



Carol Haig, Editor

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Village Movement California – Celebrating 5 Years!!

Village Movement California is five years old this month. We've come a long way from our beginnings and look forward to the next five as we expand the village movement in California.

Contents

- Learnings from the Diversity, Equity, Inclusion, and Belonging Workshop Series: Ashby Village
- Spotlight on the Village Movement California Conference
- Social Connection & Community Have Critical Healing Properties
- Local Aging & Disability Action Planning Grants Awarded
- Medicare Fraud Prevention
- Upcoming Events

From the Executive Director



Charlotte

Village Movement California is five years old this month! Two meetings – May 9, 2018 in Oakland and May 16, 2018 in Los Angeles – launched our collective work to grow the village movement, deepen its impact, and ensure its sustainability. I had been in my position for just 12 days when we gathered with village leaders, members of the statewide Leadership Team, and Mission Minded, our branding firm. It was exciting and inspiring!

We learned about the importance of working together

under a shared set of values, visuals, and messages that convey our life-affirming model of care. You might want to refresh your memory by looking at the *About Us* page of our website, or by brushing up with the Brand Book available through the website's member dashboard.

I'm so proud of the accomplishments we've achieved together in these five years. Bottom line: we've established a solid organization with diversified funding, stable membership, and new staff. We've listened to your needs and offered dozens of workshops and resources to further your village's mission and vision. We were included in the Governor's Master Plan for Aging and garnered increased support for our unique model of care.

What's ahead in the next five years? We will advance the new Village Incubator and our DEI Training Institute to create new villages that reflect California's diverse communities of older adults, and to strengthen existing ones. In keeping with May's recognition of Asian American and Pacific Islander Heritage Month we will continue to support the development of villages serving this community. We'll elevate villages within the state's aging and long-term services and supports (LTSS) ecosystem and continue working towards partnership with the healthcare sector. Both of these initiatives aim to secure funding, members, and volunteers for our village members and for Village Movement California.

Our founding statements remain relevant and nourish our collective work:

At Village Movement California we believe in the power of community to achieve society-wide change in the way we age. Every day, we lead the way with the proven tools, connections, and visibility so that villages—and in turn Californians—can thrive. Because when we join forces, we ensure that all Californians have access to vibrant communities that enhance and expand the ways we can age well. Together we can make so much more progress than we can ever achieve alone.

We will celebrate our 5th birthday together on June 2 at our annual conference. I hope you can join us to learn more about how we will build on our successes and engage our partners to revolutionize the experience of aging in our state.

Learnings from the DEIB Workshop Series: Ashby Village

By Charlotte Dickson



On April 26, a multi-racial, multi-generational group of leaders and partners offered a compelling workshop on Ashby Village's journey towards Diversity, Equity, Inclusion, and Belonging (DEIB). A video recording is available [here](#).

The Groundwork

Over several years, Ashby Village leaders were involved in various efforts to increase diversity. They invited new communities into the village, but they were unsuccessful. The murder of George Floyd in May 2020 spurred a commitment to becoming an anti-racist organization. They wrote a living document, *A Way Forward*, a road map for working on DEIB.

How are you documenting your village’s ideas for expanding DEIB?

The Approach

Ashby Village leaders described how “EID” is a more accurate approach to the work of expanding the community. In other words, “You can’t have the D (diversity) without the E (Equity) and the I (inclusion) first”. A person new to the village has to feel the equity and the inclusion.

Over a two-year period, the Board established several teams to raise awareness of DEIB issues, listen to village members and volunteers, and create plans to work internally in the village and externally with partners. They hired a consultant, Rita Shimmin, to guide their journey. They decided they wanted to “unlearn” things that constricted their culture, not try to “fix” something that was wrong. They knew that they had to involve every sector of the organization -- interim director, lead staff, board chair, co-chairs --to transform operations, shift consciousness, and fortify leadership.

What is your village’s strategy for assessing your current internal culture and expanding it to be more inclusive?

The People

Ashby Village’s work with the City of Berkeley’s Age Friendly Community has supported partnerships with the City, churches, Lifelong Medical Center, and other community-based organizations. Current work in Berkeley, Oakland, and Richmond has opened up opportunities to partner with senior housing complexes and senior centers. This partnership work is ongoing and iterative. The village is determined to co-create projects with these and other community organizations.

What people and organizations in your community should you invite to partner with your village?

Lessons Learned

1. Work to embed DEI throughout the organization
2. Culture change takes time and a thoughtful road map
3. Leaders, including staff, must embrace accountability
4. Over time, what starts as either internal or external has to blend and become systemic change
5. Community partners are the owners and implementers of the changes we are trying to make

6. It is essential to have an external partner
7. DEI is not just about moral and social justice but also growth and sustainability
8. Results are slow going, and progress happens at the speed of trust

What lessons has your village learned?

Indicators of change

- The Board includes several new members from communities where Ashby Village seeks more engagement
- Practices in support of accessibility are rolling out, especially related to hearing, vision, and cognitive accommodations
- Volunteer training now includes information and activities to build volunteer comfort and capacity with hearing and vision impairment
- Outreach and communications are checked for accessibility, for example formatting, language, and photography representing disabilities
- The village is working on a sliding scale fee structure to create greater economic accessibility

What key indicators of change can your village point to?

Ashby Village's workshop concluded Village Movement California's series. Stay tuned for upcoming learning opportunities.

Spotlight on the Conference June 2, 2023

By Charlotte Dickson



Niles Building in Preservation Park, 1233 Preservation Way, Oakland, CA 94612

The conference is about two weeks away. The Planning Team is crafting a jam-packed day of learning, networking, and nourishment (friends, food, and garden flora). You can stay up to date by checking out the [conference webpage](#). Here's the agenda:

8:30a.m. – Breakfast & Welcoming

Charlotte Dickson, Executive Director of Village Movement California & Kim McCoy Wade, Senior Advisor on Aging, Disability, and Alzheimer's at the [Office of California Governor](#)

9:30a.m. – Keynote presentation--Villages As Communities of Care

A conversation with Donna Benton, PhD, Director of the [USC Family Caregiver Support Center](#) & Kate Hoepke, Executive Director of [San Francisco Village](#)

10:45a.m. – World Café

Structured networking with Peggy Sebera, [Village Network of Petaluma](#)

12:30p.m. – Lunch Buffet with Optional Topic Tables

Volunteers, Social Media, Diversity Equity Inclusion Belonging, Executive Directors

1:30p.m. – Strategic Briefing on California's Forgotten Middle Income Older Adults

With Sarah Rayel, MPP and Kristen Hyashi, PhD, [NORC at the University of Chicago](#)

2:45p.m. – Two Topical Breakout Sessions

Villages and Care, and Reap the Benefits of Advocacy—Money, Members, and Volunteers

4:30p.m. State of Village Movement California and Closing

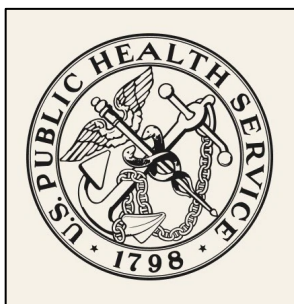
June 1, 5:00 – 6:30 pm Optional Networking Reception

Marriott City Center bar and restaurant, Iron and Oak, 1001 Broadway, Oakland, CA 94607

[Hotel accommodations](#) are available at the Marriott City Center Oakland. The room block has expired.

Social Connection and Community Have Critical Healing Properties

By Carol Haig, Editor



Recent medical research has shown that loneliness and social isolation have negative effects on our health and well-being just like obesity, addiction, and tobacco use. Specifics are explained in *Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community*.

Dr. Vivek Murthy, U.S. Surgeon General, authored the Advisory and along with food and water equates the importance of social connection to our long-term survival. Humans are meant to have social connections but have become more isolated over the years. Today, loneliness is more widespread than other major health issues in the U.S.

Social connection is good for us. It reduces our chances of dying prematurely, influences good health-related behaviors, and can result in better physical and mental health outcomes. Social connection eases stress, too.

Communities that are socially connected have better health overall. They are better prepared and more resilient in the face of disasters. Such communities have increased economic prosperity and less crime and violence.

Together, says Dr. Murthy, we can advance social connection and improve our nation’s public health by committing to our relationships and communities. What we as individuals do now “...can create sustainable changes to society and bring better health to all.”

Villages are perfectly positioned to participate in this important work. We established them to create caring communities of support for older adults. The Advisory calls out what community-based organizations like villages can do to combat the epidemic of loneliness and isolation:

- Create opportunities and spaces for inclusive social connection and establish programs that foster positive and safe relationships
- Embed social connection in internal policies, practices, programs, and evaluations
- Actively seek and build partnerships with other community institutions
- Advance public education and awareness to introduce and elevate the topic of social connection and disconnection among community members
- Create and provide education, resources, and support programs for community members and key populations
- Foster a culture of connection in the broader community by highlighting examples of healthy social connection and leading by example

Read the complete Advisory [here](#).

Local Aging & Disability Action Planning Grants Awarded!



The California Department of Aging [awarded](#) nearly \$3 million to 15 organizations to plan and develop local age- and disability-friendly action plans earlier this month. Two Village Movement California members, SLO Village and Village Sonoma Valley, are part of two successful grants! Congratulations!

Plans funded under the Local Aging & Disability Action Planning (LADAP) grant program aim to improve community livability and address the current, emerging, and future needs of California’s older adults, people with disabilities, and caregivers through cross-sector collaboration and transformational systems change. The LADAP grant program runs through March 31, 2025.

CDA Director, Susan DeMarois shares, “The goals of the LADAP grant program align with California’s visionary Master Plan for Aging and our state’s commitment to diversity, equity, inclusion, and accessibility. CDA values the uniqueness of each California community and understands the importance of locally coordinated services as a key driver of the health and well-being of older adults, people with disabilities, and caregivers. CDA is excited to partner with the LADAP grantees to elevate the strengths and voices of community partners to build a California for all ages and abilities.”

Future LADAP Grant Opportunities

CDA anticipates releasing another LADAP Request for Applications (RFA) in the coming months. Interested applicants are encouraged to stay connected to funding opportunities by visiting [CDA’s Grant Opportunities webpage](#) and joining [CDA’s Partner and Stakeholder listserv](#).

Village Movement California will watch for the funding announcement and let you know when it’s open.

Medicare Fraud Prevention

By Charlotte Dickson



Village Movement California’s partner, California Health Advocates, has a [new website](#) focused on Medicare Fraud Prevention. You can easily order materials, schedule presentations, download videos, check out blogs, and get involved in preventing Medicare scams.

Christina Dimas-Kahn, Deputy Executive Director and SMP Program Manager says, “It’s our aim that accessing our fraud alerts, booking presentations, ordering free materials, reading up on recent fraud and scams, and contacting us is all the easier and more enjoyable with our new website. Also, if you feel inspired to become an SMP volunteer after visiting our site, we are recruiting and would love to have you join our team.”

Upcoming Events

Implementing the Master Plan for Aging in CA Together (IMPACT) Stakeholder Committee Meeting



May 23, 2023 10:00a.m. – 12:00p.m.

The IMPACT Committee advises the California Health and Human Services Agency on the implementation of the [Master Plan for Aging](#), focusing on accountability, outcomes, and continuous improvement towards the Plan’s five bold goals for 2030.

Let’s show up and advocate for our villages! Join the meeting via computer or smartphone by clicking [here](#).

Village ED Roundtable



May 24, 2023 1:00pm – 2:09pm

Village Executive Directors (paid and volunteer) are invited to a regular gathering with EDs of fellow villages. Members bring relevant and timely topics to learn from each other and create meaningful conversations.

To participate at the Roundtable email Katie Brandon, ED Pasadena Village: katie@pasadenavillage.org . Katie will send Zoom link in advance of the meeting.

Fifth Annual Statewide Conference - Fulfilling Our Potential



June 2, 2023 8:30a.m.– 5:00p.m. PDT

Villages have a crucial role within California’s aging services continuum. Each day, the Village Movement fulfills the California Master Plan for Aging’s Five Bold Goals offering older adults, their families and communities, and the State a path towards sustainable aging. Our conference will focus on the exciting local and statewide opportunities at hand and equip you to seize them. You will gain knowledge, skills, and resources to advance your village’s mission and vision. You will expand your network and have a great time in beautiful Old Oakland. Bring a team!

Who Should Attend – Current, new, and prospective leaders

Location – Niles Building, Preservation Park, 1233 Preservation Way, Oakland

Hotel Accommodations are available at the Marriott City Center Oakland.

Visit the [Conference Page](#) for more information. Register [here](#).

Creative Aging 101: Paths to Longevity



June 6 3:00p.m.

Pasadena Village invites friends from other villages to join [Creative Spark](#) in an exploration of positive connections, within us and with our village members. Creative Spark will share tools that build creative confidence and encourage active engagement in programming. Discover the fundamental principles of creative aging including the research, programs, and benefits of practice.

Free.

To get the Zoom link, register [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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