

## 2020 Quarterly Newsletter

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Welcome to our first newsletter of 2020!

We've had a productive year – new members, new volunteers, new staff, new programs and a new Board president, Linda Beck. We've expanded services to Atascadero, Paso Robles and Templeton, and launched monthly activities.

What we are doing in SLO County hasn't gone unnoticed. City council member, Jimmy Paulding and his wife, Kendra attended our Holiday Social, as well as Michelle Zulim-Clark and other representatives from the County of SLO Health Agency's Fall Prevention Program. We attribute our success to our members, volunteers and donors who share their skills, time, and resources with SLO Village.

We enjoyed celebrating our volunteers at the Third Annual Volunteer Appreciation Luncheon in February.

- Kerry Sheets, Executive Director



Volunteer Appreciation Luncheon - February 12, 2020

### Message from the Board

As we moved through our third year of operation, SLO Village continued to grow its programs and services to create a better experience of aging in our community. For example, we have added volunteers to more adequately help members with larger yardwork and home repair projects, including initiating HomeFit, an AARP branded program that identifies home risks and solutions. Thanks to members Paul Wolff and Gene Kruger, several HomeFit tours have been accomplished. SLO Village volunteers and other agencies, such as CAPSLO and Habitat for Humanity can assist with identified solutions and repairs. Please call the SLO Village Office to learn more: 805.242.1640.

### SLO Village Social Activities



**Coffee and Conversation:** Meets the 3rd Wednesday of the month at 10 a.m. Location is Coastal Peaks Coffee, 3566 S. Higuera St., SLO. Next date is March 18.



**Lunch Bunch:** Meets the 1st Tuesday of the month at 11:30 a.m. RSVP on our [website](#) and check your email for details. The next lunch will be April 7, 11:30 a.m. at Woodstone Market & Deli, 6675 Bay Laurel Place, Avila Beach.



**Movie Goers:** Meets the 2nd Tuesday of the month. The next movie will be on April 14th. Please check our [website](#) and your email for details.

Coming Soon.....



**Circle of Friends:** This is a new conversation and listening group for members and volunteers. Topics for discussion could be: what makes life meaningful, our experience of aging, our joys and our sorrows, and leaving a legacy. If you are interested in learning more, [sign up online](#) or call the office.

### Community Arts & Events

SLO Repertory Theater, Thursdays at 7 pm

Every Brilliant Thing, April 9, 2020

The Laramie Project, May 14, 2020

The Marvelous Wonderettes, June 25, 2020

Cal Poly Arts at the Performing Arts Center

Diego Figueiredo Trio, Brazilian Nights

Sunday, April 5 at 7 p.m., Spanos Theater

The Improvised Shakespeare Company

Friday, May 29 at 7:30 p.m., Spanos Theater

Lifelong Learners of the Central Coast <https://www.lifelearnersccc.org>

Great Decisions 2020 Part I – Paul Greiling – Tuesdays, March 10, 17, 24 & 31;

10am-12pm at KCBX SLO Register Now for this course on [Brown Paper Tickets](#)

Fall Prevention and Home Safety – Keys to Living Independently Friday, March

20, 10am-12pm, Mt. Carmel Lutheran Church Register Now for this course on [Brown Paper Tickets](#)

Call SLO Village Office (805.242.6440) to request transportation for Village activities and community events.

### Programs

#### AARP HomeFit



AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP HomeFit Guide was created to help people stay in the homes they love by turning where they live into a Lifelong Home, suitable for themselves and anyone else in their household.

Is Your Home a Lifelong Home? One way to make a home more livable is to incorporate design principles and products that are adaptable, safe and easy to use. The AARP HomeFit Guide will show you how that's possible. Call the SLO Village Office to learn more or to schedule your HomeFit tour.

### Habitat for Humanity's Home Preservation Program



Habitat for Humanity offers the Home Preservation program to help low-income homeowners maintain their home. Habitat helps with minor repairs, including installing new fences, painting a home's exterior, and landscaping.

Habitat also helps seniors, regardless of income, with Aging in Place repairs including alleviating trip hazards, installing grab bars, and installing low level carbon monoxide detectors.

Please call Habitat at 805-782-0687 for an application or more details.

<https://www.hfhslcco.org/how-to-apply/home-preservation/>

### California Villages, Village Movement California



California leads the Village Movement with more than 50 Villages across the state. Village Movement California (VMC) is a new coalition of these Villages. SLO Village, a founding member of VMC, recognized the value and strength of working together with the other California Villages. To that end, they have asked SLO Village Board member and past president, Dave Kuykendall, to serve on its newly created Board of Directors.

As a statewide coalition, VMC has the reach and resources to assemble data and publicize findings on issues important to the aging community among the policy makers in governmental agencies, foundations and health care.

We look forward to the value of working closely with VMC as they help create awareness of a better way of aging. For more information on the organization, please go to [www.villagemovementcalifornia.org](http://www.villagemovementcalifornia.org)

### CA Master Plan for Aging

The California Department of Aging (CDA) continues to roll out a set of activities and timelines to gather input to shape the Master Plan for Aging. The CDA's recent newsletter outlined new information about activities and timelines.

The CDA and the Master Plan Stakeholder Advisory Committee has organized the plan around four goals:

- Goal 1: We will be able to live where we choose as we age and have the help we and our families need to do so
- Goal 2: We will live in and be engaged in age-friendly communities
- Goal 3: We will maintain our health and well-being as we age
- Goal 4: We will have economic security and be safe from abuse, neglect, and exploitation throughout our lives.

Village Movement California (VMC) prepared a formal letter describing the ways in which villages address these goals and that villages be included in the plan as part of an effective, low cost infrastructure for social care throughout the state. VMC is working closely with the CDA and encourages village leaders and members to "Take the Pledge" and provide input into the Master Plan. The pledge asks a few simple questions about the respondent, and then asks them to "share suggestion(s) to make California an age-friendly state by 2030."

As SLO Village community members, we hope you will consider "taking the pledge" because your voice is critical to process. VMC hopes thousands of villagers will complete it and we hope you will too!

[Click here to Share Your Ideas for the Master Plan for Aging](#)



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