



Village Beat

Community Village Lawrence Newsletter

Contributors:

Chris Holmer
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Letter from the Chair

Summer in River City
with Community Village Lawrence:

Many recent public events have provided CVL organizers an opportunity to meet new neighbors from all across town. When we explain the purpose of CVL—to act as a village of supportive neighbors—the message is always received with a positive reaction. Everyone can identify with the desire to remain in a comfortable and familiar home environment for as long as possible. And most people understand that living at home without the proper support can become less secure and stable over time. Most can recall a parent, relative or friend facing challenges as their capabilities diminish. We are building a village to provide a little help and a little assistance to help meet people's needs as certain daily tasks become a challenge.

Earlier this week, CVL announced the launch of a supplemental transportation service here in Lawrence, which fills a need that many have asked for. Drive for Drivers aims to improve access to community resources for those who have difficulty

leaving their homes. CVL needs your help for a neighbor's trip to the store, to the doctor's office or to meet with friends. So while you may be able to think of several people who can benefit from the transport service, it is a caring person like *yourself* who will provide these rides. Below you will find a short announcement and links with more details. Join the others who have already spoken with Pearl or Ben and offered to help.

The transportation service is just one of many services CVL will roll out to members in the coming months. Look for the piece below on how to help put services in place – become an organizer, an agent of creation. If you are like me, you'll get a charge out of making Lawrence a better place. Explore the links to specific parts of CVL that may draw your interest. Together we can make lives better.

Have a great Summer in River City. And call me with your ideas.

Chris Holmer, CVL Chairperson
785.749.2084

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CVL Achieves a Major Milestone:

501(c)(3) Status

We have some exciting news to share with all of our members, volunteers, friends and supporters: In early April, Community Village Lawrence received 501(c)(3) status and is now tax exempt as a public charity organization. Our Board Members have been working diligently to establish our organization, inform people about the Village concept and build awareness about Community Village Lawrence. Now with this achievement we will be able to expand our capabilities and increase our service to the community. We are so happy that you are a part of Community Village Lawrence to share this thrilling moment with us.



Board Members (from left to right) Mary Johnson, Chris Holmer and Tamara
Cash pause for a photo after receiving CVL's IRS tax exempt letter.

Volunteer Opportunities

Mobilize

– to put into movement or circulation

There is an idea floating around CVL, a grand idea that neighbors can help neighbors age in their homes and remain engaged in our community. This idea is too important to remain unrealized.

My science teacher was right; it takes energy to put something in motion and a sustained energy input to keep in motion. He added it was the combined inputs that produced the final result. Even if they were many small inputs, their combination produced the overall effect.

CVL is gathering small inputs from our many supporters to realize that grand idea. As a volunteer, you can mobilize our mission of caring. You can bring a skill or passion to assist your neighbors who are reaching out for assistance. Please take a moment to imagine stepping forward with an offer to help.

Call Pearl (785.505.0188) or Ben (785.505.0187), CVL's VISTA program coordinators, to explore your options. They are working full-time to combine your energy with other volunteers to make that idea real.

If you would like to explore your options online, there are links below to help you zero in. Mobilization is happening within small groups of individuals like yourself. Organized into committees, they are focused on limited, defined tasks that often take a small amount of time.

Would you like the personal interaction of helping our members? It's a great opportunity to share some time with a new acquaintance. Our supplemental transportation program is a great opportunity to contribute. You will be helping local residents who need assistance traveling to medical appointments, grocery stores or social events. [Transportation Volunteers](#)

Or perhaps your interests are to help build the CVL organization. We can do that - there is a place for everyone in this movement. Each committee description has a contact person. They can provide specific information about how the committee might function. Remember, CVL is organizing so your input will help define these committee functions.

Voice of the Members: Ask members what CVL could be doing or doing better. Understand how CVL can assist our members and their caregivers. Find activities members can offer and

give back to the community. [Membership Committee](#)

Organize service delivery. Help our members one-on-one with their individual requests. Assist in coordinating the delivery of member services. Help with scheduling volunteer appointments, work with our professional service providers and collect satisfaction feedback on service appointments. [Services Committee](#)

Recruit and train volunteers. Prepare volunteers for new member services or committee assignments. Create volunteer recognition and reward programs. [Volunteer Committee](#)

Plan and organize fund raising events. Event organizers work with sponsors and donors. Develop a marketing plan and sell event tickets. [Fund-raising Events Committee](#)



Volunteer interns Toni Eneas (left) and Mariah May (right) help out with an outreach opportunity at the East Lawrence YART Sale in March.

Apply for grants. Research donor sources and develop application strategies. Compose the written application and incorporate feedback. Make personal visits to meet with foundation representatives. [Fund Development Committee](#)

Implement a marketing plan for CVL. Prepare a marketing strategy to reach target profile (members and their caregivers). Develop a unified theme across print and digital media. Plan public

informational meetings to recruit members and volunteers. Develop press releases and deliver representatives for media interviews. [Outreach Committee](#)

Develop CVL's budget. Pull together the funding requirements and estimate sources of revenue. Track budget compliance through the fiscal year. Generate periodic reports and file financial forms. Plan office supply and equipment purchases. [Finance Committee](#)

Maintain and expand liability insurance coverage for special events and new services. Maintain legal documents and present annual conflict of interest training for CVL staff and volunteers. Develop policy standards. Conduct long term research and planning. Compile service record reports to support grant applications. [Organizational Support Committee](#)



Midwest Villages Symposium

Lansing, Michigan

A productive and enlightening experience in so many ways, the annual conference in April brought together Villages from all over the Midwest. Everyone was supportive and willing to talk about their experiences in an forthright manner that was beneficial to all. It left CVL attendees with the feeling that no Village is alone, and that we are all supporting each other. Also, it was particularly helpful to meet with other Midwest Villages because we share similar environments, circumstances and challenges.

We made great personal connections, learned a great deal of information to help us move forward, and we were able to share the passion of CVL with others.



Tamara Cash, CVL board member, adjusts a period costume, flanked by educational panels that she designed, at the 150th celebration of Juneteenth in South Park. Photo courtesy Richard Guinn, Lawrence Journal World Newspaper

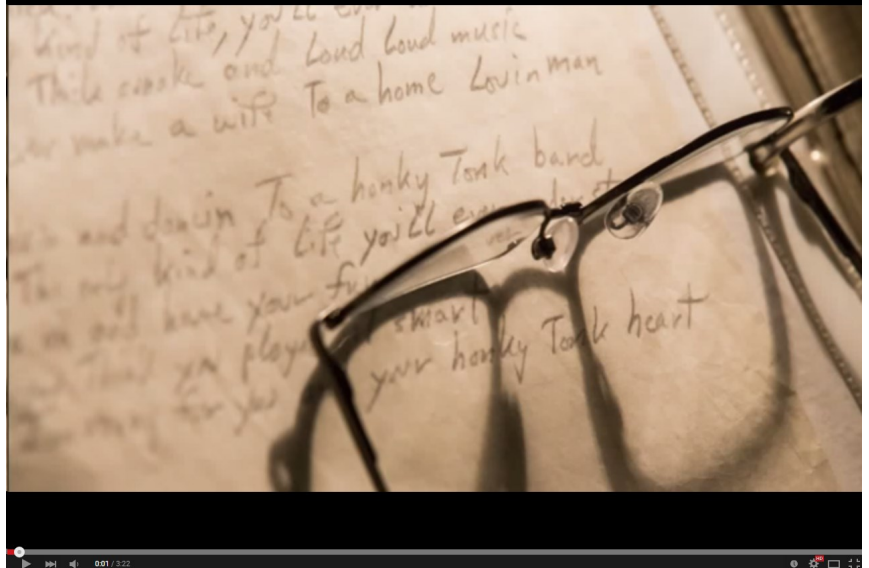
Board Member Spotlight

John Hodge

A family man, a business man and a community builder; these are just a few ways to describe Community Village Lawrence Board member John Hodge.

To many he is a talented musician and lead guitarist for Arnie Johnson & the Midnight Special.

Click on the video below to see and hear how his band gave the Knights of Columbus dance hall one last dance.



Juneteenth Celebration

Poetry, live music, history, education, food and craft vendors filled South Park as local residents honored the 150th anniversary of the end of slavery in the United States. CVL participated in the Juneteenth Celebration and met many wonderful community members throughout the day who inquired about membership and volunteer opportunities.

Visit Us:

www.CommunityVillageLawrence.org

www.facebook.com/CommunityVillageLawrence

Newsletter

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CVL Celebrates Earth Day

15th Annual Earth Day Parade and Celebration

As an organization, we love to join and get involved in community events. Community Village Lawrence (CVL) got down and dirty planting sunflower seeds at this year's Earth Day Celebration in South Park. People of all ages enjoyed planting and taking their own sunflower seeds home, hopefully to watch them grow into beautiful sunflowers. After planting the seeds in recycled yogurt cups, people topped off their creation by labeling their seedlings with a popsicle stick. It was a fun and messy day, and CVL was able to make new connections and sign on new volunteers.



AmeriCorps VISTA volunteer Ben Tasner hands out sunflower seeds (left), and two attendees plant their seeds (right) at Earth Day in South Park.

National Senior Health and Fitness Day

Members of the Lawrence community gathered together Wednesday, May 27, to celebrate National Senior Health and Fitness Day, which always falls on the last Wednesday in May. Participants joined together at various sites throughout the city to engaged in physical activities and information sessions organized by the Parks and Recreation Department. One of the programs was an introduction to Tai Chi—an ancient Chinese martial art that is practiced for self defense and health benefits. Tai Chi can improve blood pressure, diabetes, arthritis, balance and more.



Volunteer Spotlight



This quarter, Community Village Lawrence would like to spotlight volunteer Mary R. She began as a Telephone Reassurance Program volunteer early this year and makes regular phone calls to a CVL Telephone Reassurance Program member. Mary does a great job updating and communicating with our office about the member's well-being and she always reports her hours on time.

I have enjoyed hearing how well she has bonded with our CVL Telephone Reassurance member and how they both enjoy their social time together over the phone. Great work, Mary! Thank you!

-Perlita Torres
AmeriCorps VISTA Program Coordinator

CVL Says Goodbye to Pearl

As her year of service through the AmeriCorps VISTA program comes to a close, Pearl Torres is finishing up her work as a full-time volunteer for Community Village Lawrence. She has contributed so much in so many ways and will be sorely missed. We wish her the best as she transitions into something new. We have been lucky to have her while we have, and we know that she will be successful in whatever she chooses to do next.



What have you learned about working/volunteering for a non-profit?

Early in my service, I attended the 2014 Kansas Conference on Service and Volunteerism in Wichita. It was there that I first

heard, “you wear multiple hats in the non-profit world.” As my year progressed, I found that to be very true. During my year with Community Village Lawrence I have dipped my feet into grants, coordinating volunteers, program development, fundraising, and even a little bit of marketing.

What have you learned about “aging in place”?

I think this is something that is not talked about a lot or thought of frequently, unless you have worked or know older adults or

have personally come to face the decision of moving or remaining home, whether it is a personal decision or that of a friend or family member.

Many, of course not all, younger and middle aged adults tend to be more focused in the present. Focus seems to narrow on other areas of life and the “older stage” of life is put off to deal with at a later time.

I have learned that many older adults prefer to stay home as opposed to moving to a senior community or facility. Those who choose to remain in their home as they age will require a little more help, especially those who do not have family members nearby. There really is no place like home, no matter how accommodating a facility might be. I also learned that “aging in place” may be a choice, but it may also be a necessity. The cost of living in a senior facility can be VERY pricey, something not everyone can afford. The Village concept is a great solution to this problem, especially because it involves the whole community.

What are your impressions of CVL and the people involved?

They are all hard working and passionate people! I like how diverse their backgrounds and skills are and how they come together to move the organization forward. Community Village Lawrence is driven by passion from every Board member involved. They understand the need for a Village and have been working hard to develop the organization, which will be a valuable asset to Lawrence.

What skills did you develop or build upon during your time with CVL and AmeriCorps?

I would definitely have to say my public speaking and communication skills have developed during my time as an AmeriCorps VISTA for CVL. I have given presentations to business owners and managers about our Recommended Paid Service Provider Program, and also have met one-on-one with them. I remember feeling nervous when I first started this project and now, I am completely comfortable. I have also accompanied my VISTA supervisors for presentations around the community of Lawrence where I have shared my duties and experiences as a VISTA for the organization.

What do you think is next for you?

I would like to attend graduate school for a Master’s in Public Health. I would like to continue in the same studies as my Bachelors, which was a Bachelors in Science for Health Education with an emphasis in community based public health. I have not decided my emphasis for my Masters yet.

Will you remain involved with CVL?

Of course! I am not going anywhere any time soon and plan to make myself available should my schedule allow it.

Milo, Pearl's Chihuahua mix, browses the CVL page and reminds people to Like Us on Facebook.



Membership Opportunities

We are currently taking membership applications for our Free Sample Services.

Telephone Reassurance Program

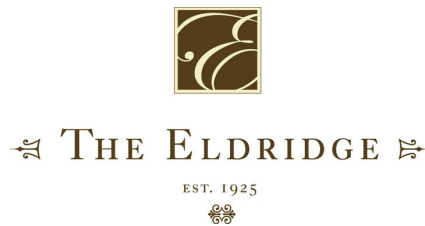
Smoke Detector Checks

Fire and Home Safety Education

Home Fire Safety Inspection

To learn more about these programs and how to apply, please visit our [website](http://www.CommunityVillageLawrence.org) or call our AmeriCorps VISTA Program Coordinators at 785-505-0187 or 785-505-0188.

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