

A Special Message

from:

Mandy Summerson, President



How are you all doing during this unprecedented time in our history? I know we have had challenges in our world surrounding viruses, world wars and 9/11 but this Covid-19 virus sure is taking a toll on all of us as individuals and a country. It is hard not

to be fearful of this virus. Especially with all of the media hype and "Stay at Home" orders that are constantly bombarding us every day. And then the charts and graphs with numbers of infected people that are multiplying each day and conversations about "Flattening the Curve". I am sure you all have also heard enough about how to combat cabin fever and social isolation. I do know that I have had to make myself turn off the television, get out and take walks and take a hot bath every once in a while to combat my stress. Do find time each day to unplug and do something for yourself that relaxes you and puts those negative thoughts to sleep.

As I have been navigating these past couple of weeks with my clients, family and friends, I have been consistently impressed by the stories from so many of our Villages. The support that Villages have been providing thus far during this crisis is heartwarming. If you read on in our newsletter, you will see links to several Villages and how they are supporting

their members during the Covid-19 virus orders to "Shelter in Place" and to those that are homebound. Villages are uniquely situated to respond to Covid-19 because Villages are in the "business" of helping older adults. And as we have heard, this virus is very challenging for those over the age of 65, if contracted. Volunteers of Villages who are helping supply groceries and pick up prescriptions for their Village members are helping reduce the chance of exposure to the virus. As you can imagine, many communities are seeing first-hand the value of having a Village in their town with this kind of support.

I want to bring to your attention that we are still planning for our National Village Conference scheduled for October 5th through 7th in Charlotte, North Carolina. Of course we are keeping a close eye on the pandemic and will absolutely do what is best for the health of our members and supporters. Please know we have extended the Early Bird sign up until June 1. We encourage you to register and if the hotel cancels the event, money will be refunded. I want to also encourage those who are able to support the VtV Network to continue to do so during this difficult economic time. As you may be aware, VtV Network relies primarily on membership dues and donations to do the work that we do. We know that everyone is being financially challenged in light of the pandemic, but we continue to really need your support.

I wish you all and your families' good health during this difficult time in our history. As always, please do not hesitate to contact us if you have any questions or need support.

Warm Wishes,



Mandy Summerson

NATIONAL VILLAGE CONFERENCE

Charlotte
North Carolina
October 5-7, 2020

20/20

~Clear Vision
for the Future~



The National Village Conference, scheduled for **October 5-7, 2020 in Charlotte, North Carolina is still ON!**

We hope the pandemic is behind us by then and that people are ready to travel.

Of course, we are monitoring the situation and will do what is best for everyone.

Support the Network by registering today!

We have a great lineup of breakout sessions coming together for this year, so stay tuned for details!

All Systems Are GO!



Conference pricing is as follows:

Early Bird Member = \$399

Early Bird Non-Member = \$475

Group of 4 or more = \$375 per person
If you have a group, call the office to register.

After June 1 - Member = \$450

After June 1 - Non-Member = \$550

We hope to see you at NVC2020!

[Click Here to Register](#)

Coronavirus information you can use

By now we've all heard the constant reminders to wash our hands, avoiding close contact with others, avoiding touching our faces, etc.



One of the best resources that you can check if you have any questions about how to protect yourself or about

what to do if you think you are sick is the [Centers for Disease Control](https://www.cdc.gov/) website.

Food/Supplies

Here are a few resources for food, medicine and other provisions. With the COVID-19 outbreak and increased demand, some services might have less stock or delayed deliveries.

<https://www.peapod.com/>

<https://www.instacart.com/>

<https://www.postmates.com/>

<https://www.target.com/>

<https://grocery.walmart.com/>

<https://www.wegmans.com/>

<https://www.amazon.com/>

<https://www.walgreens.com/>

<https://www.cvs.com/>

Connecting With Technology

Not everyone has high-speed internet access, but most mobile phones can connect through their networks. Experiment with different ways to stay connected with friends and family.

FaceTime

<https://www.skype.com/en/>

<https://zoom.us/>

[Google Hangouts](#)

[Facebook Messenger](#)

Virtual Entertainment

You can only clean your closets for so long before you need a diversion. Here are a few interesting things to check out when you have some free time.

<https://www.netflixparty.com/>

[BroadwayDirect](#)

[Virtual Museum Tours](#)

<https://www.hulu.com/welcome>

FREE Digital Magazines, Audiobooks and e-Books from your library! (Visit your local library's website)

Health and Wellness

Keep moving! Don't just sit around if you are cooped up at home. Here are a few exercise programs you can try to pass the time. Remember, you can always stop after five minutes if you want, but the hardest part of any workout is getting started!

<https://tools.silversneakers.com/>

<https://www.nia.nih.gov/health/exercise-physical-activity>

[National Council on Aging](#)

<https://www.verywellfit.com/>

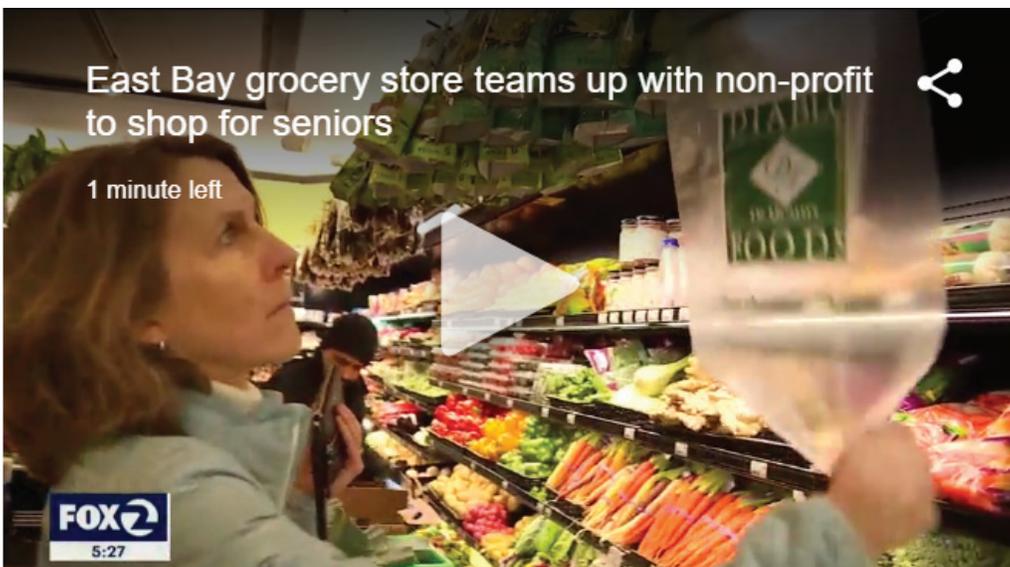


Villages are uniquely situated to help during the Coronavirus outbreak



Raleigh Village East President Sara Stohler delivering groceries and goodies to a sheltering Historic Oakwood neighbor in Raleigh, North Carolina. **Click video to watch.**

Village Movement California, a regional coalition of Villages in California, hosted a webinar on how to use a video conferencing service called Zoom to connect people virtually. **Click video to watch.**



Lamorinda Village in Lafayette, California, partnered with Diablo Foods to shop and deliver groceries to homebound older adults. **Click video to watch.**

Villages in the News



3/16/2020
Volunteers, neighbors help others during San Francisco's order to stay indoors
[Read Here](#)



2/16/2020
Meeting in the Middle: Community as a Middle Market Strategy
[Read Here](#)



3/13/2020
SAIL members, Shepherds students share life stories
[Read Here](#)



2/10/2020
Designing places where residents can thrive
[Read Here](#)



3/6/2020
How can Philadelphia's senior communities protect themselves from coronavirus? | Opinion
[Read Here](#)



2/6/2020
Making Informed Choices about One's Future
[Read Here](#)



3/5/2020
Do you have stories to tell? Nonprofit launches story-sharing group
[Read Here](#)



2/5/2020
Unexpected benefits of volunteering
[Read Here](#)



2/28/2020
U. of C. Accelerator awards \$50,000 each to Hyde Park Village, West Point School of Music
[Read Here](#)



2/3/2020
Up from the lowlands comes Uplands
[Read Here](#)



2/19/2020
Eldercare solutions today: Responding to the paradigm shift
[Read Here](#)



2/3/2020
Catholic Charities acquires Monadnock at Home, a non-profit that helps seniors
[Read Here](#)



2/18/2020
Woodlands-based nonprofit is looking for more volunteers to help older residents age in place
[Read Here](#)



1/29/2020
Boomer Life: Living alone isn't easy
[Read Here](#)

Village Anniversaries!

March 2020

Neighbor 4 Neighbor - Desert Village Initiative - Palm Desert, CA

I'On At Home - Mount Pleasant, SC - 3 years

Monte Sano Village - Huntsville, AL - 4 years

Neighborhood Network - York, ME - 4 years

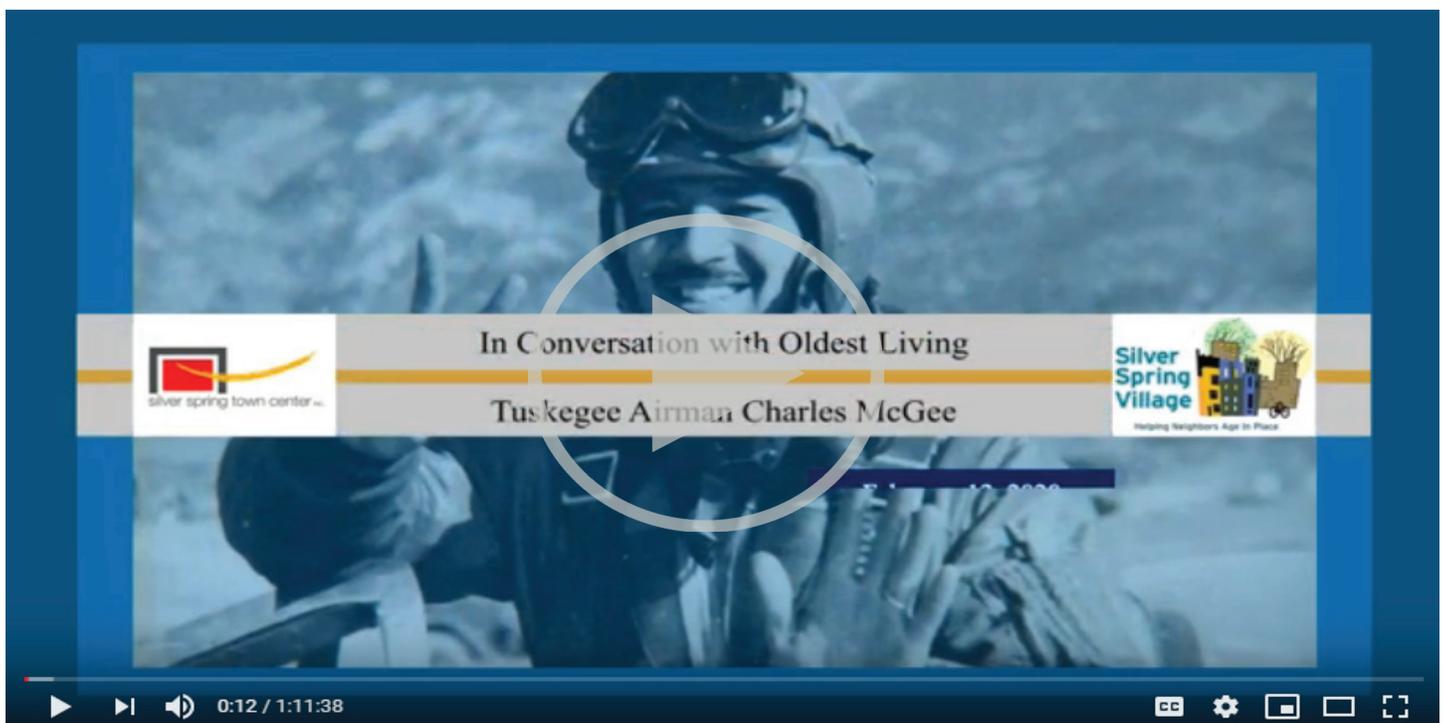
Northwest Neighbors Village - Washington, D.C. - 11 years

Sharing Active Independent Lives - Madison, WI - 15 years

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Talking with the oldest living Tuskegee Airman

Silver Spring Village shared a video of a conversation with the oldest living Tuskegee Airman Charles McGee. He is 103 years old! Check out the video below!



Please Support Village to Village Network

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