzheimers Association

October 14 1:00 – 2:00 pm

Communication is more than just talking and listening. Join Pasadena Village's Educational Programs Committee, Village Movement California, and the Alzheimer's Association to explore how to decode the verbal and behavioral messages delivered by someone with dementia. We'll identify strategies to help you connect and communicate at each stage of the disease. Presenter John Awad is a volunteer with the Alzheimer's Association promoting and participating in public education and working towards a cure for Alzheimer's disease. Please download and share this [flyer](#) with your village community. Register [here](#).

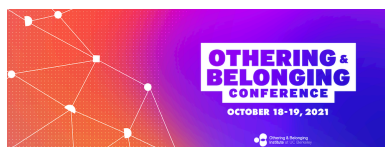


Sponsorship As a Sustainability Strategy, Part 2

October 21 1:00 – 2:00 pm

During *Reimagine* we learned about Pasadena Village's newly formed and highly successful business sponsorship program. View the slides [here](#).

Part 2 invites discussion about challenges and successes in building a sponsorship program. Katie Brandon, Pasadena Village Executive Director, will respond to questions and concerns, and offer new information. Participation in *Reimagine* is not required to attend this upcoming workshop. Register [here](#).



Othering and Belonging Conference

Oct 18- 19 2:00 pm – 6:00 pm

Come and participate in the annual conference of UC Berkeley's Othering and Belonging Institute. The theme of the conference is bridging to belonging: how do we bridge our different experiences, identities, and perspectives to create communities of belonging? See the conference video [here](#). Register [here](#).

COVID-19 Information & Resources



Ask an Expert

This daily COVID-19 feature on the San Francisco Bay Area all-news radio station, KCBS, has resumed since the advent of the Delta variant. 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](#).

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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