



Carol Haig, Editor

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## New Year Brings Change

Village Movement California is dedicated to providing villages with the tools and information they need to navigate and support healthy growth and sustainable change. The new year brings opportunities to expand our village communities in exciting new directions.

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## From the Executive Director



[Octavia E. Butler](#), prophetic and prolific science fiction writer well known for the books *Kindred*, *Parable of the Sower*, and many others, has a famous quote: *"All that you touch you Change. All that you Change Changes you. The only lasting truth is Change. God Is Change."* (June 2017)

I've been thinking about change over the past few weeks, ever since the words "disrupt" and "change" came up in a

*Charlotte*

meeting I was attending. I think we all recognize that change is a natural part of life, even though we experience it as challenging. We think of change as hard, and

disruption as dangerous. If we take Ms. Butler's words to heart, we see that change is the essence of life.

Every week, I hear about changes in villages. One constant change is the attrition of leaders and members due to moves, illness, and death. This built-in disruption forces change in the village. People have to take on roles that have been vacated. Volunteer recruitment must be tweaked and restarted. A new group of leaders must be identified and trained. The list is long.

As the Executive Director of Village Movement California, I understand that change is required to keep the village movement alive and relevant to our evolving context. One such change is movement growth, both the growth in the number of villages in our state, and the size of current villages. Movement and village growth require us to reach out to engage populations and communities that haven't been included in the village movement. These people make up the majority of older adults, so we have a lot of prospects!

I've heard village leaders say that their members don't want to grow. Members express worries about losing what they have, things like intimacy and a voice in village governance. Members and leaders fall back on the social meme, "Don't fix what isn't broken." I understand these fears. I believe it is important to preserve the values and benefits that bring people to our villages while also seeking to extend them to more older adults.

Our movement's persistent challenge is sustainability. It's a challenge of funding and human capital – leadership, volunteers, members. Village Movement California was formed to address sustainability. The Board and I know that movement sustainability is dependent on growth. That's why we are offering the DEI Training Institute and are launching the Village Incubator. The DEI Training Institute's first phase recently concluded, and a new phase begins next month. Read the DEI article below to learn more.

The DEI Institute was built in response to fundamental changes in California's aging population: the growth of Black Indigenous People of Color (BIPOC) populations and their emerging needs for culturally competent and affirming services, and of the community of LGBT older adults who must rely on chosen family to age well. Many villages are located in areas where there are large communities of BIPOC and LGBT older adults. Village growth and sustainability requires efforts to include them.

The Village Incubator is the infrastructure we've constructed to build village capacity, whether in the development of new villages or other initiatives to support village growth. The Village Incubator will launch in March with a curriculum and set of services

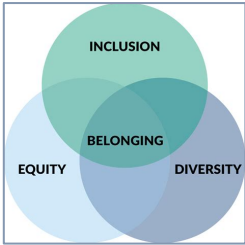
supporting development of new villages. By the summer, we will turn towards building Incubator services to advance existing villages. Carolyn Ross, Director of Strategic Initiatives, is out in the field now, meeting with village leaders to learn more about their needs.

Village Movement California is here to help you define the changes you need and to provide a sustainable pathway for addressing them. Together we can create a maintainable, vibrant, and relevant movement serving California’s older adults.

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## Inaugural DEI Training Institute and What’s Next

By Charlotte Dickson



As a movement, we are making progress in reflecting the strengths of California’s diverse communities. The inaugural DEI Training Institute wrapped up on January 4 with members and leaders from nine villages. They will host discussions in their villages on the things they learned about race and racism, identity, belonging, and brave spaces.

A new phase of learning begins next month when Village Movement California kicks off a four-session workshop series featuring four villages that are working to engage new communities of older adults. We’ll learn about the decisions that led them to expand their outreach, what work prepared them to form authentic relationships, what’s gone well and not so well, and what they’ve learned. Village Movement California will document this work and share with members. Please check out the *Current Events* section below for details and registration information.

We will feature Pasadena Village on February 24 from 10:00 – 11:30 am. Over the past two years, Pasadena Village has formed new relationships with the San Gabriel Valley LGBTQ Center, Altadena Pride, the local chapter of the NAACP, Friendship Church (one of the oldest black churches in Pasadena), the Clergy Community Coalition, and Community Women Vital Voices, a local nonprofit that hosts an annual women's health conference.

Pasadena Village has had an iteration of its Inclusivity Committee since just after founding over ten years ago. Currently the committee coordinates with the Educational Programs Committee, Cultural Activities Committee, and some Affinity Groups to amplify voices of color, diverse perspectives, and encourage participation and leadership from BIPOC older adults.

The Board of Directors adopted the village's Values Statements in 2021 and the 2022-25 Strategic Plan in 2022. The Strategic Plan expresses a commitment to be a welcoming environment, the village's core value of inclusivity, and a goal to better reflect the rich diversity of our community. In this discussion, Executive Director Katie Brandon will share Pasadena Village's approach to building relationships with other organizations, the unexpected benefits of some of the partnerships, some successes and challenges, and how the Inclusivity Committee is currently evolving in light of the new Strategic Plan.

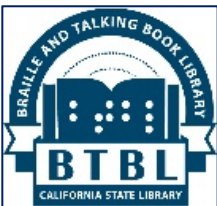
See Pasadena Village's Strategic Plan [here](#).

We'd like to learn more about what other villages are doing to advance diversity, equity, and inclusion. Please reach out to me at [charlotte@villagemovementcalifornia.org](mailto:charlotte@villagemovementcalifornia.org) and tell us about your work!

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## How to Read Without Using Your Eyes

By Morgan Pershing, Assistive Technology Librarian, BTBL



Reading is one of life's greatest pleasures. But what if reading is more difficult for you than it used to be? According to the [American Foundation for the Blind](#), more than thirteen percent of Americans over the age of sixty-five report vision loss that makes reading difficult.

If you find yourself magnifying the print on your Kindle, browsing the large-print section of your local public library, or looking into an Audible subscription, you should know about a free and accessible alternative. The [Braille and Talking Book Library of Northern California \(BTBL\)](#) and [Braille Institute Library \(Southern California\)](#) offer free talking (audio) books and playback equipment, as well as audio and braille magazines, telephonic newspapers, and braille books. Materials are delivered by U.S. mail or downloaded directly to a smartphone or tablet.

Who is eligible? Anyone who is blind, has low vision, or has a physical or reading disability that prevents them from reading conventional print. To start services, we offer a simple application on our websites to fill out and have signed by a certifying authority such as a doctor, social worker, activity director, occupational therapist, and others, including a librarian.

We offer access to over 150,000 books, as well as popular magazines, national and international newspapers, and descriptive video DVDs of major motion pictures. Around 3,000 to 5,000 new books are added to the collection each year in all genres.

Interested in learning more? Residents of Northern California, contact the [Braille and Talking Book Library of Northern California](#). Residents of Southern California, please contact the [Braille Institute](#).

Staff from BTBL are offering a session on how to use the Library's materials. See the details below in *Upcoming Events*.

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## Senior Medicare Patrol – Hospice Fraud

By Charlotte Dickson



Village Movement California's Medicare Fraud Prevention Program is funded through an agreement with the [California Senior Medicare Patrol](#) through a grant from the [Department of Health and Human Services/Administration for Community Living 2022](#).

### Alert! Have You Been Tricked into Signing Up for Hospice?

Have you suddenly lost access to your doctor? Are your specialists refusing to see you? Are you unable to get your prescriptions at the pharmacy? If any of these are true, you may have been tricked into signing up for Hospice, a program that is medically unnecessary for you. Hospice is an important benefit, covered by Medicare, and it is meant for Medicare beneficiaries with a terminal illness who have six months or less to live.

Our fraud alert is available in eight languages (PDFs). Read it [here](#). Also, view our blog [here](#).

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## Village Movement California Seeks a Communications Manager



The Communications Manager is a new, half-time position (20 hours) created to support Village Movement California. We are in an exciting time of growth and opportunity. The Manager has a critical role in helping to expand our village movement.

The Manager is responsible for the implementation of specific communication strategies outlined in our communications plan, including social media, website updates and maintenance, newsletter and e-blast production, and visual assets.

The Manager is an ambassador for Village Movement California and will receive in-depth training about the goals, values, and strategies of the village movement. The Manager reports directly to the Executive Director and works closely with Village Movement California staff and volunteers.

Please read the job announcement [here](#), and the job description [here](#). Please share widely!

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## USC Dementia Care Study Invitation



Are you caring for someone living with dementia? Would you like to share your caregiving experiences to help future caregivers and care receivers? USC wants to hear what you have to say!

Village Movement California is partnering with the [University of Southern California Keck School of Medicine](#) in support of their important research study, *Better Together*. The study is focused on people who provide care to someone with dementia, such as Alzheimer's Disease. With the help of people like our village members, USC will learn more about the relationships between those who provide and receive care throughout California. The result will be enhanced systems and policies that will better serve both patients and caregivers.

Interested? Please complete our Interest Form [here](#), or call USC at (626) 457-4141 and a study team member will get back to you.

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## Free! Falls Prevention Classes

By Carolyn Ross, Director of Strategic Initiatives



The community non-profit CJE SeniorLife in Chicago recently reached out to Village Movement California to offer free [evidence-based fall prevention classes](#) on Zoom. These classes are open to anyone and are offered free of charge through a grant from the [Administration for Community Living](#). There are six different classes to choose from.

I took one of the classes last week, and I wholeheartedly endorse them. Please share information and registration with your village members and your circle of family and friends. You can learn more [here](#). You can see the flier [here](#).

Contact Carolyn Ross, [Carolyn@villagemovementcalifornia.org](mailto:Carolyn@villagemovementcalifornia.org), if you would like a social media post to use on your Facebook page.

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## COVID-19 – New Protocol is Test and Treat



The California Department of Public Health recently sponsored a workshop about COVID-19 therapeutics for older adults and people with disabilities. () was the main presenter. Her emphatic takeaway message is that the COVID 19 protocol is now TEST and TREAT.

If you test positive, you should immediately seek treatment. Treatment should start within 5 days of symptoms appearing.

Treatment is widely available and free to all older adults and people with disabilities, and to almost everyone over the age of 12. The younger people in your life should also test and seek treatment if positive. There is no shortage of Paxlovid.

For many of us, the insistence on treatment is new. It's a positive change.

A fact sheet you can share with your village members is [here](#). The link to the workshop recording is [here](#).

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## Upcoming Events



## Master Plan for Aging 2023 Kickoff

January 20, 2023 9:00am. – 10:00 am

The Master Plan for Aging’s 2023 Kick-Off celebrates MPA accomplishments to-date and shares plans for the next two years of progress. Speakers include leadership from the Governor’s Office, California Health & Human Services Agency, and the California Department of Aging. Register today to attend the public release of the MPA’s second Annual Progress Report, the 2023-2024 MPA Initiatives, and the new MPA Implementation Tracker. Register [here](#).



## Moving Forward Together

January 29, 2023 2:00pm – 4:00pm via Zoom

The Ashby Village Arts & Culture Series Presents Judith Heumann, an internationally recognized leader in the Disability Rights Independent Living Movement. She has used a wheelchair since age two. In 1977 she led the Section 504 Sit-in that sparked a national movement leading to the passage of the historic Americans With Disabilities Act.

What’s the secret to Heumann’s success? She insists on speaking and being heard and understands the power of community, much like our Village movement ... to build a world where we all belong. Register [here](#).



## Protect Your Medicare Account

January 30, 2023 12:00pm via Zoom



In this Brown Bag Lunch presentation with Cal Poly Humboldt OLLI, Area One HICAP, and Redwood Coast Village, you’ll learn how to create your online profile at Medicare.gov. We’ll share tips to protect your Medicare card, detect possible errors, and report suspicious activity to California Senior Medicare Patrol (SMP). SMP can guide you if you suspect you may be the victim of Medicare fraud.

A complete workshop description is [here](#). [RSVP Here](#) until 11:00 AM on January 30.

## Keep Reading with Free Devices, Audiobooks, Magazines & More!





**February 9, 2023      10:00 – 11:00am**

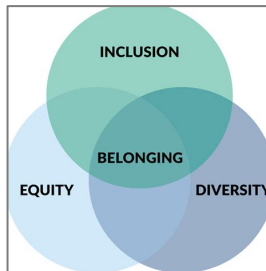
Did you know there is a free library for those with low vision and/or physical limitations that prevent them from reading traditional print or holding heavy books? Join the staff of the [California State Library's Braille and Talking Book Library](#) and the [Braille Institute Library](#) as they explain how to apply for free offerings from these libraries.



Assistive devices include an easy-to-use audiobook player, a smartphone app, books in braille, and music and magazines.

Invite your village community by sharing [this flier](#). Register [here](#).

## Diversity, Equity, Inclusion, and Belonging Monthly Workshop Series



**Fourth Wednesdays 10:00 – 11:30 am February – April 2023**

Several Village Movement California members are expanding their caring community into neighborhoods and populations that haven't yet engaged with the village movement. Village leaders from Pasadena, Ashby, San Francisco, and Westside Pacific Villages will share their experiences of reaching out to new audiences of potential village members and volunteers.

We'll hear how they decided to connect with diverse communities, how they prepared themselves, and what they are doing. Village Movement California will develop a summary of programs, practices, and policies for distribution after the series ends. Please invite your village leaders and members! See the series flier [here](#).

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|--------------------|----------------------------------|
| <b>February 22</b> | <b>Pasadena Village</b>          |
| <b>March 22</b>    | <b>San Francisco Village</b>     |
| <b>April 26</b>    | <b>Ashby Village</b>             |
| <b>May 24</b>      | <b>Westside Pacific Villages</b> |

Register [here](#).

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## 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 in recorded and transcribed formats [here](#).

A recent discussion about the efficacy of the vaccines against the newest COVID variant is here.

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## Notices

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

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