Albany Guardian Society

Albany Guardian Society oldest not-for-profit charitable foundations in the Capital Region with a mission of improving the lives of seniors through education, information, research and community networking.
Villages

“Neighbors Helping Neighbors”

Villages are geographically defined, self-governing, grassroots, volunteer-based organizations developed with the purpose of enabling people to remain living in their own homes and communities as they age.
Presenters

- **Greg Olsen**, Acting Director, New York State Office for the Aging
- **Susan McWhinney-Morse**, Founder, Beacon Hill Village
- **Laura Connors**, Executive Director, Beacon Hill Village
- **Natalie Galucia**, Executive Director, Village to Village Network
- **Ken Harris**, Executive Director, Albany Guardian Society
- **Barbara Sullivan**, Executive Director, Mount Vernon at Home & President, Washington Area Village Exchange (WAVE)
- **Lynn Reichgott**, Co-founder, At Home on the Sound, & President, The Center for Aging in Place
- **Nina Lynch**, President, Rhinebeck at Home
- **Anne Brueckner**, Vice President, Rhinebeck at Home
- **Elena Flash**, Executive Director, Love Living at Home
- **Harvey Noordsy**, President, Aging in Place Glens Falls
New York State Office for the Aging

“Leading on Livability”

Greg Olsen
Acting Director
New York State Office for the Aging
Albany, New York
Leading on Livability: Implementing Health Across All Policies and an Age Friendly New York State

September, 2017
The Governor’s Vision

• Advance a Health Across All Policies approach to incorporate health considerations into policies, programs and initiatives led by non-health agencies.

• Consider how all of our policies, programs and initiatives support us to achieve the Governor’s goal of becoming an age friendly state.

• Long term goal is to embed Health in all Policies and Healthy Aging into all aspects of our government work.
The Prevention Agenda is NYS’s public health improvement plan for improving health and reducing health disparities across the state through an increased emphasis on prevention.

Since 2014, the Prevention Agenda has made substantial progress across 96 measures of public health and prevention – meeting and exceeding goals ahead of schedule in several areas.

To achieve our most challenging health goals, we need a broader approach.

This initiative builds on the NYS Prevention Agenda, a catalyst for action and a blueprint for improving health outcomes.

What Determines Health?

Impact of Different Factors on Risk of Premature Death

- Genetics: 30%
- Social and Environmental Factors: 20%
- Health Care: 10%
- Individual Behaviors: 40%

Health In All Policies is a multi-sectoral approach to improving health
A Health in all Policies approach recognizes that:

- The health and wellbeing of all citizens is essential for overall social and economic development;
- Health is an outcome of a wide range of factors (e.g. changes to the natural, built, social or work environments) many of which are outside the purview of the health sector, necessitating a shared responsibility and integrated response;
- All government policies can have an impact (positive or negative) on the determinants of health for both current and future generations;
- The impacts of health determinants are not equally distributed among population groups and disparities in health must be addressed;
- Efforts to improve the health of the population require sustainable mechanisms that support collaborative government agency work to develop integrated solutions;
- Many of the most pressing health issues require long term budgetary commitments and creative funding approaches;
- Indications of success will emerge over the long term and intermediate outcome measures will need to be established
# Health Across All Policies

<table>
<thead>
<tr>
<th>Economic Development</th>
<th>Healthy Eating</th>
<th>Active Living</th>
<th>Built Environment</th>
<th>Injuries, Violence and Occupational Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Improve access and availability of healthy foods, opportunities for physical activity, and improved built environment (e.g., smart growth, mixed use, “green”)</td>
<td>• Adopt healthy food procurement policies in hospitals and other institutions</td>
<td>• Promote Complete Streets policies, plans and practices and monitor implementation</td>
<td>• Improve home environment:</td>
<td>• Reduce violence by targeting prevention programs particularly to highest-risk populations</td>
</tr>
<tr>
<td></td>
<td>• Adopt healthy food and beverage procurement policies in all State agencies, including healthy vending machine policies</td>
<td>• Promote shared space agreements and joint use agreements to increase areas designated for public recreation, particularly in low-income communities</td>
<td>• Incorporate ‘Healthy Homes' education and inspections into other non-health opportunity points, e.g., building inspections, NYSERDA weatherization programs.</td>
<td>• Increase school based and community programs in violence prevention and conflict resolution such as SOS, Cure Violence or CEASEFIRE or Summer Night Lights.</td>
</tr>
<tr>
<td></td>
<td>• Increase options and incentives for using government-sponsored programs such as federally funded Health Bucks and Child and Adult Care Food Program to purchase healthy foods</td>
<td></td>
<td>• Offer incentives for compliance with and enforcement of existing housing and building code in high-risk housing.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Optimize indoor air quality by developing and promoting codes to promote indoor environment</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Target fall risk in public housing by reducing slip and fall hazards in common areas of residences and public</td>
<td></td>
</tr>
</tbody>
</table>

**Focus on Healthy Aging and Creating Age Friendly Communities**
Initial Focus: support NY to become the first Age Friendly state for people of all ages

• Age friendly communities are healthy communities, making healthy lifestyle choices easy and accessible for all community members.

• Age friendly communities address 8 domains of livability defined by the WHO and AARP
Aging in NYS

• New York’s total population is over 19 million individuals, and the State ranks fourth in the nation in the number of adults age 60 and over – 3.7 million.

• In 2015, 12 counties in the state had more than 25% of their population over 60 years of age; by 2025, 51 counties are projected to have more than 25% of their population over 60, 18 counties with 30% or more.

• Have to change the way we do things to get the results we want.
### New York State Trends Demographics

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>19,000,135</td>
<td>19,460,969</td>
<td>19,566,610</td>
<td>19,892,438</td>
<td>20,266,341</td>
<td>20,693,354</td>
<td>21,195,944</td>
</tr>
<tr>
<td>Ages 5 and over</td>
<td>17,763,021</td>
<td>18,216,035</td>
<td>18,314,451</td>
<td>18,619,147</td>
<td>18,985,160</td>
<td>19,398,722</td>
<td>19,874,195</td>
</tr>
<tr>
<td>Ages 60 and over</td>
<td>3,211,738</td>
<td>3,558,460</td>
<td>3,677,891</td>
<td>4,027,480</td>
<td>4,499,549</td>
<td>4,962,734</td>
<td>5,302,667</td>
</tr>
<tr>
<td>Ages 65 and over</td>
<td>2,452,931</td>
<td>2,559,826</td>
<td>2,588,024</td>
<td>2,851,524</td>
<td>3,191,141</td>
<td>3,615,695</td>
<td>4,020,308</td>
</tr>
<tr>
<td>Ages 75 and over</td>
<td>1,180,878</td>
<td>1,281,459</td>
<td>1,259,873</td>
<td>1,242,577</td>
<td>1,332,145</td>
<td>1,561,652</td>
<td>1,815,879</td>
</tr>
<tr>
<td>Ages 85 and over</td>
<td>314,771</td>
<td>403,129</td>
<td>417,164</td>
<td>442,958</td>
<td>454,298</td>
<td>486,682</td>
<td>566,423</td>
</tr>
<tr>
<td>Ages 60-74</td>
<td>2,030,860</td>
<td>2,277,001</td>
<td>2,418,018</td>
<td>2,784,903</td>
<td>3,167,404</td>
<td>3,401,082</td>
<td>3,486,788</td>
</tr>
<tr>
<td>Ages 75-84</td>
<td>866,107</td>
<td>878,330</td>
<td>842,709</td>
<td>799,619</td>
<td>877,847</td>
<td>1,074,970</td>
<td>1,249,456</td>
</tr>
<tr>
<td>Minority Older Adult, 60 and over</td>
<td>736,742</td>
<td>981,360</td>
<td>1,062,919</td>
<td>1,277,197</td>
<td>1,552,380</td>
<td>1,865,871</td>
<td>2,180,775</td>
</tr>
<tr>
<td>Ages 65 and over</td>
<td>506,282</td>
<td>674,022</td>
<td>716,078</td>
<td>872,889</td>
<td>1,058,974</td>
<td>1,296,349</td>
<td>1,574,537</td>
</tr>
<tr>
<td>Ages 75 and over</td>
<td>198,537</td>
<td>285,885</td>
<td>303,764</td>
<td>357,680</td>
<td>426,448</td>
<td>537,061</td>
<td>672,261</td>
</tr>
<tr>
<td>Persons with Differing Abilities (ages 5 and over)</td>
<td>3,606,192</td>
<td>3,784,789</td>
<td>3,831,083</td>
<td>3,952,167</td>
<td>4,096,932</td>
<td>4,253,653</td>
<td>4,400,598</td>
</tr>
<tr>
<td>Ages 5 to 17</td>
<td>257,194</td>
<td>246,675</td>
<td>244,978</td>
<td>246,999</td>
<td>252,089</td>
<td>255,876</td>
<td>260,507</td>
</tr>
<tr>
<td>Ages 18 to 59</td>
<td>2,206,913</td>
<td>2,206,913</td>
<td>2,210,226</td>
<td>2,198,510</td>
<td>2,161,587</td>
<td>2,141,246</td>
<td>2,156,392</td>
</tr>
<tr>
<td>Ages 60 and over</td>
<td>1,201,431</td>
<td>1,331,201</td>
<td>1,375,879</td>
<td>1,506,658</td>
<td>1,683,257</td>
<td>1,856,532</td>
<td>1,983,699</td>
</tr>
<tr>
<td>Poverty, (1) Age 60+</td>
<td>352,835</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Below 150%</td>
<td>652,365</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Below 250%</td>
<td>1,201,110</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housing (Own/Rent), 60+ (2)</td>
<td>158,860/92,900</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: NYS Data Book, 2010, © NYSOFA
New York State Trends Demographics

<table>
<thead>
<tr>
<th>FAMILY STRUCTURE in the United States</th>
<th>New York State</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>62 Counties</td>
</tr>
<tr>
<td></td>
<td>Change in Population Aged 60 and Over</td>
</tr>
<tr>
<td></td>
<td>2010 to 2020</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proportion of County Population Aged 60 and Over</th>
<th>Number of Counties with Specified percent of Older Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2015</td>
</tr>
<tr>
<td>Less than 20%</td>
<td>7</td>
</tr>
<tr>
<td>20% to 24%</td>
<td>41</td>
</tr>
<tr>
<td>25% to 29%</td>
<td>12</td>
</tr>
<tr>
<td>30% and over</td>
<td>2</td>
</tr>
</tbody>
</table>

Social, Economic & Intellectual Capital of Older Population

• 700,000 individuals age 60+ contribute 119 million hours of service at economic value of $3.35 billion

• 64% of individuals age 60+ who own their own homes = no mortgage

• 4.1 million caregivers at any time in a year – economic value if paid for at market rate is $32 billion, average age is 64
### Aggregate Personal Household Income by Age - NYS

<table>
<thead>
<tr>
<th>Ages</th>
<th>Aggregate Personal HH Income</th>
<th>% of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 24</td>
<td>$ 8,934,627,400</td>
<td>1.48%</td>
</tr>
<tr>
<td>25 to 44</td>
<td>$216,111,979,400</td>
<td>35.76%</td>
</tr>
<tr>
<td>45 to 64</td>
<td>$282,022,363,700</td>
<td>46.67%</td>
</tr>
<tr>
<td>65 and over</td>
<td>$ 97,278,275,500</td>
<td>16.10%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$604,347,246,000</strong></td>
<td></td>
</tr>
</tbody>
</table>

- In addition, according to the AARP, persons over the age of 50  
  - control 70% of the country's wealth,  
  - make up 51% of consumer spending, over $7 trillion.
<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015</th>
<th>2025</th>
<th>2040</th>
<th>2015-2040</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>947,685</td>
<td>1,021,879</td>
<td>1,134,224</td>
<td>+186,539</td>
</tr>
<tr>
<td>0-17</td>
<td>227,295</td>
<td>244,786</td>
<td>266,272</td>
<td>+38,977</td>
</tr>
<tr>
<td>18-44</td>
<td>376,457</td>
<td>392,164</td>
<td>415,799</td>
<td>+39,342</td>
</tr>
<tr>
<td>45-59</td>
<td>246,272</td>
<td>223,291</td>
<td>245,773</td>
<td>-499</td>
</tr>
<tr>
<td>60+</td>
<td>258,983</td>
<td>338,402</td>
<td>380,051</td>
<td>+121,068</td>
</tr>
</tbody>
</table>
Capital District Region - Economics

Social Security $3,250,956,000 annually

Personal Household Income Generated Total $32,051,480,900 annually

<table>
<thead>
<tr>
<th>HH Age Range</th>
<th>Income Generated</th>
</tr>
</thead>
<tbody>
<tr>
<td>HH 25-44</td>
<td>$9,999,997,400</td>
</tr>
<tr>
<td>HH 45-64</td>
<td>$16,093,416,200</td>
</tr>
<tr>
<td>HH 65+</td>
<td>$5,433,389,900</td>
</tr>
</tbody>
</table>

| HH 45+       | $21,526,806,100 (67%) |

Volunteer Rates 65+

21,053 volunteers x 11,179,143 hours = $313,016,004 annual volunteer contribution
Eight Domains of Age-friendly Communities

- Outdoor space & buildings
- Transportation
- Communication & information
- Housing
- Respect & social inclusion
- Social participation
- Civic participation & employment
- Community support & health services

World Health Organization, 2007

www.AgeFriendlyNYC.org
Age Friendly and Healthy Communities are Smart Growth Communities

- Healthy, Age Friendly community design links the traditional concepts of planning (such as land use, transportation, community facilities, parks, and open space) with health themes (such as physical activity, public safety, healthy food access, mental health, air and water quality, and social equity issues).
**Age Friendly and Healthy Communities demonstrate Smart Growth Principles**

<table>
<thead>
<tr>
<th>Smart Growth Principles</th>
<th>NYS Policy and Program Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walkable, Bikable, Transit-Friendly Communities (“Complete Streets”)</td>
<td>• Regional Economic Development Councils</td>
</tr>
<tr>
<td>• Transit-Oriented Development</td>
<td>• Downtown Revitalization Initiative</td>
</tr>
<tr>
<td>• Public Gathering Spaces</td>
<td>• Smart Growth Environmental Protection Fund Planning Grants/Livable NY</td>
</tr>
<tr>
<td>• Social and Recreational Opportunities</td>
<td>• Local Waterfront Revitalization Program/Brownfield Opportunity Area Planning &amp; Implementation Grants</td>
</tr>
<tr>
<td>• Accessibility and Proximity from Compact, Mixed-Use Development—Access to Daily Amenities</td>
<td>• Health Impact Assessments</td>
</tr>
<tr>
<td>• Variety of Housing Types, Sizes and Prices</td>
<td>• Model Aging-in-Place Local Law</td>
</tr>
<tr>
<td>• Active Living by Design</td>
<td>• Inter-Agency Transit Oriented Development Working Group</td>
</tr>
<tr>
<td></td>
<td>• Regional Sustainability Plans/Clean Energy Communities</td>
</tr>
</tbody>
</table>
Downtown Revitalization Initiative

Capital Region - Glens Falls, Hudson
Central New York - Oswego
Finger Lakes - Geneva
Long Island – Westbury, Hicksville (Oyster Bay)
Mid-Hudson - Middletown
Mohawk Valley - Oneonta
New York City - Jamaica
North Country - Plattsburgh
Southern Tier – Elmira, Village of Watkins Glen
Western New York - Jamestown

https://www.ny.gov/programs/downtown-revitalization-initiative
https://regionalcouncils.ny.gov/sites/default/files/DRI_Booklet_Final.pdf
https://regionalcouncils.ny.gov/
12 State Agencies met in the Capitol in March to discuss HAAP initiative and Healthy Aging

Agencies are currently identifying existing and proposed state level initiatives that support HAAP and Healthy Aging

After review is complete we will identify ways we can strengthen state level initiatives and investments (programmatic and capital) to assure that they improve health and how they might be changed in low cost, no cost ways if the needs of older persons were considered

Regular (quarterly) review with Governor’s office to monitor progress

Increase local level participation to realize added impact of collaborative local agency actions that support Health across all Policies, Healthy Aging and Smart Growth principles.
For More Information

prevention@health.ny.gov
Beacon Hill Village

“Starting the Village Movement”
Susan McWhinney-Morse
Co-founder
Beacon Hill Village

Beacon Hill Village
Boston, Massachusetts
Laura Connors
Executive Director
Beacon Hill Village
BEACON HILL VILLAGE

Est. 2002
A Model for Aging in Community: The Village Movement
Albany Guardian Society
September 14, 2017

Susan McWhinney-Morse
Founder
Laura Connors, MSW, LCSW
Executive Director
Beacon Hill Village is ...

- By older adults ... for older adults
  Grass-roots, member-driven, self-supporting

- Consumer-driven, person-centered and focused on the whole person
  – mind, body, and soul

- Consolidator and coordinator of programs and services

- Promoter of purposeful engagement

- Strategic partner leveraging existing community resources and services
Beacon Hill Village Members ...

Proudly take responsibility for their own aging and embrace a wide range of opportunities to connect with one another, care about one another, and make choices in how they live, give back, and spend their time.

These choices and connections enable members to live rich lives in the communities they love as they grow older together.
Active, Independent, Healthy Aging Living

- Programs, activities and events that focusing on the whole person: *mind, body and soul*
- Access to services, support and resources: *wide variety of household and homecare services*
- Community engagement: *volunteer opportunities to support the Village and each other*
Focus on the whole person: *mind, body and soul*

- **Cultural and educational**
  - “Conversations with...” (topical presentations with discussion)
  - Outings to museums, historic sites, performing arts
  - Group travel (local, regional, and beyond)

- **Social**
  - Gatherings (often around food)
  - Affinity groups around shared interests (politics, the arts, etc.)

- **Wellness programs**
  - Exercise classes and walking groups
  - Healthy aging programs and wellness clinics
  - Planning for the future
Access to expert advice, information, and referrals to wide variety of household and homecare services

- Consolidate and coordinate (one-stop shopping)
- Leverage existing community providers/services
- Make referrals to fully vetted providers (most provide discounts to members)

<table>
<thead>
<tr>
<th>SERVICES PROVIDED OR ARRANGED</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Informal Care Coordination and Check-in Calls</td>
</tr>
<tr>
<td>• Transportation</td>
</tr>
<tr>
<td>• In-Home Support</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Volunteering and Community Engagement

Member/non-member volunteers “give and receive” through a range of volunteer opportunities

- For the Village
- In the Office
- Member to Member
- Neighbor to Neighbor

<table>
<thead>
<tr>
<th>Our &gt;120 Volunteers Provide:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Village Leadership</td>
</tr>
<tr>
<td>• Program/Event Planning</td>
</tr>
<tr>
<td>• Peer Support</td>
</tr>
<tr>
<td>• Errands</td>
</tr>
<tr>
<td>• Friendly Visits</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
Beacon Hill Village Today

- 355 members (277 memberships)
  - 44% in household ($975/year)
  - 56% individual ($675/year)
  - 32% men; 68% women

- 17% are Membership Plus (low-mod income)
  - $110 to $160/year
  - 89% are women, 98% of whom live alone

<table>
<thead>
<tr>
<th>AGE (56 to 98 years)</th>
<th>All</th>
<th>M+</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average:</td>
<td>78.3</td>
<td>77.9</td>
<td>79.1</td>
<td>78.0</td>
</tr>
<tr>
<td>Median:</td>
<td>78</td>
<td>77</td>
<td>79</td>
<td>78</td>
</tr>
</tbody>
</table>
Expenses by Function

Operational Expenses:
Direct Services: 47%
Professional Fees: 12%
Office Expense: 9%
Outreach and Marketing: 14%
Other: 18%

Personnel: 28%
Occupancy: 6%
Operational: 66%
Benefits to Members

Active, Independent, and Healthy Lives

Community
▪ Social engagement
▪ Cultural activities
▪ Lifelong learning
▪ Peer Support

Empowerment
▪ Engaged in Village governance and operations
▪ Sense of purpose

Improved Access to Information and Services
▪ Support for household and personal care needs
▪ Reliable, vetted providers
▪ Reduced cost for services
Looking Ahead

- 2002: Aging in Place
- 2010: Aging in Community
- 2015 and beyond: Changing how aging is seen and valued
Create opportunities for adults to **choose** how they live as they age, and to **change** how aging is valued by our culture.
Heart of a Village is its Members

- Individually defining positive aging
- Creating community, social networks and supports
- Functioning as a trusted source for referrals
- Providing leadership

“It's not the years of your life, It’s the life in your years.”

[Image of a group of people]
Aging in Community
The Village Movement

Break
Village to Village Network

“Villages: An Overview”

Village to Village Network
St Louis, MO

Natalie Galucia
Executive Director
Village to Village Network
Redefining Aging in Community Through The Village Model

September 14, 2017

Natalie Galucia
Village to Village Network
Why the Village Model and why right now?
More Opportunities

Because there are more people age 65 and older than in any time in our history.

US Residents Over Age 65:

In 2006 there were 37 million

In 2030 there will be 71.5 million
85+ Population

Because people over 85 are the fastest growing segment of the US Population.
Age in Community

Because 85% of people age 45 and older say they want to age in their own homes and communities.
And last but not least, because we cannot build enough senior communities and retirement facilities to house all of us.

It would take too long and cost too much.
# Successful Aging Requires Coordination

<table>
<thead>
<tr>
<th>Element</th>
<th>Features</th>
</tr>
</thead>
</table>
| Basic Needs -- Safe, Accessible, and Affordable | - Accessible and affordable housing and community areas  
- Provides information about services  
- Fosters safety |
| Community Engagement          | - Fosters meaningful connections  
- Promotes active community engagement  
- Opportunities for paid or volunteer work |
| Health and Well Being         | - Facilitates access to medical and social services  
- Promotes health behaviors  
- Supports community activities that enhance well being |
| Independence and Autonomy     | - Mobilizes in-home supports and services  
- Coordinates or offers transportation  
- Supports family and other caregivers |
Aging in Community Principles

• Experience of aging - positive interactions and collaboration in shared interests and pursuits

• Relationships between community members - informal, voluntary, and reciprocal

• Social capital— a sense of social connectedness and interdependence
Aging in Place vs. Community

• Aging in place can seem much more isolating
  – Refers more to home modifications
  – Focuses individually

• Aging in community focuses on addressing the whole person
  – Refers to being socially active
  – Brings a sense of connectedness
History of the Village

• Began in 2001 in Beacon Hill neighborhood of Boston, MA
  – Started with a group of friends recognizing that there must be a better way.

• Knew there were no solutions like they envisioned

• Wanted an organization that could help them around the house and connect to their community
Village Model has a Set of Guiding Principles

- **Self-governing, self-supporting, grassroots membership-based organizations**
- **Consolidate and coordinate** services for members
- Create innovative **strategic partnerships** that leverage existing community resources and do not duplicate existing services
- Holistic, **person-centered**, and consumer-driven
- Promote **volunteerism**, civic engagement, and intergenerational connections
Village Model as Three Core Components

- Services provided by vetted volunteers
- Access to a list of vetted service providers in the community
- Ongoing social activities
Member Benefits include a wide range of social supports

• Services provided by volunteers:
  – Transportation
  – Caregiver support
  – Friendly visitor/Respite
• Discounted services provided by providers and community partners
  – Transportation
  – Home maintenance/repair
  – Personal/Home care
• Social Activities and exercise classes
Villages foster a strong sense of community

- Combination of paid staff, volunteers and community-based partnerships:
  - Facilitate connection to existing community services
  - Assist members to navigate medical, non-medical and social support needs
  - Create social networks and expand social capital to support aging in community
- 53% of Village members volunteer for their Village – truly “neighbor helping neighbor”
Villages are unique to the communities they serve

• Villages vary the organization to reflect the needs and leverage available resources

• Core services address gaps and preference

• Funded through membership fees and fundraising from private sources

• Nearly all Villages offer options for both individual or household membership and subsidized memberships
Village Operations

- Villages are nonprofits
- Use combination of paid staff and volunteers to operate the Village
- Village member calls the Village office and staff will find a volunteer to complete the task
- Village members, staff and volunteers put on social activities
The Village Movement Today

- 230 Villages open and 130 communities in the development phase
- Village activity in 42 states and 5 countries
- Estimated to be serving 40,000+ older adults
Variety of Business Models

- **Grassroot, non profit**
  - Started by neighbors worried about their own future
  - Small staffs and armies of volunteers
  - Appeal to the middle class and older adults seeking better solutions to current system of aging services

- **Parent Sponsored**
  - Affiliated with existing social service agencies

- **Hub & Spoke**
  - Villages that collectively share back office, administration costs – maintain culture diversity of neighborhood enclave (spokes)

- **Village with Timebank**
  - Utilize a balanced approach of volunteering and reciprocal member relationships
Partnership Examples

• Area Agency on Aging

• Visiting Nurse Associations

• Continuing Care Retirement Communities

• Other Social Service Agencies
Village to Village Network

• **VtV Network Objectives**
  – Promote Village model
  – Assist new, emerging and established Villages
  – Gather feedback on how member benefits and programs can be revised to meet needs of individual Villages
  – Research and evaluate impact of Villages on a number of social and health factors

• **Member Benefits**
  – Online resources (toolkits, forums, documents
  – Access to peer to peer network, mentors
  – Annual conference
  – Discounted Database management system
Village to Village Network

- **Future Benefits for Developing Villages**
  - Online resources
    - Additional and updated tool kits
  - Easy Access to Peers
    - More formalized mentoring program
- **Additional Resources**
  - Shared Best Practices
  - Collections of Village Stories
  - Getting Started & Technology Webinars
- **Discounts**
  - Access to new discounts for background checks
Village to Village Network

- Annual Conference – National Village Gathering
  - November 6-8
  - Baltimore, MD
- Keynote Speakers: Dr. Peter Rabins, Author of *36 Hour Day*
  - Breakout sessions by Villages
- Special discount for forum attendees through September 30
Village Impact

- Research from the 2016 Evaluation by the University of California Berkeley
- Has found many different impacts of Village Membership
- Research can be found on vtvnetwork.org or email natalie@vtvnetwork.org
Village Characteristics

• Average # of Members: 146
• 36% Urban; 35% Suburban; 13% Rural; 11% Mixed
• 80% of Villages have paid staff
  – Average of 2.1 paid staff
  – Ratio of 80 members to 1 staff
• Average number of Volunteers: 82
• 42% Offer Tiered Memberships; 72% offer scholarships
Member Characteristics

- **Age:**
  - 42% 74 and younger
  - 37% 75-84 years old
  - 22% 85 or older

- **Gender** – 72% Female

- **Household Composition:** 45% live alone
Village Impact on Social & Civic Engagement

- 56% increased sense of connection to other people
- 55% increased ability to count on other people
- 30% get together more often with friends and neighbors
- 29% attend meetings of organized groups more often
- 27% do volunteer work more often
Confidence & Ability to Age in Place

• 50% improved ability to get the help you need to live in your current residence
  – Used transportation services
  – Used Information and referral services
• 29% improved ability to take care of your home
  – Used Information and Referral
• 20% easier getting to places you need or want to go
  – Those with lower education (less than college degree)
  – Used transportation and technology services
How Do I Start?

- Identify a group of individuals that share your vision for starting a Village
- Start a planning group and possibly identify a partnering and supporting organization
- Join Village to Village Network
- Identify your Village’s target population
- Research: assemble census & other demographic data (factfinder.census.gov)
How Do I Start?

- Define your geographic area to be served
- Develop your goals, mission and vision
- Decide on your organizational structure
- Choose your name and develop branding
How Do I Start?

• Start thinking about potential programs, services and activities that will be offered

• Create a draft budget, think through potential expenses and membership fees

• Start holding meetings and recruiting!
Developing Your Village

Once your planning group has decided on some of the basics – name, target area, governance structure, basic programming and services, it’s time to develop your Village.
Village Development

- Identify existing services and specific needs
- Develop business plan and strategic plan – including formal working budget
- Develop Working Teams
- Raise Money
Village Development

• Elect board

• Recruit service volunteers begin tracking and managing in database

• Recruit potential members

• Develop policies

• Set up operating infrastructure
Lessons Learned

• Most important lessons for a successful Village
  – Recruit, Recruit, Recruit: Member and community buy-in is essential
  – Diversify your revenue: multiple streams of income are essential
Recruitment

- Key components of a Village:
  - Membership Driven; Grassroots
  - Volunteer services
- Get member input from very beginning
- Need to actively recruit volunteers and members simultaneously
- On average Villages have a 4:1 ratio of members to volunteers
Recruiting Methods

• Create a website and promotional materials
• Give presentations to local organizations
  – Churches, Service Organizations, clubs
• Put on public presentations
  – Host at libraries, apartment buildings, community centers, homes of planning committee
• Pass out brochures at local venues - coffee shops, libraries, other businesses
Recruiting Methods

- **Word of mouth**
  - Have planning group/volunteers share with friends and other acquaintances

- **Media**
  - Write stories for local newspapers and magazines
  - Advertise meetings in public calendars

- **Local radio/TV interviews**
Revenue Diversification

Main Expenses that will need to be covered

- Salary for staff
- Background checks
- Marketing and outreach
- Office and utilities
- Equipment and supplies
Revenue Diversification

- Revenue sources to cover expenses
  - Membership Dues
  - Major Gifts – private donors
  - Grants – local or national
  - Special campaign and events
  - Planned Giving
Other Village Challenges

• Membership Fee can be a barrier

• Frail Members – when is it no longer safe to stay at home?

• Sustainability – active fundraising, membership and volunteer recruitment needed
Additional Info

www.vtvnetwork.org
Village101 Toolkit
Getting Started Checklist

Natalie Galucia
Director
Village to Village Network
natalie@vtvnetwork.org
Aging in Community
The Village Movement

Lunch
12:00 p.m. to 1:00 p.m.
Village Collaboratives / Coalitions
Capital Region Villages Collaborative (CRVC)

Ken Harris, Executive Director, Albany Guardian Society

Lynn Reichgott, Co-founder, At Home on the Sound, & President, The Center for Aging in Place

Barbara Sullivan, Executive Director, Mount Vernon at Home & President, Washington Area Village Exchange (WAVE)
Village Collaboratives

Village Collaboratives / Coalitions

Purpose:

1. Provide advice and support for individuals and agencies interested in Village development
2. Address topics for Villages of mutual interest (Insurance, marketing...)
3. Encourage leadership development
4. Provide networking and information for Village development
Village Collaboratives

Village Collaboratives / Coalitions

Components:

- Most are not organized as a 501(c)3
- Most don’t require dues
- Some coalitions serve a wider mission besides Village support
- In-person meetings are vital
- Some also supplement with conference calls
Village Collaboratives

Village Collaboratives / Coalitions

Components:

- Work with Village to Village Network
- Outside speakers and Village updates
- Problem solving
- Marketing of Village concept and services
- Advocacy
- Explore the sustainability of Villages
Village Collaboratives

Capital Region Villages Collaborative (CRVC)
Albany Guardian Society

- Started Village forums and meetings in 2012
- Attended Village to Village Network gatherings
- Coordinated five regional meetings in 2016 for those interested in Villages
Village Collaboratives

Capital Region Villages Collaborative (CRVC)

Goals:

- Collaborate with Village to Village Network and other Village Collaboratives
- Provide ongoing opportunities to network on Village development and operations
- 2017 meetings: October 4 & December 5 – Carondelet Center
Village Collaboratives

Capital Region Villages Collaborative (CRVC)

Goals:

- Develop a CRVC website that will announce local Villages initiatives and educate the community about the Village movement
- A Capital Region Village Listserv
- Provide marketing materials on Villages
- Village educational video (2018)
Village Collaboratives

2016 Village Coalition Brief
Mather Lifeways Institute on Aging &
University of California:
Center for the Advanced Study of Aging Services

2016
matherlifewaysinstitute.com
Village Collaboratives

Lynn Reichgott
At Home on the Sound
Co-founder
&
The Center for Aging in Place
President
Village Collaboratives

Washington Area Village Exchange (WAVE)

Barbara Sullivan
Executive Director
Mount Vernon at Home
&
President
Washington Area Village Exchange (WAVE)
WAVE
Washington Area
Villages Exchange

SERVING VILLAGES IN
THE WASHINGTON DC
METROPOLITAN AREA
SINCE 2012
WAVE Mission Statement:

WAVE is a coalition of Washington Area Villages and interacts with other senior-serving organizations. It facilitates networking, educational, charitable and collaborative activities among villages, agencies and services organizations.

WAVE Vision Statement:

WAVE envisions a world/region where anyone can grow older living in his/her own community, knowing neighbors, having the opportunity to be an active contributor to that community, and getting support from neighbors, friends and community organizations.
The Washington Area Villages Exchange (WAVE) was created in 2012 as a regional supplement to the National Village Network. It is a forum through which villages in the Washington D.C metropolitan area share experience and ideas. It works with senior serving and inter-generational organizations and agencies, and encourages the growth and implementation of the village movement.

WAVE hosts meetings by member organizations on a rotating basis in the three jurisdictions of Maryland, Virginia and Washington DC. The goal of the WAVE meetings is to collaborate, consult and network with villages that have similar needs and interests. Each meeting includes a speaker covering a topic of interest to the member organizations, a general session meeting and breakout groups that are divided for discussion focusing on areas of interest to member villages. These concurrent groups typically concentrate on newly developed or developing villages, all volunteer villages, paid villages, board of director relations, risk management, grants, regional resources and fundraising.

WAVE has a 12 member Board of Directors. Three Co-Presidents (DC, VA, MD) reside over the rotating meetings and coordinate the presenter, agenda and food sponsor. They also facilitate the general session at their meeting. WAVE was incorporated as a 501c3 nonprofit. WAVE dues are $35.00 yearly and cover the cost of printing, post box and 990/corporation fees.
Sample Agenda

9:30 – 9:45  Coffee and Refreshments
9:45 - 10:10 WAVE Business Meeting *
10:10 - 11:00 Program: **ELDER ABUSE: “THE GOOD, THE BAD, AND THE UGLY” (and a little hope).**
11:00 - 11:10 Break
11:10 - Noon Discussion Groups for Executive Directors, Developing Villages and Operating Villages

**Community Conversations Research Project with Mr. Anthony Nerino**

Mr. Nerino of the Research & Evaluation Division of the Corporation for National and Community Service, a federal agency, is asking WAVE villages to participate in a study on civic engagement and volunteering at the community level. The study aims to identify best practices to strengthen engagement and volunteering, factors that promote these activities and to measure them. The project is partnering with George Washington University.
WAVE VILLAGES

58 Villages in the Washington Area Village Exchange region

14 Washington D.C.
29 in Maryland
14 in the Virginia
1 in West Virginia

47 Open Villages
11 In Development
www.wavesvillage.org

washingtonareavillages@gmail.com
Mount Vernon at Home

Alexandria, Virginia

Barbara Sullivan
Executive Director
Mount Vernon at Home
&
President
Washington Area Village Exchange (WAVE)
In 2007, a group of Mount Vernon neighbors and friends in their retirement years gathered to discuss their common goals of leading vibrant, engaged lives in their homes and communities here in the Mount Vernon area. With an eye to the future, our founders also wanted to create a network to provide the support they might need in the future as they age in place. After much planning, Mount Vernon At Home, a volunteer-powered nonprofit “village”, was born!

Ten years down the road Mount Vernon At Home has 160 members, 70 volunteers and offers a full array of activities and services. Our staff and volunteers take great pride in offering solutions to each call our office receives. Monthly event calendars are planned with many social, cultural and educational events for a variety of engaging activities.

Mount Vernon At Home is one of over 300 villages across the country developed by neighbors interested in redefining the aging experience, creating community connections, and helping older adults retain their independence with practical help.
Our Village...Mount Vernon at Home

Mission: “To build a village of caring friends and volunteers offering solutions to support the lifetime independence of our members allowing them to age in place”

Volunteers
Cadre of neighbors and friends connect members with social, essential support and basic needs.

Service Providers
Community partners who are familiar with our village, respond in emergencies or last minute situations, filling service gaps beyond what the volunteers can provide.
- Stay socially connected in your community
- Provide member driven services and support
- Facilitate resources
- Build community support through volunteers and neighbor helping neighbor
- Connect and leverage community resources and assets that benefit both providers and member/consumers
Mount Vernon At Home services - just one call to our office to arrange staff/volunteer assistance, request preferred provider recommendations or sign up for a wide variety of activities. **We are here to help!**

- Transportation to medical appointments, hair, grocery, pharmacy, rehab, errands
- Simple handyman household repairs and chores
- Computer and home technology support
- Paperwork, bank reconciliation, bill paying
- Friendly visitor program and rise and shine calls
- Educational, cultural and social activities
- Preferred provider list
- Preliminary care coordination and consult with licensed Mount Vernon At Home staff
- Member Support Fund for limited income members

**Volunteers Make a Difference**
Courteous, Friendly Staff
We're ready to help you take advantage of everything we have to offer, including registering for an upcoming event or finding a needed resource using our Preferred Provider list. If you don't find what you're looking for, our staff will help you search for options.

Concierge services
Office staff offer members “one stop shopping” for a variety of needs -- from a techie to help set up your smart electronics, to dog walkers, plumbers, contractors for home improvement projects, to referral for home health care, rehab, county support services or a geriatric care manager.

Social, Educational, Cultural and Wellness Programs
Monthly scheduled programs run the gamut of opportunities from potlucks and happy hours to cultural tours, educational and lecture series. We also offer wellness programming to help members navigate life's twists and turns.
What does it really take to stay at home?

Mount Vernon At Home

- Volunteers
- Educational Programs
- Resource Referral
- Reliable and Affordable Transportation
- Community Engagement
- Care Coordination
- Home Support
- Home Maintenance Assistance
- Social Activities
- Technology Support
- Family
Community Partnerships

*Partnerships have a vested Interest in Village success!*

- Mount Vernon At Home Advisory Council
- Professional vendors and preferred providers
- Collaborative educational and social events with: Hollin Hall Senior Center, Sherwood Regional Library, Paul Spring Retirement Community, Inova Mt Vernon Hospital, Fairfax County Area Agency on Aging, Ventures In Community
- Internship program George Mason University
- Washington Area Village Exchange
- Village to Village Network
- NVRides: transportation scheduling software grant from JCC of Northern Virginia
Mount Vernon At Home
Total Volunteer Hours

<table>
<thead>
<tr>
<th>Year</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>3,997</td>
</tr>
<tr>
<td>2016</td>
<td>4,260</td>
</tr>
</tbody>
</table>

Mount Vernon At Home
Volunteer Hour Equivalents

<table>
<thead>
<tr>
<th>Year</th>
<th>Dollars</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>$99,925</td>
</tr>
<tr>
<td>2016</td>
<td>$109,354</td>
</tr>
</tbody>
</table>
Score Card

Mount Vernon At Home
2016 Member Request Summary

- Transportation 86% (1,797)*
- Home Maintenance 3% (56)
- Home Technology 5% (110)
- Business Referrals 3% (72)
- Other 2% (48)
- Companion/errands 4% (91)

Total Requests: 2,078
*includes 43 member-to-member requests
Contact Information

Address: Mount Vernon At Home
PO Box 7943
Alexandria, VA  22307

Phone:  703-303-4060

Email:  info@mountvernononathome.org

Web:  mountvernononathome.org

Executive Director: Barbara Sullivan
Rhinebeck at Home
Rhinebeck, New York

Nina Lynch
President
Rhinebeck at Home

Anne Brueckner
Vice President
Rhinebeck at Home
• Members helping members
  - Rhinebeck residents
  - Promote and support aging in place in our homes and in the community

• Organizational structure
  – Nonprofit
  – Board of Directors
  – No paid staff
  – Special Interest Groups
  – Members helping members

• Business plan (our work-in-progress)
  – Marketing plan: anticipated growth
  – Operation plan: staffing needs and concerns
  – Financial plan: funding opportunities
We considered potential partners and sources for expertise

- We asked at our local hospital with its new Center for Healthy Aging
  - We were offered free office space
- We asked for a conversation with the Community Foundation of the Hudson Valley
  - They provided us with fiscal sponsorship
- We sought the advice and counsel of the NY Council of Nonprofits
  - We found appropriate liability insurances
- We joined the Village to Village Network and attended the 2012 National Village Gathering in Atlanta
  - We were inspired!
Our members...

**Plan and host programs**
- Weekly lunches
- Monthly gatherings
- Special Interest Groups
  - Discussions on books/topics of interest
  - Music, art, museums
  - Dining out and in

**Provide services**
- Office Staffing
- Driving
- Tech help
- Shopping
- Gardening
- Pet and plant care
Our choice for our future is to...

• continue to work together to build a community of shared interests and support
• ask for help when we need it and give help when asked
• keep our loved ones informed about our choices
• continue to spread our message to the larger community around us
Love Loving at Home

Love Living at Home
Ithaca, New York

Elena Flash
Executive Director

Love Living at Home
Not a place on a map --- A gateway to relationships and resources for older adults who desire to live in the homes and neighborhoods they love.
Overview

- LLH History
- Where we are today
- Where do we go from here!
History - Milestones

- Winter 2014 – Founding Group
  - Community Survey
  - Build Board and Operating Committees
  - 40 people~

- Incorporated June 2015
  - 501(c)(3) – October 2015

- Open October 24, 2016 –
  - With 90 Members!
History - Key Decisions

- Staff Model
- Fee Structure
- Geographic Area
- Club Express
Tompkins County Demographics

- Total Population: 105,000
- 492 Square Miles - 10 Towns
- 13% of the Population is Over Age 65 = 13,800 people
- Start up expectation: .6% market penetration or 82 members
- Currently: 113 Members
- Goal - 300-400.
Membership

- 62 and older
- Tompkins County Residents
- Individuals ($450) & Households ($575)
- Financial Assistance is available
- Monthly Payments
<table>
<thead>
<tr>
<th>Month</th>
<th>New Memberships by Month</th>
<th>Memberships Not Renewing by Month</th>
<th>Net change in Memberships</th>
<th>Total Memberships at Month End</th>
<th>Total Number of Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>April-16</td>
<td>3 HH 1 Ind</td>
<td>0 HH 0 Ind</td>
<td>3 HH 1 Ind</td>
<td>3 HH 1</td>
<td>7</td>
</tr>
<tr>
<td>May-16</td>
<td>3 HH 4 Ind</td>
<td>0 HH 0 Ind</td>
<td>3 HH 4 Ind</td>
<td>6 HH 5</td>
<td>17</td>
</tr>
<tr>
<td>June-16</td>
<td>4 HH 4 Ind</td>
<td>0 HH 0 Ind</td>
<td>4 HH 4 Ind</td>
<td>10 HH 9</td>
<td>29</td>
</tr>
<tr>
<td>July-16</td>
<td>4 HH 5 Ind</td>
<td>0 HH 0 Ind</td>
<td>4 HH 5 Ind</td>
<td>14 HH 14</td>
<td>42</td>
</tr>
<tr>
<td>August-16</td>
<td>6 HH 6 Ind</td>
<td>0 HH 0 Ind</td>
<td>6 HH 6 Ind</td>
<td>20 HH 20</td>
<td>60</td>
</tr>
<tr>
<td>September-16</td>
<td>5 HH 5 Ind</td>
<td>0 HH 0 Ind</td>
<td>5 HH 5 Ind</td>
<td>25 HH 25</td>
<td>75</td>
</tr>
<tr>
<td>October-16</td>
<td>6 HH 5 Ind</td>
<td>0 HH 0 Ind</td>
<td>6 HH 5 Ind</td>
<td>31 HH 30</td>
<td>94</td>
</tr>
<tr>
<td>November-16</td>
<td>1 HH 0 Ind</td>
<td>0 HH 0 Ind</td>
<td>1 HH 0 Ind</td>
<td>32 HH 30</td>
<td>96</td>
</tr>
<tr>
<td>December-16</td>
<td>1 HH 1 Ind</td>
<td>0 HH 0 Ind</td>
<td>1 HH 1 Ind</td>
<td>33 HH 31</td>
<td>99</td>
</tr>
<tr>
<td>January-17</td>
<td>0 HH 2 Ind</td>
<td>0 HH 0 Ind</td>
<td>0 HH 2 Ind</td>
<td>33 HH 33</td>
<td>101</td>
</tr>
<tr>
<td>February-17</td>
<td>0 HH 2 Ind</td>
<td>0 HH 0 Ind</td>
<td>0 HH 2 Ind</td>
<td>33 HH 35</td>
<td>103</td>
</tr>
<tr>
<td>March-17</td>
<td>4 HH 3 Ind</td>
<td>0 HH 0 Ind</td>
<td>4 HH 3 Ind</td>
<td>37 HH 38</td>
<td>114</td>
</tr>
<tr>
<td>April-17</td>
<td>0 HH 0 Ind</td>
<td>0 HH 0 Ind</td>
<td>0 HH 0 Ind</td>
<td>37 HH 38</td>
<td>114</td>
</tr>
<tr>
<td>May-17</td>
<td>2 HH 3 Ind</td>
<td>1 HH 2 Ind</td>
<td>1 HH 1 Ind</td>
<td>38 HH 39</td>
<td>117</td>
</tr>
<tr>
<td>June-17</td>
<td>0 HH 1 Ind</td>
<td>0 HH 0 Ind</td>
<td>0 HH 1 Ind</td>
<td>38 HH 40</td>
<td>118</td>
</tr>
<tr>
<td>July-17</td>
<td>0 HH 1 Ind</td>
<td>0 HH 3 Ind</td>
<td>0 HH 2 Ind</td>
<td>38 HH 38</td>
<td>116</td>
</tr>
<tr>
<td>August-17</td>
<td>0 HH 2 Ind</td>
<td>2 HH 1 Ind</td>
<td>-2 HH 1 Ind</td>
<td>36 HH 39</td>
<td>113</td>
</tr>
</tbody>
</table>
Key Strategies for Initial Success

❖ Initial & On-going Community Partnerships
  ▪ Professional Marketing Materials
  ▪ Age Friendly Initiative
  ▪ Listening Tour
  ▪ Monthly Database Blasts
  ▪ Public Information Sessions

❖ Targeted & Successful Initial Fund Raising
  ▪ Charter Membership
  ▪ Pro Bono Services
Launch Activities
- Press Release
- Press Conference
- Ribbon Cutting
- Celebration
Enrich Life & Forge New Connections

- Morning Buzz
- 5 O’Clock Somewhere
- Table Hopping
- Tech Support
- Music/Theatre/Festivals
- Behind the Scenes
- Pick of the Month
Services

Peace of Mind “One call does it all.”

- Transportation
- Home Maintenance
- Personal Well-Being: Staying Connected
# Completed Volunteer Services

by

Service Category/Service in 2017

Prepared 9/2/17

<table>
<thead>
<tr>
<th>Service Category / Service</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Grand Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Home/Garden Maintenance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gardening Help- Vol</td>
<td>2</td>
<td>1</td>
<td>7</td>
<td>2</td>
<td>10</td>
<td>3</td>
<td>6</td>
<td>3</td>
<td>31</td>
</tr>
<tr>
<td>Handy Person-Vol.</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>7</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>23</td>
</tr>
<tr>
<td>Home Maintenance - Misc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Plumbing/Drains/Sewer</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Yard Work-Vol.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>In-Home Support</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendly Visit</td>
<td>1</td>
<td>5</td>
<td>5</td>
<td>4</td>
<td>7</td>
<td>8</td>
<td>12</td>
<td>7</td>
<td>49</td>
</tr>
<tr>
<td>Welcome Visit</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>7</td>
<td>11</td>
<td>5</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td><strong>Personal Well Being - Misc</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pet Care -Vol</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td><strong>Technical Support</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electronics Set Up</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PC Help</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Tech. Support - Misc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driver-Volunteer Misc. Trip</td>
<td>3</td>
<td>7</td>
<td>4</td>
<td>16</td>
<td>10</td>
<td>18</td>
<td>21</td>
<td>10</td>
<td>89</td>
</tr>
<tr>
<td>Family/Friends Visit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>LLH Programs/Events</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>6</td>
<td>1</td>
<td>7</td>
<td>9</td>
<td>4</td>
<td>32</td>
</tr>
<tr>
<td>Local Bus/Airport -Volunteer</td>
<td>3</td>
<td>6</td>
<td>2</td>
<td>2</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>Med. Appts - Local</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>2</td>
<td>3</td>
<td>25</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td>4</td>
<td>14</td>
<td>11</td>
<td>28</td>
<td>20</td>
<td>40</td>
<td>38</td>
<td>24</td>
<td>179</td>
</tr>
</tbody>
</table>
Challenges

- Neighbor Suggested Providers
- Growing Volunteer Base
- Office Help
- Build Donor Base
What’s Next?

Getting the word out!!

New Things We will Try for 2017-2018:

- Print Ad
- Cookies & Conversations
- Small gatherings in member homes
- Video
- Annual Meeting
CHANGING AGING – LIVING INDEPENDENTLY

Members enjoying members
Neighbors helping neighbors

Come join our Tompkins County neighborhood if you…
- Are 62 or over and live in Tompkins County.
- Want to be socially active.
- Need a little help staying in your home.

Learn more: www.lovelivingathome.org
607-319-0162
Aging in Community
The Village Movement

Break
At Home on the Sound
Mamaroneck, New York
Lynn Reichgott
Co-founder
At Home on the Sound
Handout
Aging in Place Glens Falls

Aging in Place Glens Falls
Glens Falls, New York

Harvey Noordsy
President

Aging in Place Glens Falls
Aging In Place
Glens Falls
Helping persons age in their own homes with dignity
A Brief History of Aging in Place - Glens Falls, Inc

A group of about twenty people from a local church met in 2008 to determine a way that we could continue to live in our own homes as long as possible.

Most of them continued to meet monthly, as a steering committee, to explore a direction to move. We had seen an article in the AARP magazine about a group in Boston, and went on line to learn more. We learned about Beacon Hill, and about a dozen other villages which had formed using their model.
Early History

- None of us were needing much help at that point; we were thinking about the future when we might need more help. That, plus the economic characteristics of our group, and that we were thinking of being an all volunteer organization, led us to decide to charge ourselves a very low fee—One dollar per month at the start.

- The average fees of $500 in other villages at that time, seemed prohibitive to us.
Time Banks Model

- We found a group in the Twin Cities that used a Time Banks Model, and we used a manual from the Time Banks National Organization as our early guide.

- The basic notion was that one gave an hour of service and could claim an hour in return. We learned that the model has problems in a senior group, as one is able to give more in early years and need more help later on. Now we ask that every member give services within their capacity.
Decision to spread out

Eventually we decided not to be affiliated with one congregation, but to reach out to all persons in the community.

We grew to about 35 members over several years, but were hampered with our limited budget. Most of our income went to purchase a Volunteer Umbrella Insurance, to supplement any personal liability insurance, in case of an auto accident or damage or injury in a home while providing help.
A Grant to grow and Incorporate

We received a one time grant of $4,000 to provide resources for printing brochures and other publicity and to become incorporated as a not-for-profit corporation. We began offering a series of programs for seniors in our local library. We developed a larger presence in the community and gradually added members.

We received our incorporation in 2010, and moved from a steering committee to an elected Board of Directors. We slowly increased in numbers to about fifty as of early 2012 and eighty by 2014.
Developing a base of volunteers

In our early years, using the Time Banks Model, new members offered whatever services they thought they could provide. Eventually the list got too long so we narrowed it down, and provided a set list that members could choose from for their volunteer service.

- We can only offer services that members have offered to provide. Since we have a limited number of male members at this time, we can not provide much in light home repair, for example.
Our Volunteer Services List

Helping Members
- Advocate
- Companionship
- Errands
- Help with Phone Calls
- Personal Organization Help
- Reading
- Shopping
- Light Housekeeping
- Letter Writing
- Respite Care Relief
- Meal Preparation
- Sewing Help

Transportation
- Local Rides to appointments etc.
- Drive after dark
- Will drive to Albany, Saratoga, Burlington

Light Home Repair

Bicycle Help and Repair

Clerical Help
Volunteer Services Continued

Health, Wellness and Home Safety
- Home Safety
- Telephone Assurance

Technology/Computer Assistance
- Setup/installation (various gadgets)
- Technical Support
- Apple Computer Training
- Computer (PC) Training and Help
- Computer Use for Visually Impaired
- Digital Photography
- Computer Angel
- Website Tutor

Activities and Hobbies
- Arts, Crafts, Sewing
  - Fiber Arts, Crocheting, Knitting, Wax Arts, Painting
  - Host Board and Card Games

Outdoor Activities
- Gardening
- Yard Work
- Recreational / Sporting Activities
Member Recommended Vendors

Our website also has a list of vendors that various members have used and recommended. All members are encouraged to help us keep that list up to date by adding names not on the list, or adding their current review for services used.
Our Community

We have a rather complicated community. Glens Falls is the smallest metropolitan area listed by the US. It consists of an area within three counties, numerous towns and villages, and one city. Total Population: 127,000. There are five Senior Centers serving various communities, supported by their government jurisdictions.

Some people move to the area to retire, as they have vacationed here in the past. Others relocate here to be nearer medical and other support services.

AIP has 5 neighborhood groups at this time, and members participate in various Senior Centers.
We currently have about 70 members, having lost some members by death, and moving from the area. We now have annual dues of $25 per member, and encourage those members who receive numerous services, and cannot give many services to voluntarily contribute more.

We need to recruit a new generation of leadership. We remain an all volunteer program. Most of our interactions are handled on an excellent website designed by one of our members.
Our Website

Visit our website at <aipgf.org>

You can read our newsletters, and copy our brochure and application forms.

Our member database is restricted to our members.
Service Hours in 2016—likely under reported

- Helping Members 449
- Transportation 265
- House and Yard 13
- Health & Wellness 29
- Tech and Computer 11
- Pet Care 108
- Program Leadership 142
- Adm Service 306
- Other 245

TOTAL 1567

As self reported on the website—probably under reported as some older members don't use website.
Forming Care Circles

We have recently begun to help members with serious health issues, whether short or long term, to develop a Care Circle to meet multiple needs during this Crisis.

This solves two issues: 1) reluctance to ask for help.
2) Better utilize members who have volunteered, but have not been asked for help.
OUR MISSION STATEMENT

Aging in Place – Glens Falls Inc. is a cooperative service exchange. Our members, as volunteers, provide mutual support for one another. We are persons in the larger Glens Falls area who have chosen to remain in our own homes in our aging years for as long as possible, as long as we may do so with dignity. Our goal is to provide support and community building through:
1) Mutual Service Exchange:

Members volunteer to provide services to other members. Members declare what services they can provide. Those who receive services are also encouraged to provide services within their capacity.
2) Promoting and Sustaining Vital connection to the community:

We assist members to maintain a vital connection to the community despite some physical limitations, by connecting them with existing programs in the community, or by creating new opportunities for community among our membership. All members are assigned to a Neighborhood Group for more opportunities to be part of a community.
3) Information Exchange:
We collect and share information about community services available for those whose needs are beyond the ability of our organization to provide. (e.g. wheelchair transportation, health services etc.)
Educational programs may be scheduled to promote information and services of interest to seniors.
THANK YOU
Questions and Answers

- **Greg Olsen**, Acting Director, **New York State Office for the Aging**
- **Susan McWhinney-Morse**, Founder, **Beacon Hill Village**
- **Laura Connors**, Executive Director, **Beacon Hill Village**
- **Natalie Galucia**, Executive Director, **Village to Village Network**
- **Ken Harris**, Executive Director, **Albany Guardian Society**
- **Barbara Sullivan**, Executive Director, **Mount Vernon at Home** & President, **Washington Area Village Exchange (WAVE)**
- **Lynn Reichgott**, Co-founder, **At Home on the Sound**, & President, **The Center for Aging in Place**
- **Nina Lynch**, President, **Rhinebeck at Home**
- **Anne Brueckner**, Vice President, **Rhinebeck at Home**
- **Elena Flash**, Executive Director, **Love Living at Home**
- **Harvey Noordsy**, President, **Aging in Place Glens Falls**
Next Steps

Capital Region Villages Collaborative (CVRVC)

- Meetings at the Carondelet Center: Oct. 4 & Dec. 5
- Meetings in 2018
- Marketing materials for CRVC
- Village video: 2018
- CRVC website
  - Information and networking
- Village to Village Network Annual Gathering
  - Nov. 6-8: Baltimore, Maryland
Albany Guardian Society

Capital Region Villages Collaborative

Ken Harris
Executive Director
14 Corporate Woods, Suite 102
Albany, New York 12211
518.434.2140

ken.harris@albanyguardiansociety.org