



Carol Haig & Patrick Shandrick | A publication of [Village Movement California](#) | MARCH / APRIL 2024

Spring work is going on with joyful enthusiasm – John Muir

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From Carolyn Ross, Interim Executive Director



Spring is here and I hope that your villages are blooming with enthusiasm and new possibilities! We at Village Movement California (VMC) are excited to see planted seeds continue to sprout and grow. When I joined the leadership team that developed Village Movement CA back in 2017, it was with the hope that such a coalition would have the ability to increase the visibility of villages across the state. VMC has made much progress doing this as evidenced by our inclusion in the state's Master Plan for Aging. To continue to nurture relationships with other stakeholders and promote the village movement in

California to new audiences, we are hitting the road presenting at several conferences in the coming months!

The road trip kicks off in March with a presentation by VMC at the American Society on Aging conference, ***Foundations and Features of a 21st Century Village Movement***. The presentation considers the evolution of the village model and highlights innovations that have made villages communities of care for California's diverse population of older adults.

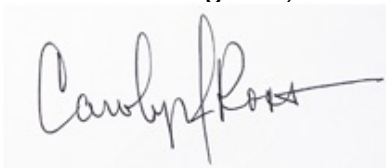
From Carolyn Ross continued: April brings **Caregiver's Journey: The Roadmap to 2030** where Village Movement California partners with the California Coalition on Family Caregiving to present an in-person conference and advocacy day in Sacramento. VMC Board Chair and San Francisco Village Executive Director Kate Hoepke will participate in a panel discussion at the event highlighting the support and resources that villages bring to both caregivers and care recipients.

Representatives from many of our villages attended last year's [workshop on connecting with the local Area Agency on Aging](#) (AAA) and many have reported back to us on your progress. To continue to solidify and expand those relationships, we will present at the **California Association of Area Agencies on Aging Conference** in May about California villages and the ways that AAAs can partner with them. More details about these presentations are included in this newsletter.

Finally, I am thrilled to announce that the **Village Movement California's 6th Annual Conference will be held at the West Health Institute in La Jolla this September 12-13**. Mark your calendars! I know it will be a meaningful time to connect, learn, and celebrate. We are currently seeking sponsors for the event. It is an opportunity to connect with leaders and members from the 50 villages across the state, network amongst peers, and learn from thought leaders in the field of aging. It takes a village, [so please contact me if you would like to sponsor](#) or have ideas on organizations who may be interested. Stay tuned for more details about the conference and ticket sales.

Looking forward to connecting with you across the state.

With warm regards,



Tales from the **Villages**

Proclaiming National Village Day!

On National Village Day (2/15), CA Senator Anthony Portantino recognized Village Movement California with a Senate resolution for the positive impact villages have on older adults. Pasadena Mayor Victor M. Gordo also recognized Pasadena Village and their 150 members.



The proclamations celebrated the work of the nearly 50 villages throughout California who reach over 5,000 members providing a cost-effective, community-based solution providing social connection, volunteerism, help with independent activities for daily living, and connections with licensed service providers so that older Californians can remain in their own homes and communities!

VMC board member recognized by SCAN Foundation

The SCAN Foundation celebrated Carlene Davis, MPA, vice president of strategy and evaluation for the California Black Women's Health Project, 2017 fellow of the Robert Wood Johnson Foundation Culture of Health Leaders program, co-founder of Sistahs Aging with Grace & Elegance, director of the Sankofa Village Storytelling Project and board member of Village Movement California.

VMC board member recognized continued:

This Black
History Month,
we celebrate
the leadership of
Carlene Davis, MPA



Throughout her life and career, Carlene has been a persistent champion of elevating the voices and lived experiences of adults as they age — to celebrate their unique identities and vital contributions, and to place their voices at the heart of how we ensure all adults can age well at home with purpose.

Engaging Villages as Key Partners for Healthy Aging Research

The Villages Healthy Aging Ambassadors Group officially launched in February of 2024. The Rutgers University Hub for Aging Collaboration in partnership with Village to Village Network launched this new, nationwide group to collaboratively design and implement a series of virtual events on healthy aging research with Villages.

The Ambassadors represent Villages spanning nine states across United States, including [Carquinez Village](#), [Pasadena Village](#), and [Westside Pacific Villages](#) in California. **We thank our CA villages for representing and elevating our state’s village movement! [Learn more.](#)**

Conversation on Care: Caregiving Trends in California



It is estimated that 6.7 million adults in California are caregivers, with the majority (58%) being women. Caregivers in California are experiencing financial stress and physical and/or mental health problems related to their caregiving role. As California's older adult population continues to grow, the need for caregiving support is expected to dramatically increase.

Village Movement California is collaborating with the California Coalition on Family Caregiving to better support our older adults and family caregivers, especially for struggling middle-income households.

Villages are intentional, caring communities that offer vital touchpoints for caregiving for and to older adults living at home — particularly those who are widows, solo agers, or those who do not have children living close by.

As part of the upcoming Caregiver's Journey conference, we participated in a recent webinar discussing the challenges California caregivers face. Below are some key highlights from our conversation. [You can watch the full webinar here.](#)

WHO IS CARING?

- Caregivers in the state represent every adult age group; nearly 60% were 45 years of age or older, with 20% being 65 years of age and older.
- They are caring for much older individuals that are prone to frailty, at higher risk for falls, and more likely to develop dementia—all of which intensifies the demands of caregiving.
- 50% of caregivers report providing one to five hours of care during a typical week, 25% provide between six and 19 hours of care, and one in eight provides 30 plus hours of care.
- More than half of caregivers reported working a full-time job (which was defined as 21 or more hours per week), and about 10% reported working a part-time job.

Conversation on Care continued:

HOW ARE THEY FARING?

- Most family and friend caregivers are not paid. In California nine out of 10 caregivers reported that they receive no payment for their caregiving activities.
- Most caregivers also end up paying for additional care related expenses. It is estimated that a caregiver covers \$7,200 per year in out-of-pocket costs for care-related household and healthcare expenses.
- The hidden costs of caregiving extend beyond monetary value. Caregivers are at an increased risk of negative physical or mental health outcomes in California.
- One in seven caregivers reported a physical or mental health problem related to their caregiving role. The rate is much higher in racial or ethnic groups such as the Black or Pacific Islander communities.

On April 30th, Village Movement California will be in Sacramento in support of the California Coalition on Family Caregiving for an in-person conference and advocacy day meeting with elected representatives and key committees about caregiving and long-term services and supports.

[Learn more here.](#)

Villages in the News

Los Angeles Daily News

How solo agers, those older people without children, can prepare for later years

"Social networks evolve around where one lives. In our mobile society, families often live far away. Those in our network can help with a trip to the grocery store, a ride to an appointment, or assist with technology. They see the village movement as a support network in later life."

[Read more.](#)



A city famous for its beaches is helping residents age in place

Lifelong Laguna, which provides services through a hometown nonprofit, was piloted in 2017. The program is based on the village movement, where aging in place is encouraged with community support. This Laguna Beach program aims to fulfill a specific need for a city where approximately 28% of residents are age 65 and over, while local assisted living and memory care services are scarce.

[Read more.](#)



Senior Services touts successes at recent council meeting

Vice Chair of Lafayette's Senior Services Commission Conrad Brace presented to the city council an update highlighting Lamorinda Village's and the city's achievements. Working on eight "domains of livability" to create an age-friendly community, the focus has included areas such as outdoor spaces and buildings, transportation, housing, social engagement, community and health services, and related matters. [Read more.](#)

Upcoming Events

March 25-28

American Society on Aging's annual conference in San Francisco

Village Movement California & are partners will be presenting the following:

- Village Movement California's board member Carlene Davis will be presenting **Sankofa Stories: Black Women Reflect on Aging in Place and Community** on March 25, 11 AM – 12 PM
- Barbara Sullivan, Executive Director, Village to Village Network will be presenting **Vibrant Villages Empowering Communities** on March 26, 8 – 9 AM
- Sue Eldredge, Executive Director, Villages of San Mateo County will be a presenter on **Exploring the Intersections between Age Friendly Community Initiatives, Villages and Area Agencies on Aging** on March 27, 1:30 - 2:30 PM
- Village Movement California & Ashby Village will be presenting **Foundations and Features of a Successful, 21st Century Village Movement** on March 28, 8- 9 AM

[Conference details here.](#)

Upcoming Events continues:

March 31

Last day to take California Commission on Aging’s LGBTQIA+ survey

LGBTQIA+ older adults in California are encouraged to complete this online survey which will develop baseline information on the health, economic, and well-being of older LGBTQ+ residents to inform California public policy decisions. [Find survey here.](#)

April 15

Tax Day

[Tax Tips and Deductions for Family Caregivers from AARP](#)

April 21-27

National Volunteer Week



Volunteerism is the heart of Villages! Over 3,000 intergenerational village volunteers offer a range of services to help keep older adults safe, supplied, & confident about aging in the places they call home. National Volunteer Week is an opportunity to recognize the contributions of our volunteers.

For tips and resources on celebrating National Volunteer Week, [visit Point of Light’s toolkit.](#)

Tuesday, April 23, 12 – 1:15 PM

Advocacy 101 and Tips for Meeting with Your Representative

Join Cheryl Brown, Chair of the CA Commission on Aging and Leza Coleman, Legislative Director, CA Commission on Aging (and VMC board member) to learn important strategies for talking to elected officials. Get expert tips on how to advocate effectively and make a difference. This webinar will help prepare for the Caregiver advocacy day in Sacramento and empower attendees in general to partner with their elected officials. [Register here.](#)



Cheryl Brown
Chair, CA Commission on Aging (CCoA) and former Assemblymember



Leza Coleman
Legislative Director, CCoA

Upcoming Events continues:

Thursday, April 25, 10 – 11 AM

Aging and Disability Resource Connection (ADRC) 101

Village Movement California will host Eli Gelardin, Executive Director, [Marin Center for Independent Living](#) to discuss the state's regional ADRCs. These organizations provide a wide array of long-term services and support options in the community. ADRCs support the needs of caregivers and respect the diversity of families and cultures that make up their local communities.

[Register here.](#)

Tuesday, April 30, 9:30am-4:30pm

Caregiver's Journey: The Roadmap to 2030 in Sacramento

Join this in-person conference and advocacy day in Sacramento. Family caregivers and their allies are invited to join Village Movement California and our partner the California Coalition on Family Caregiving for a morning session and discussion on how we can support Californian older adults, family caregivers, and the role of the CA Master Plan for Aging. After lunch, participants will have an opportunity to meet with their elected representatives and the offices of key committees about caregiving and long-term services and supports.

[Conference information here.](#)

May 1-3

California Association of Area Agencies on Aging's (C4A) Annual Conference in San Jose

C4A Annual Conference brings together aging and disability network leaders, advocates, and policymakers from across California. We will discuss recent national and state aging and disability policy developments and the evolution of current and potential programs and services. VMC will be presenting on how Villages can advance partnerships with the AAAs on Friday, May 3 at 9:45 -10:45 AM.

[Conference information here.](#)

See all upcoming events as well as slides and videos from past events on our [Events page.](#)

6TH ANNUAL STATEWIDE CONFERENCE

We are excited to announce our 6th Annual Statewide Conference is in Southern California!

Thursday – Friday, September 12 & 13
The West Health Institute
10350 N Torrey Pines Rd, La Jolla, CA 92037

We invite you and your organization to join over 100 village leaders, elected officials, sponsors, stakeholders, and researchers who all are helping to transform the experience of aging across California.

Partner with VMC by sponsoring our annual statewide conference and opening reception.

Tickets will be available later this spring.

Thanks to our
Venue Sponsor:



[Join Village Movement CA](#)

Notices

- Have a contribution to share with other villages? Send to: patrick@villagemovementcalifornia.org.
- Articles and notices published here are also available for use in your village newsletter.

All newsletters are archived [here](#) | Follow us on social media: [Facebook](#) & [LinkedIn](#)

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