



LAMORINDA Village

neighborhood support for aging in our community...

January 2015 Village News

Good News for the Launch of Lamorinda Village

In December, the Joseph and Vera Long Foundation awarded Lamorinda Village a grant of \$43,215 to support the launch of active operations in April. Our focus on the health, well-being, service access, and social engagement of older adults in Lafayette, Moraga, and Orinda makes the Village a good partner for the Foundation, which has a special interest in programs that benefit women, families, and seniors. Because the Foundation gives preference to new, innovative projects that the Foundation's contributions can help an organization carry out, they viewed the launch of Lamorinda Village as a worthy opportunity for their contributions.

We are grateful to the Joseph and Vera Long Foundation, as well as the numerous organizations and individuals who are supporting development of Lamorinda Village. You can find information about how to donate, as well as a list of our supporting donors to date, on our website under the Donations tab.

As we move toward our April launch target, we are happy to report that as of December 31 we had a total of 98 donors and members. Remember to start your membership before April 1 so you can benefit from the extra three months of Charter Membership.

Village volunteers are taking our message to the people. We are scheduling Village forums at a variety of locations around Lamorinda, where you can learn more about how the Village supports successfully aging in your own home, in your own community, with dignity and safety. Our next forum takes place at the Orinda Community Church, in the Forum Room, on January 18, 11:15 am to 12:15 pm. The location is 10 Irwin Way, Orinda.

One of the services the Village will provide for members is to let you know about events and resources, even if they are not sponsored by the Village. Here are two examples.

Assemblywoman Susan A. Bonilla and the Contractors State License Board (CSLB) are hosting a Senior Scam Stopper Seminar on January 23 from 1:00 to 3:00 pm. RSVP at <http://asmc.org/members/a14/district/upcoming-events/save-the-date>. In partnership with the CSLB, Assemblywoman Bonilla will conduct this free seminar about scams, particularly construction-related scams targeting seniors.

Living on a fixed income or know an older adult who is? Start the new year right with an online checkup from the National Council on Aging. On BenefitsCheckUp, find and apply for benefits to help pay for everyday expenses. On EconomicCheckUp, discover how to make and stick to a budget, keep scammers away, and get retrained for a new job. Both sites are free, confidential, and from a trusted source: NCOA. You will find links to the CheckUps on the NCOA website at <http://www.ncoa.org/>.

More Good News: Benefits of Village Membership

Last fall, the journal *Health Education & Behavior* * published a study on the impact of the Village model on the health, well-being, service access, and social engagement of older adults. The researchers surveyed 282 active Village members from five sites in California to assess the impact of the Village on social engagement, access to services, health and well-being, and self-efficacy for maintaining independence.

They found that Villages have the strongest impact in the areas of promoting social engagement and facilitating access to services. The study concluded that Villages represent a promising new model, with a number of positive impacts that may reduce social isolation, improve well-being, and increase confidence aging in place.

Add that to the data on the benefits of volunteering, which we reported in our September 2014 newsletter, and we can only ask: what are you waiting for? Now is the time to join the Village or sign up to volunteer.

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Find out more about the Village

Please visit our website at www.lamorindavillage.org to find out more about Lamorinda Village, access the membership and volunteer applications, and check the calendar for upcoming events. You can contact us by phone at (925) 253-2300, by mail at P. O. Box 57, Lafayette, CA 94549, or by email at info@lamorindavillage.org .

Copyright 2015 Lamorinda Village, Inc. Lamorinda Village is a nonprofit (501(c)(3)) self-governing, community-based membership organization with the goal of enabling members to remain safely and independently in their homes and communities as they age. Residents of Lafayette, Moraga, and Orinda, California, aged 55 and above, are eligible to apply for membership in the Village.