

# network news

May 2022

From  
the desk  
of...

## Barbara Hughes Sullivan, Executive Director



Dear Villagers, Friends and Supporters:

As you all know, this is the 20th Anniversary of the Village Movement. It is also the 20th anniversary of my journey in helping older adults. In 2002 I started

working in a retirement community outside of D.C. It was the start of a wonderful career and a passion for caring for older adults.

This month we celebrate Older American's Month. Now more than ever, Villages are needed in our communities. I am excited that our journey has a fresh start and we see the value of our model for home and community based services. Check out more about Older American's Month elsewhere in this newsletter.

Our planning committee is busy with the National Virtual Village Gathering in October. We received so many great session proposals and I hope you will enjoy what will surely be a terrific conference. Our sponsors get an opportunity to reach a truly unique audience.

We will have a preliminary agenda in the next couple of weeks and registrations will open sometime in June. We will keep you posted on the dates and you can check the Conference page on our website for the latest details.

Last month, I had the opportunity to travel to New Orleans for the American Society on Aging's conference. It was my first in-person networking and conference since March of 2020.

Hilary Simmons, the executive director of A Little Help in Colorado and I presented on the Village model. We had a packed room with many national organizations looking to learn more about our model for aging in community. A successful first start to some exciting new relationships!

Look for some of our new connections at our conference this October!

Happy Spring!

A handwritten signature in black ink that reads "Barbara H. Sullivan".

Barbara Sullivan, Executive Director VtVN

# *National Virtual Village Gathering*

**October 11, 12, 13, 2022**

**B E C O M E   A   S P O N S O R**

**We invite all anyone wanting to support  
Villages and the National Virtual Village  
Gathering to download our Sponsorship  
Prospectus.**

**Download the Prospectus form  
by clicking the button below.**

**Sponsor Prospectus**

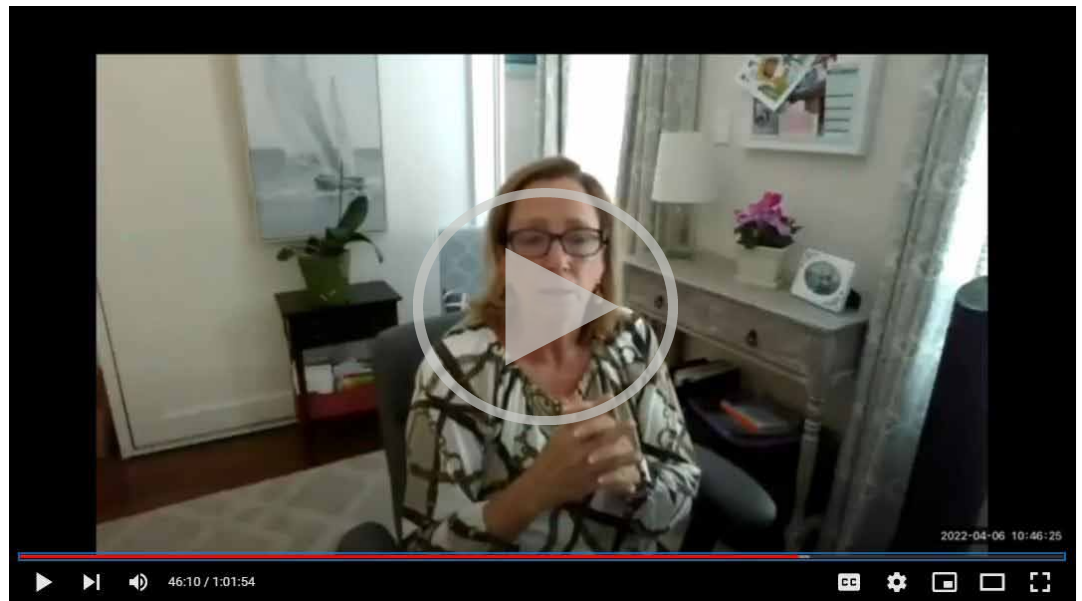
*Celebrating*  
**20** YEARS  
VILLAGE  
movement

## VIDEO: A discussion about the Village Movement

Encore Boston Network hosted a discussion on **"Aging in Place: The Village Movement"**

featuring our own Executive Director Barbara Sullivan. The program also featured Gina Morrison, Executive Director of Beacon Hill Village in Boston, Massachusetts; Jan Latorre-Stiller, Executive Director of Cambridge Neighbors

in Cambridge, Massachusetts; Elsa Bengel, Founding Member of JP@Home in Jamaica Plain, Massachusetts; and Maureen Grannan, Executive Director of Newton at Home in Newton, Massachusetts. **Watch the program by clicking the video image above.**



## VIDEO: Diversity, equity and inclusion discussion

Check out this video of the Villages Diversity, Equity and Inclusion Workgroup, hosted by Pazit Aviv, Village Coordinator: Aging and Disability Services of Montgomery County, Maryland. For this quarterly presentation, Aviv invited Kathy Pointer, Director of Kingdom Care Senior Village in Washington, D.C.,

to talk about working with diverse communities. Pointer states that Kingdom Care saw the potential of the Village model to help older adults in a way that wasn't possible with current existing resources. She speaks on the challenges of trying to serve a large area with limited resources. "If you focus on the needs of a given community, diversity is automatically addressed." **Watch the program by clicking the video image above.**





## Village Movement leaders present at ASA conference

The Village Movement had representation at the recent “On Aging” conference hosted by the American Society on Aging in New Orleans. Village to Village Network Executive Director Barbara Sullivan presented about Villages along with Hilary Simmons, VtV Network Vice President and Executive Director of A Little Help in Denver.



(RIGHT) Jennifer Hammer, Director of Strategic Partnerships at Silvernest; Barbara Sullivan, Executive Director of Village to Village Network; Peter Kaldes, President and CEO of American Society on Aging; and Sarah Cheney, Executive Director of Shepherd's Centers of America, pause for a photo during the American Society on Aging's 2022 conference.



(LEFT) Althea Pestine-Stevens, Rutgers University; Joel Shapira, BeyondAge; Jennifer Hammer, Silvernest; Juliet Simone, The Oasis Institute; Barbara Sullivan, Village to Village Network; and Hilary Simmons, A Little Help, gather during a break at the 2022 On Aging Conference in New Orleans.

# May is Older Americans Month - Age My Way

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is **Age My Way**.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- ▶ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ▶ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ▶ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ▶ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



## Age my way!



[acl.gov/oam](https://acl.gov/oam)



Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

For more information, visit the official [OAM website](https://acl.gov/oam), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.

**Share with us how you are celebrating Aging Your Way for Older Americans Month!**

## FREE exercise classes from CJE Senior Life

CJE Senior Life is a non-profit organization offering five different evidence-based exercise classes to improve strength, balance, and fitness. They have grants from the Administration for Community Living to offer these classes.



Check out their classes on:

**Healthy Moves:** Strength & balance class, with low & high impact options available

**Bingocize:** Exercise meets Bingo in this fun, fitness class focusing on aerobics, balance, and strength

**Tai Chi:** Slower postures and movements to work on balance and mind-body connection

**Stay Active & Independent for Life (SAIL):** Addresses aerobics, strengthening, balance, and flexibility

**Otago:** Strength & balance class for those living with HIV, members of the LGBTQ community, and their friends and allies

[Sign up for free here.](#)

## Make May meaningful with Vitality Society

COMPLIMENTARY ENRICHMENT SERIES  
OPEN TO ALL

Learn how to **Memorialize and Monetize Your Stuff**. This series will take place on Sundays, May 15 and 22 at 7 pm ET / 4 pm PT.



VITALITY  
SOCIETY™

Have you accumulated a lot or even too much stuff? Are you curious about how to memorialize what you want to keep? Do you know how to identify and monetize items that could have significant value?

Find out how to memorialize and monetize your stuff from PBS Antique Roadshow appraisers on May 15 and 22. Learn more and RSVP to this series [here](#).

See all our May programming and learn how to get your first month free if you are not yet a subscriber at <https://bit.ly/vscomplimentarymonth21>.



# Villages in the News



April 29, 2022  
Opinion: Creating  
'villages' on Cape Cod so  
seniors can age in place  
[Read Here](#)



April 25, 2022  
WomanWorthy: Real Talk  
About Real Issues for  
Women Over 60  
[Read Here](#)



April 19, 2022  
Southcoast charities join  
forces to help elderly  
residents  
[Read Here](#)



April 18, 2022  
Pandemic's lesson for  
many older folks: Stay in  
your home as long as can  
[Read Here](#)



April 12, 2022  
Cohousing in Oak Park  
[Read Here](#)



April 9, 2022  
Commentary: How a call  
for a refrigerator brought  
rural togetherness  
[Read Here](#)



April 7, 2022  
How You Can Give a  
Little Help to Your Older  
Neighbor This Spring  
[Read Here](#)



April 4, 2022  
Verde Valley nonprofit  
helps older adults keep  
their pets in their own  
home  
[Read Here](#)



April 1, 2022  
The Essence Of  
Neighborhood Falmouth -  
Letter  
[Read Here](#)



March 31, 2022  
More Americans are  
trying to "age in place"  
for as long as possible  
[Read Here](#)



March 25, 2022  
Community Counts:  
The Best Medicine:  
Volunteering  
[Read Here](#)



March 16, 2022  
Rotary volunteers offer  
free home maintenance  
for seniors  
[Read Here](#)



March 13, 2022  
Building a Generational  
Partnership for the Aged -  
NY Times  
[Read Here](#)



March 12, 2022  
Age-Friendly Bay Area -  
Charlotte Dickson, Village  
Movement California  
[Read Here](#)



March 8, 2022  
50+ in Montgomery  
County 214 March 2022  
[Read Here](#)



February 28, 2022  
Seniors helping seniors  
in Marblehead and  
Swampscott  
[Read Here](#)

# Village Anniversaries!

## February 2022

[Canopy of Neighbors](#) - 11 years  
[Community Connections at Findley Lake](#) - 9 years  
[Fearington Cares](#) - 32 years  
[Foster City Village](#) - 9 years  
[Nauset Neighbors](#) - 11 years  
[NEST-North East Seattle Together](#) - 10 years  
[North Shore Village](#) - 12 years  
[Village Santa Cruz](#) - 5 years  
[Villages Clark County](#) - 3 years  
[Waterfront Village](#) - 5 years  
[Westside Pacific Villages](#) - 11 years

## March 2022

[I'On at Home](#) - 5 years  
[Monte Sano Village](#) - 6 years  
[Northwest Neighbors Village](#) - 13 years  
[Sharing Active Independent Lives](#) - 17 years

## April 2022

[Conejo Valley Village](#) - 5 years  
[Mill City Commons](#) - 14 years  
[Neighborhood Falmouth](#) - 13 years  
[Newton at Home](#) - 11 years  
[Stay at Home in Wilton](#) - 12 years  
[TRAIL of Johnson County](#) - 5 years

## May 2022

[Arlington Neighborhood Village](#) - 8 years  
[Chevy Chase At Home](#) - 13 years  
[Clayton Valley Village](#) - 5 years  
[Cleveland & Woodley Park Village](#) - 9 years  
[Eden Area Village](#) - 5 years  
[Gramatan Village](#) - 14 years  
[MY Neighbors](#) - 5 years  
[Portland Area Villages](#) - 5 years  
[Rhinebeck at Home](#) - 9 years

# Village NEWS

View all of the archived Village news by clicking the button below. Scroll to the bottom of the "News" page to view the "Archives."

[Village News](#)

Please Support Village to Village Network

Village to Village Network  
4818 Washington Blvd  
St. Louis, MO 63108  
(617)299-9638  
[vtv@vtvnetwork.org](mailto:vtv@vtvnetwork.org)  
[www.vtvnetwork.org](http://www.vtvnetwork.org)