

MEETING NOTES

BRAVO- October 17 2019. Sausalito

Note takers: NextSF Village - Jacqueline and Molly

INTRODUCTIONS

New Village in Oakland in a low-income housing building called

Hotel Oakland Village <https://www.hoteloaklandvillage.com>

New Village trying to start in Mendocino – Dick

Jaulus jaulus@mcn.org

Village to Village Conference - Chicago - Update

Stabilization was a big issue for nearly every Village

Social isolation is a big deal

Additional funding

Partner alliances are important

Many people want this to be a free service

Importance of Village Movement California

GrandPad

GrandPad was introduced as a device developed for senior's equivalent to the iPad without all of the technological savvy necessary to use an iPad.

From their web site - <https://www.grandpad.net>

“The smartest, simplest, and safest way to connect seniors with their loved ones so they never miss another memory.”

CHARLOTTE DICKSON: VILLAGE MOVEMENT CALIFORNIA (VMC)

Slides Attached

Social Care is a focus of Villages

Community Development Model has a positive impact

The dynamic within Villages is empowerment as opposed to Hierarchical from many service providers

Master Plan for Aging

Blueprint for aging

Assets based

Reframing Aging

Battling Ageism

Older adults are a resource

Oct 1, 2020 is the completion date.

CA collaborative for long term services and supports is a statewide coalition of 40 orgs helping older adults to engage. She joined it.

The design consultants for the Scan Foundation are talking about the village model and peer-to-peer

She says she's inviting people to join the Engage Master Plan for Aging team

<https://www.chhs.ca.gov/pledge-for-action>

Two Stakeholder advisory committees. Charlotte and JZ did not get on either one

Forgotten Middle

By 2030 43% of older adults will be considered the Forgotten Middle

They will not be eligible for most public programs

They won't be able to afford senior housing or the cost of care

Future of Aging

Middle class at risk of becoming poor

45% will have income below poverty level

Basic Labor force – school teachers, firefighters, small business owners

Few have pension plans

Dependence on retirement savings and social security

Spending down is not a sustainable option!

Discussion on Age-Friendly Community

CARESTAR foundation

VMC submitted a planning grant to help VMC to build a plan to build a strong network to help develop health care partnerships. Villages have to partner with health care facilities to be a sustaining organization.

VMC Webinars <https://villagemovementcalifornia.org/what-we-do/training-3>

November 7, 2019, 10 to 11 am. Kate Hoepke (SF Village) is repeating her speech from Chicago. "Staking a Claim Communicating the Value Villages Offer to the Aging Continuum"
December 10, 2019, 10 am to 11 am. "Social Connection: The Research and the Case for Villages"

PRESENTATION by BOLD

Happier healthier aging exercise experiences

Discounted Bold memberships for Villages.

Charlotte and

Lauren comcharlotte@agebold.com lauren@agebold.com

Web Site: <http://www.agebold.com>

Literature attached

Guiding workouts led by expert trainers

Safe and effective exercises to help you age stronger

Online classes available 24-7

Tools to assess your strength mobility and balance

A digital online platform to help seniors age in place

Online fall prevention program

Free fitness programs

Discounted rates

Operations and special projects - based in San Mateo

More About Bold from Charlotte Edelson

At [Bold](#), we are building products for happier, healthier aging and believe deeply in the mission of enabling aging in place. We have developed an online, personalized Fall Prevention Program to improve balance and prevent injuries in older adults. We're reaching out to villages that may want to introduce Bold as a benefit to their members.

Bold members get:

- Safe and effective exercises developed with doctors, kinesiologists and fitness experts
- Online classes available 24/7
- Tools to assess and track strength, mobility and balance
- Motivation and accountability from Bold's team to encourage more physical activity
- Resources and information about happier, healthier aging

Additionally, we want to ensure that all attendees have full access to our website. Please share [this link](#) (https://beta.agebold.com/?src_id=village) with your email list. We would love to hear some initial reactions to Bold.

GROUP DISCUSSION PERIOD

Attendees were broken up into 6 persons per group with no one from the same village in a group. They were asked to discuss the following three questions and report their findings back to the

entire group. The group spokespersons will be documenting their findings and sending them to Pete Bardea who, along with Bev Adams, will summarize them and send them out to the entire BRAVO community. If you were unable to attend the conference and would like to submit your ideas as well, please submit them to Pete Bardea at apbard@aol.com before the end of the month.

The questions were:

1. What one activity in your office do you/would you like to outsource?
2. What is one new thing happening in your Village (ex. program/staff position/event) that you are excited about?
3. If your village received a one-time gift of \$100,000, what would you do with it?

BRAVO MEETING NOTES (after lunch)

DATA REPORTING

Pete Bardea, a volunteer with Clayton Valley Village, provided a great overview of his MS Access database (“HV Reporting”) for reporting. He showed many of the helpful reports available. Lisa Brinkman: “Pete’s db helps us see what’s not happening that needs to be happening i.e. it shows data like members with no activity or volunteers with no activity.” This is very helpful to see who isn’t engaged in the organization to determine if they need more attention, more to do or no longer want to be in the village.

Molly Tello can’t say enough good stuff about Pete’s support for anyone who runs reports, uses Helpful Village and needs assistance. His expertise patience and positive friendly way are a true gift to the Villages. A huge thank you to Pete for all his help with reporting!

The “HV Reporting” database is free to all villages using the Helpful Village web platform. For users of other web platforms, Pete is willing to investigate the possibility of developing a “Bridge” database to import the appropriate data and transform it to look like it came from Helpful Village so it can be directly imported into the “HV Reporting” database. If you are interested in learning more, contact Pete at apbard@aol.com. If you don’t currently own MS Access, it is available to non-profits from Tech Soup for \$10.00. <https://www.techsoup.org>

Next BRAVO Meeting

Tentatively set for Thursday March 26th 2020 at the Oakland Hotel Village 9:30pm - 1:30pm. (Exit Oakland's 12th Street Bart).
Executive Director Megan

Joehimsen. megan@langeliercompany.com

Hope to see many of you then.

Other from SF NEXT

Join us for "Halloween in the Village", Sunday October 27th
6:30pm

Italian Athletic Club 1630 Stockton St

More information and

tickets: <https://www.universe.com/halloweeninthevillage-motown-style>

Online auction starts Oct. 7.

Click here for a preview and to

bid! <https://www.biddingforgood.com/NEXTVillageSF>

Acknowledgements

Many thanks to Tricia Smith, Jacqueline Jones and Lisa Brinkman for organizing the event and to for Tricia hosting it in Marvelous Marin – Sausalito.

Feedback and Suggestions

If you would like to provide any feedback to the BRAVO team regarding your experience of the meeting or would like to make any suggestions for the agenda for the next BRAVO meeting, please send them Pete Bardea at apbard@aol.com.

Attachments

VMC BRAVO 10.17.19.pdf – Charlotte Dickson

BOLD.pdf – BOLD documentation

BRAVO Villages List.pdf – List of BRAVO Villages

The following files are too big to send as part of this email. They will be sent separately.

BRAVO Villages Web Sites Part 1.docx – BRAVO Village web sites
Anderson Valley through North Oakland Village

BRAVO Villages Web Sites Part 2.docx – BRAVO Village web sites
Palos Verdes Peninsula Village through Village to Village