

## **BI Village Steering Committee Minutes 5-19-16**

**Present:** Sandy White, Steve Walker, Sue Barrington, Bill Cairns, Kellan Eisenhardt, Rita Elsberry, Dana Gargus, Kat Gjovik, Marsha Gladhard, John and Judy McKenzie

### **Welcome and Information (See Attached Agenda Handout)**

Sandy White, Co-Chair, welcomed everyone and reviewed the agenda. Sandy reported regarding the recent Executive Board Retreat and shared handout. He reviewed new organization structure on page 5 of the handout and pointed out that we will be adding two new committees, a Membership Committee (now separated from fund-raising) and an Operations Committee. He discussed the Board's intention to get ideas and advice from the Steering Committee on important village decisions as they arise and welcomed further input from the group regarding the role of the Steering Committee going forward.

### **Committee Reports**

#### ***Needs assessment report***

Judy introduced this report on Michele's behalf. She stated that there are two simultaneous needs assessment efforts--A community survey, led by Bill Cairns; and an organization profile survey to determine strengths and gaps, being led by Michele Costa.

#### **Community Survey:**

- Bill handed out a summary of the Community Survey status including the number of people (and in what age group) need to be surveyed to have a statistically significant result, 90% confidence level.
- Survey of workshop participants
  - As of May 10<sup>th</sup> we have gotten a 13% return rate on the 134 surveys mailed out and 35.8% response on the electronic version sent to our mailing list
- "Leadsplease" mailing list
  - 152 surveys have been mailed out as a test to people 75 and older
  - A total of about 300 surveys will be mailed out from this list
- It has been recognized that we are getting a greater response from those who attended community workshops, including willingness to pay a membership fee.

#### **Organization interviews**

- Judy gave a summary of what type questions are being asked. These include: services that organizations provide, major gaps in services to seniors and interest in collaboration with the village. A wide range of organizations are being interviewed including social service agencies, medical, small businesses and entrepreneurs
- 33 interviews are underway
- 12 volunteer are conducting these interviews
- Goal is to have at least a preliminary summary report by the end of June

- The feedback from those being interviewed has been very positive
  - People want to know more about the Village and how they can get involved
  - Others want to know when the Village is going to be there and available

### **Community Engagement Report**

Marsha gave a report on

- **Strawberry Shortcake Social, Mark your Calendar:** Saturday, June 25, 2016, from 4-6 PM, the village will be holding its first social event at Pru's Place. This event is to keep interested parties engaged and provide opportunity to meet one another and learn about what is happening. Our mailing list and anyone else who is interested is invited to attend. It would be great if all Steering Committee members would attend.
- July 4<sup>th</sup> – Village will be participating in Sr. Center & IVC information booths. We would like members of the Steering Committee **to sign-up** for some time at one or the other booths.
  - Drawing for prizes may be arranged
  - Buttons to pass out "Ask me about the BI Village"
- Living Room Chats
  - They have been very well received
  - Two are scheduled for June 5<sup>th</sup> at Housing Co-Op and June 9<sup>th</sup> at McCanns home

### **Fund Raising Committee**

- Need more members for the Committee
- Initial goal is \$12,500 for startup direct costs. About \$4,800 has been raised from individuals plus another \$5,000 in grants has been submitted (\$3,500 from BCF and \$1,500 from Grace Episcopal Church). We should hear back in June on both. In addition, we received \$2,000 from Quail Roost Foundation. If all goes as planned, we should have our start-up goal completed soon.
- **Question – what will be needed for the first year of operations?** The Executive Board with input from the Operations and other committees, will be determining this.
- The Fund-Raising Committee will put together a Development Plan.
- Thinking ahead:
  - We have been admitted to One-Call-For-All; and the BI Village may be one of the organizations to be featured in this Fall's brochure
  - Committee is looking to reach out to medical, financial and small businesses that serve seniors
  - Need to know and respond to business's budgeting schedule – may be a 6 to 9 month lead-time requirement
- Sue Barrington told us about the Boomerang project – discounts for seniors being redirected to non-profits. Hear about it on BCB podcast

**Secretary's report,** Marsha handed out a contact list to make sure info is accurate

- She reported that we have a Facebook and Web Page. Facebook getting more traffic
- Encouraged us to review both sites

**Treasurer's report**, Bill handed out the current account balances (See attachment for report)

- \$4,048 currently in the bank less \$376 in unpaid bills
- Relationship is working very well with HRB and we are very appreciative of their support.

**National Conference on Aging**, Rita attended and has a trip report summarizing her experiences including: (See Attached Report)

- "The conference was very rich, there was no way to soak up all that they had to offer"
- Main takeaway – we are facing huge challenges and also great opportunities i.e., the "silver tsunami" is coming
- "AgeWave" this website by Ken Dychtwald features videos and insights into retirees including what motivates them, wave of volunteerism, implications to communities and opportunities, need for social connection
- <http://www.agewave.com/candidates/>. (Link to this speech)
- Rita shared key highlights from conference workshops she attended (*see attachment at the end of these minutes*) and other links of presentations she recommends:
  - **American Society on Aging** <[American\\_Society\\_on\\_Aging@mail.vresp.com](mailto:American_Society_on_Aging@mail.vresp.com)>
  - Date: Wed, May 18, 2016 at 10:06 AM
  - Subject: Watch Online: 50 is the new 50
  - From: **American Society on Aging** <[American\\_Society\\_on\\_Aging@mail.vresp.com](mailto:American_Society_on_Aging@mail.vresp.com)>
  - Date: Wed, May 4, 2016 at 6:54 AM
  - Subject: Watch "Unleashing the \$8 Trillion Longevity Bonus" online!
- Conference brought home the need to change attitudes toward aging – so many positives
- The group thanked Rita for her presentation and ideas

**Thoughts to consider and explore...**

- There are a number of individuals and organizations here on the Island who are doing work on aging. How can we come together to share ideas, etc.?
- What national organizations should the BI Village join?
- How can BI Village be a conduit for communication of ideas and work between organizations and individuals involved with aging? Ideas shared included:
  - Marsha asked for input that she can put into our newsletter, Facebook page
  - Look into forming an inter-organizational collaborative committee to further explore and establish ways to share information and influence policy on aging
  - Create a BI Council on Aging that could be an advisory group and means to promote two-way communication between organizations e.g., what information can I offer to others and what do I need from others?
- What should be the role of the BI Village Steering Committee as we move onto the future? An advisory group?

- How could BI Village best be involved with the Time Bank?
- More discussion on the role of the Steering Committee in future meetings, as we continue to evolve our model.

***Other Business issues***

- Minutes were approved from last meeting
- Need more committee volunteers
- **Next Steering Committee meeting is June 16<sup>th</sup>**
- Sandy encouraged folks to communicate with each other between meetings

## Aging in America Conference 2016

Notes from Rita Elsberry

This conference was amazing in terms of the breadth of information that was available about issues related to aging, including health, poverty, homelessness, volunteerism, caregiving, advocacy, research, resources, best practices, new programs....

My main takeaway was that we are facing not only unprecedented challenges in meeting the needs that are continuing to build but that there are also incredible opportunities we should not overlook. There was also a major focus on reframing how we think of aging.

In “Unleashing the \$8 Trillion Longevity Bonus”, Ken Dychtwald, PhD gerontologist, author and lecturer, offered insights into retirees' giving preferences and habits, how giving gives back, the dynamics behind the three forces that will drive the coming giving surge, and the individual, organizational and community implications. Today's retirees are far more driven by making a difference in the world and helping people in need, rather than on spending money on themselves. Retirees comprise 31% of the population, give 42% of the money to charities, and 45% volunteer. When asked before they retired what they would miss most, #1 was reliable income. After retirement it was overwhelmingly social connections!! If retirees spent 2 hours a week of the 2,940 they watch T.V. volunteering, it would translate to 1.4 trillion in the next 20 years.

Another general session discussed the future of community-based services for older adults and their families. They talked about how we must reframe organizational strategies to operate collaboratively with service providers forming integrated networks for medical and social services.

“50 is the New 50” focused on disrupting the traditional way we think of aging and recognizing the gifts and opportunities that aging brings. JoAnn Jenkins, CEO of AARP wrote the book “Disrupt Aging” and talked about new solutions so more people can choose how they want to live and age and how to live their best life at every age.

### **Breakout Sessions:**

**Plan Your Lifespan** - Program developed through Northwestern University and Area Agencies on Aging to get people thinking about what they would like as they age, under different circumstances, such as hospitalizations, falls, dementia, mobility limitations. Can be done online or by hard copy and shared with family.

**Intergenerational Programs**-San Diego County has 5 intergenerational coordinator positions. They formed intentionally designed teams to foster understanding, increase compassion, promote shared values, and encourage respect. They have intergenerational toolkits and trainings. Programs like workforce academy for youth pairing seniors with foster children, Five and Fit.

**Aging Mastery-National Council on Aging** partnering with Friendship Centers to work with seniors who have never had online experience, giving them digital tools to help them take action to increase their health and connections to others. Provided with wireless access and tablet computers with a simplified user interface. Preloaded Aging Mastery Program.

Share the Care-a model of caregiving for people with serious illness that brings together teams of friends to provide care. Step by step process, book, etc.

82% of seniors would prefer to stay at home. Common challenges are falls and depression, which is the most common mental health issue for the elderly. Only 10% seek help for fear of being taken out of their home. Fall Prevention programs-NCOA-6 steps to prevention. Every 14 seconds an older adult is treated in the ER for a fall, which usually causes a progressive decline. Physical activity helps prevent. Use technology to help people stay engaged. Villages can help with this.

**Medical Note Taking**-Started by Village in DC to provide trained note-takers to accompany people to medical appointments and provide a written record of the visit. IVC is starting this program for care receivers. This is not medical advocacy.

**AARP Social Isolation**—Estimated that 1 in 5 adults over 50 are potentially isolated. Equivalent to smoking 15 cigarettes a day. Group based interventions may be more effective, especially support, discussion groups. Targeted interventions are most effective. “Those who have a why to live can bear almost any how.” Nietzsche. Lots of research being done in this area.

**Project Engage**-Senior Leadership Model-Orange County Dept. on Aging-a peer to peer older adult volunteer model that recruits and trains seniors to become resource leaders in order to make their communities ideal places to age. They form Senior Resource Teams to tackle specific projects in their community. They research what services are available and what the gaps are. Some projects they took on were:

**Community Visiting Team**, Senior Falls Prevention and Health Promotion Team, Ed of Life Options Team, Senior Rural Hunger Team, Neighborhood Connections Team.

**Sharing Economies** - Time banking, sharing economies, the Village movement, the role of technology in supporting elder independence, time banking. Millennials are interested in developing the technology and sharing and there is an explosion of the sharing economy through platforms. There is a need however for the older population to be able to access. Need to overcome barriers, such as techno phobia, trust of strangers, access to hardware. Silver Ride is an Uber like transportation app for seniors-get reimbursement from county for services to those over 65, low income. Many transportation aids such as travel navigators, catch a ride, Carzac (ride sharing)

**Making Aging in Place a Reality-Critical Conversations Americans aren't having** –In order to be prepared to age in place, people need to talk about what their wishes are and have these discussions with their families.

As our population ages, there will be a huge need for organizations to collaborate and share resources. There are not enough caregivers to go around and it's only going to get more critical in the very near future.

**The closing session** was called “Aging and Resilience: The Lived Experience of Holocaust Survivors” and was an inspirational panel discussion with 3 Holocaust survivors who talked about how their experiences during that time helped them to be resilient in dealing with the challenges of aging.