



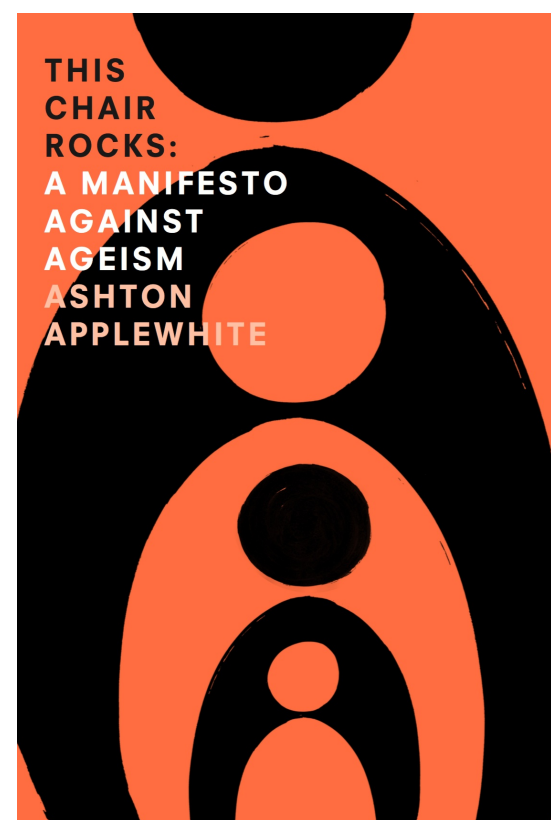
Happy Summer from Village to Village Network!



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2016 National Village Gathering: Announcing Keynote Speaker

Are you planning to come to Columbus in October for the 2016 National Village Gathering? We hope so! In case you missed it, we made an exciting announcement last week. We've just announced one of our keynote speakers – Ashton Applewhite. During her keynote session, Ashton will share her expertise on ageism and highlight her new book, *This Chair Rocks: A Manifesto Against Ageism*. From childhood on, we're barraged by messages that it's sad to be old, that wrinkles are embarrassing, and old people useless. Author and activist Ashton Applewhite believed them too until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life.



We've also added a registration bonus! The first 200 registrants who register and pay for the 2016 National Village Gathering will receive a free copy of Ashton's new book. Don't miss out on getting your free copy and register today by [clicking here](#).

Spread the Word: Aging Together Matters

Village to Village Network needs your help to spread the word about the Village Movement and the power of neighbors working together to help make all of our communities great places to age in. VtV Network is the engine that propels Villages throughout the country and helps nurture and empower these independent nonprofits to move from start up to stable organizations and beyond.

For the Village Movement to grow, we need your help. We are kicking off our ATM Campaign (**A**ging **T**ogether **M**atters) by asking each person who wants to see the Village Movement grow to simply spread the word about the Village to Village Network with 20 friends and to ask each one to donate \$20 to help us continue our work. Please share our posts on Facebook and spread the word among your friends about the beauty of the Village Model. The power of OUR movement begins with YOU. We don't want to be an insider's secret any longer!

Our Goal this Year: 1,000 participants making 1,000 trips to an ATM

When: The campaign will start on July 15, 2016 and ends October 1, 2016

How: We will supply pledge envelopes and Campaign information to every Village office at the beginning of July.

Reward: One free full conference registration and hotel accommodations at the 2017 Annual National Village will be awarded to the winning Village. Each Village with a donor from their Village will be entered into a drawing to be awarded at the 2016 NVG in Columbus, OH on October 16-19, 2016.

Please check us out, like and share: additional information on the ATM Campaign can be found online at vtvnetwork.org, on Facebook – Village to Village Network and on Twitter - @VtVNetwork.

Village Stories

Ashby Village
Berkeley, CA

Ashby Village member June answers the doorbell, glad to see a friendly face on a day that is otherwise dreaded, the day she goes to the doctor to hear her most recent test results. Rachel, a MedPal volunteer for Ashby Village, is right on time. Rachel asks June how she's being doing this last week. June appreciates the distraction to engage in some small talk, as she slides into the familiar seat of Rachel's well-worn 20 year old Honda Civic.

As Rachel drives them the 20 minutes to Kaiser, she asks June several key questions, so they will be ready when the doctor does her routine check-in at the beginning of the appointment. June is glad to have a friend there as she holds her breath waiting for the test results. Both Rachel and June laugh with relief when told the test results show remission. Nevertheless, there are several important instructions given by the doctor as he puts June on a new medication regime and dietary/exercise program. Rachel, in her role as a MedPal, takes careful notes. As the doctor's appointment draws to a close, Rachel checks in with June about some questions they planned to ask, which have not been aired yet. June appreciates this since she is still so excited from the good news that she can't really concentrate on what the doctor is saying.

The above story could occur on any day in the Ashby Village MedPal program, established shortly after launch in 2010 derived from a similar program at Avenidas Village (Palo Alto, CA). MedPal volunteers provide door-to-door transportation and are specifically trained to take notes during a doctor's appointment and be an extra set of eyes and ears. MedPals are also available to help with filling out medical forms. Not surprisingly, it's difficult for many people (especially when they have a serious illness) to fill-out the forms and track all the important information the doctor may be sharing.

The MedPal partner can be counted on to make sure that next steps are clear and that follow-up visits are scheduled as needed. After an outpatient procedure, it's wonderful to see a friendly face when a MedPal is waiting for you and then stay with you at home for awhile if you're feeling woozy. All information is held in confidence and the written notes belong to the member.

Ashby Village requires that members arrange for a MedPal and door-to-door service whenever providing a ride for an outpatient medical procedure. If a member is 90 years or older, Ashby Village provides door-to-door service no matter where the member is going. However, there are some things MedPals are not permitted to do. They do not give medical advice and cannot pick up, deliver, or administer medication.

MedPal is a happy confluence bringing together those whose career skills are being put to good use helping others, and those who need a little extra help in making the best use of a complicated health care system.

NOTE: MedPals do not have to have a medical background. Any experience with medical processes, being a caretaker, or professional experience is helpful. MedPals are given additional training to prepare them for this work. Most important is the added sensitivity that MedPals have to members who may be ill, fragile or in pain and their desire to be supportive in these often challenging situations.

Written by Sarah Hawthorne



Ashby Village's Merle and Bob

World Elder Abuse Awareness Day

Elder abuse is defined as intentional actions that cause harm or create a serious risk of harm to a vulnerable older adult, by a caregiver or person in a trust relationship. Elder abuse and neglect is a silent epidemic that is growing as the population ages. Although 1 in 24 older adults are victims of elder abuse, neglect, or abandonment, it is rarely reported to someone who can help. Every year, elder abuse costs our nation over \$5 billion in direct medical costs, and close to \$3 billion in annual financial lost by victims.

Elder abuse takes on many forms, including: physical abuse; sexual abuse; emotional abuse—such as intimidation, threats, harassment, belittlement or isolation; neglect—including failure to provide a dependent senior with basic necessities; and financial abuse—misuse of the older adult's money, personal property or resources. Often, multiple forms of abuse occur simultaneously—particularly financial abuse. In fact, 90% of all elder abuse cases also include some sort of financial abuse.

More alarming, 90% of all elder abuse happens at the hands of family members, leaving the elderly vulnerable to the people who should care the most. Older women are more at risk than older men and 47% of older adults with dementia or Alzheimer's endure abuse.

Some signs of potential abuse may be obvious, such as unexplained bruises or broken bones or significant missing financial savings. Others signs of potential abuse, such as self-neglect, strained or tense relationships with caregivers, hoarding, and confusion can often be overlooked or dismissed as “normal” problems of aging. Thus, abuse and neglect can happen right before our eyes but we fail to recognize it.

World Elder Abuse Awareness Day is today, June 15. Many communities are sponsoring events to bring more awareness to this serious issue. Additionally, on June 16, the Second Global Summit on World Elder Abuse will be taking place. Last year, over 150 national policy makers, advocates, financial services institutions, medial, social services organizations and the general public attended.

To join the conversation and for more information on elder abuse and neglect and what you can do to prevent it, go to the National Adult Protective Services Agency, www.napsa-now.org and the National Center on Elder Abuse, www.ncea.aoa.gov, and click on “Get Involved.”

“We owe it to older persons and societies at large to fight ageism in all its

forms and enhance the dignity and human rights of older persons everywhere"
UN Secretary-General Ban Ki-moon

With more knowledge, we can all make a difference.

Written by Shari Wenokur Smith, MA, MPH, CSA
Director, Village in the Woods

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