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Celebrating Our Volunteers

National Volunteer Week, April 16-22, is an opportunity to applaud the thousands of volunteers who provide critical support to village members every day across California. We salute you and your invaluable role in your villages.

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From the Executive Director



Charlotte

Volunteerism is at the heart of the village movement, and during this year's National Volunteer Week, April 16 – 22, I am appreciating how our model of care offers meaningful volunteer roles to older adults, whether in village governance, program leadership, provision of social care to members, or community engagement. Research tells us that volunteerism boosts mental and physical health, both essential for healthy aging.

Village Movement California is celebrating National Volunteer Week with a new [webpage](#) and social media.

campaign where we will be sharing what inspires our volunteers to be part of the movement! Please read Patrick Shandrick's article below about National Volunteer Week and how we are celebrating.

I am busy preparing for our 5th Annual Conference, *Fulfilling our Potential*. Our top-notch Planning Committee is working hard to create a stunning experience for village leaders and partners. It's the first time we will be in person since 2019 when we met in Newport Beach. I remember how thrilled we were to be together then, and I expect us to be elated after three years of virtual convenings and the challenges of COVID.

The heart of the conference will be relationship building and peer-to-peer learning. We will have several structured opportunities for you to meet your colleagues to both share and learn: a World Café where we will dig into the joys and learnings from our three COVID years and our plans for the future, lunchtime discussions about social media strategies, volunteer programs, inclusion and belonging initiatives, and an Executive Director's table. Our afternoon workshops will include a panel format so that you can hear from village leaders and stakeholders. We will have plenty of breaks to enjoy the beautiful grounds of Preservation Park and each other.

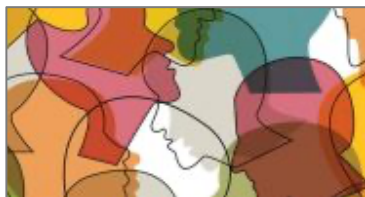
Our three keynotes will elevate your understanding of the opportunities that are opening up to villages and equip you to take action right away.

To top it off, we will be celebrating Village Movement California's fifth anniversary! We have come a long way since we launched the organization in May 2018.

The Planning Team, Board of Directors, and I don't want you to miss this event! We believe your team will be enriched and re-charged for the ongoing work of operating your village and strengthening our movement statewide. There's more information in the *Upcoming Events Section* below. See you at the conference!

Learnings from the DEIB Workshop Series: San Francisco Village

By Charlotte Dickson



On February 22, six leaders of San Francisco Village shared their journey towards growing a village that reflects the demographics of their service area. Their brave and vulnerable story created an opportunity for the audience to go deep. Here are highlights from their presentation along with questions to guide your village's own work. You can view the video recording [here](#). You can read Kate Hoepke's description of the workshop [here](#).

The Groundwork

Events during the Spring and Summer of 2020 spurred San Francisco Village to begin its DEIB journey. The COVID 19 lockdown and daily deaths, the murder of George Floyd and the nationwide protests, wildfires and toxic air that made it dangerous to go outside—collective trauma—led to critical self-reflection and the hiring of a DEI Consultant, **b*free**. Work with **b*free** drove personal and systemic analysis and follow-up work. A focus was unpacking white dominant culture. Staff and board discovered that brave conversations feed the potential for change.

What groundwork does your village need to complete? What should you have brave conversations about?

The Big Picture – The Strategic Plan

The work with **b*free** led to a new five-year strategic plan that reaffirms the village's commitment to connecting older San Franciscans to the community, resources, and expertise they need to navigate the transitions of aging in a changing world. It makes explicit the commitment to equity: a bigger vision that includes people of all ages, races, cultures, and abilities working together to create a community of belonging, and in so doing, demonstrate possibilities for relationship and connection that benefit the greater good.

What strategies are in your village's foundational documents?

The People

Staff and board members engaged in deep reflection and planning with **b*free**. This led to invitations to village and community members to join together in learning, planning, and taking action. San Francisco Village reached outside the organization for help with introductions to Black organizations, and for coaching. They are sharing their Strategic Plan widely with community members, funders, and local policymakers.

Who are the people in your village and partner organizations who are taking meaningful action to further DEIB?

The Approach

Village leaders went out to the community to listen and learn, not preach and teach. Questions they asked were, "What is your experience?" and "How can we be of service?" They learned about the IT Bookman Center, an African American organization in an isolated part of San Francisco, and initiated community listening sessions.

The village brought money to the endeavor and hired an African American partner to introduce them to Black community leaders in Bayview-Hunters Point, a predominantly Black neighborhood. They also introduced Carlene Davis, SAGE Sistahs Co-Founder, along with grant funding, to the Village's partnership with the IT Bookman Center. Carlene will lead an in-depth process to bring the two organizations together.

**What organizations are out there for your village to discover and contribute to?
How might you channel resources, including funding, to them?**

Accessibility

Several years ago, San Francisco Village adopted tiered dues to include older adults of different income levels. They plan to conduct further analysis of their data to learn more about their members so they can expand accessibility.

Village leaders address micro-aggressions as they occur in order to create and maintain an open, safe space for people of many backgrounds. Micro-aggressions are statements and behaviors that cause harm to BIPOC (Black, Indigenous, People of Color) and LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) people. They are often casually made without harmful intent but create uncomfortable and even dangerous environments. Addressing micro-aggressions when they occur creates an atmosphere of trust and belonging.

How can your village be made more accessible to the communities you want to attract?

Indicators of Change

Village membership has increased by 35% to 500 members at a rate of 12-15 new members per month. Membership among Blacks increased by 4%, Asian and Asian Americans increased by 3%, LGBTQ older adults by 12-13%. There are over 200 multi-generational volunteers. Staff reflect the demographics of San Francisco.

The weekly bulletin, monthly newsletter, website and social media, the programs being offered, the teachers selected, and programs initiated by members explicitly include BIPOC and LGBTQ teachers, leaders, and organizations. The village continues to build intergenerational programming and Board leadership.

What changes would you like to see in your village?

Celebrating Our Volunteers

By Patrick Shandrick, Communications Manager



In 2022, 3,000 village volunteers offered a range of services to keep older adults safe, supplied, and confident about aging in the places they call home. Every volunteer task, large or small, contributes to our movement's strong culture of care.

To celebrate National Volunteer Week, we will be lifting up the voices of our village volunteers on our [website](#) and social media channels: [Facebook](#),

[LinkedIn](#), and [Twitter](#) Tag us in your social media posts about village volunteers and we will be sure to share with our network.

Spotlight On The Conference - Fulfilling Our Potential



June 2, 2023 8:30a.m – 5:00p.m., Niles Building in Preservation Park, 1233 Preservation Way, Oakland, CA 94612

June 1, 5:00p.m., optional reception for overnight guests and Bay Area village leaders.

We look forward to our first statewide, in-person gathering since 2019. Prepare to be thrilled with the people, location, food, content, and materials!

We ask you to consider sending a team, at least two people if you will travel from So Cal or far Nor Cal, and at least four if you are in the Bay Area. That way you'll be able to absorb more of the content, expand your village's circle of colleagues, and plan to translate your take-aways into action at home.

To learn more visit the [Conference Webpage](#).

Medicare Fraud Prevention

By Charlotte Dickson



plan.

Even when you do everything right, there is a chance that you could be a target of fraud. Detect fraud by examining both the *Medicare Summary Notice (MSN)* you receive from Medicare after your claims are paid, and/or the *Explanation of Benefits (EOB)* you receive from your Part C and/or Part D

You can also view your MSNs online by accessing your Medicare account at [Medicare.gov](#). If you don't have an account, then set one up so that you can stay in control of your benefits. Here's what to check for:

- Did you receive all the services/prescriptions listed?
- Were you billed for something you didn't get?
- Did your doctor order these services?

You can find information on how to find vaccine sites and treatment options, community services, and caregiver supports. The guide is available to [download or order copies](#) in multiple languages, including Spanish, Chinese, Korean, and Vietnamese. Limited print quantities are also available.

Upcoming Events

Diversity, Equity, Inclusion, and Belonging Monthly Workshop Series: Ashby Village



April, 2023 10:00 – 11:30a.m.

Our third workshop on DEIB and villages will focus on the work Ashby Village is undertaking to build membership that reflects the demographics of their service area.

Register [here](#). A flier for download and distribution is [here](#).

Medicare Fraud Workshops



These workshops are offered to your members on the important topic of Medicare Fraud. Please share the information through your newsletter, website, and social media. These are funded through an agreement with California Health Advocates and the Administration for Community Learning.

Protect Yourself From Medicare Fraud

April 18, 2023 10:00 – 11:00a.m

Each year billions of dollars are stolen from older adults through Medicare Fraud schemes like: Medical Identity Theft, Medicare Marketing Violations / Enrollment Fraud Hospice Fraud, Durable Medical Equipment Fraud, Home Health Care Fraud, and more.

This seminar, hosted by Village Sonoma Valley, will help you recognize a fraud scheme right when it is happening and teach you how to protect yourself on the phone, on the internet, and by mail. Frank Nelson, Medicare expert and counselor with the North Bay's Regional Health Insurance Counseling and Advocacy Program (HICAP), is the presenter.

Register [here](#).

Protect Yourself From Medicare Fraud (in Spanish)

April 20, 2023 1:00 – 2:00p.m.

This seminar, similar to the April 18 workshop, will take place in Spanish. Tatianna Favreaux, long time bi-lingual Training and Education Specialist with California Health Advocates, will make the presentation.

Register [here](#).

Senior Rally Day

May 2, 2023 9:00 am – 3:00 pm



Help Village Movement California show our strength at this important, annual event hosted by the [California Senior Legislature](#) and the [California Collaborative for Long Term Services and Supports](#). The free, virtual event will offer an update on the status of the Master Plan for Aging and the State Budget, and a panel

focused on the Equity Initiative in the morning. Learn about the opportunities to gain support for our movement.

The afternoon advocacy session will provide an opportunity to meet with Legislators and staff on important aging bills and budget requests.

Senior Rally Day occurs each year in May to coincide with Older Americans Month. It is designed to raise awareness among legislators and the Governor about senior issues during the time period when the May revision of the Governor's annual budget is being finalized.

All attendees must be registered in advance to participate. Register [here](#).

Past Event Recordings



Diversity Equity Inclusion and Belonging workshop series

- Pasadena Village [Recording](#)
- San Francisco Village [Recording](#)

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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