

## Hello CVL Community,

Your Village begins the New Year by rolling out a variety of new programs for our members. Each month in 2017, look for a list of social events and group activities that we hope will enhance your connection to community. CVL joins with the public library to offer a live broadcast featuring author and physician Atul Gawande. This encore session updates the well attended November session that featured Dr. Gawande's PBS recording. I hope you can join us on February 13 to hear his current thoughts. If you did not receive the email showing all the upcoming activities, call the CVL office for that listing. This issue also focus on the recent Taste of San Francisco dinner and fundraiser that continues to set a high standard of fine dining. February also marks the end of Heather Cook's year of VISTA service. During 2016, Heather was the face of CVL, sitting down with many of our volunteers and members to welcome them into the Village. It's been a transformative year, where Heather helped CVL push forward to begin member services. With that, please welcome CVL's newest VISTA, Sheilah Tackett, as she begins developing a new service program. Yes, 2017 will be a big year for your source of personal support, Community Village Lawrence.

Create a better day,  
Chris Holmer

*"CVL has been so much more than we expected...the warmth and kindness, the friendliness of all the volunteers who have helped us...we are truly grateful! What a wonderful organization! Thank you!"*

- CVL member



Board members Diane Adamson, Steven Jacobs, and Mary Johnson and CVL volunteers Chala LaRocca and Katie Kutilek greet guests at January's Taste of San Francisco fundraising event.

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## Hello to our new VISTA!

Please welcome Sheilah Tackett (pictured right), CVL's brand new AmeriCorps VISTA. A national community service program, AmeriCorps VISTA Volunteers work to better their neighborhoods by building capacity, through program development, fundraising, and outreach.



**Education:** Graduated from University of Kansas, Summer 2017, BA Psychology, minors: Applied Behavioral Science and Business

**Originally from Wichita, KS**

**Interests:** volunteering, gerontology, yoga, camping, rock climbing

**What drew you to apply for an AmeriCorps VISTA position with CVL?** I became interested in coming an AmeriCorps VISTA because I wanted to work for Community Village Lawrence specifically. I have been volunteering for CVL since July of 2015 and have always loved what CVL has to offer to the community. I highly value the Lawrence community and wanted to help build CVL because it connects community members in need with community members who can help.

**What will your role be with CVL?** My official title will be VISTA Coordinator of Health Support Volunteers, and I aim to create a program for CVL members where volunteers help prepare for and attend appointments, take notes, obtain prescriptions, etc. I understand how difficult communicating with doctors can be, and I would like to make receiving health care easier on CVL members.

**What goals and objectives do you wish to meet before the end of your VISTA term?** I aim to investigate best methods, create, and implement a training manual for CVL Health Support Volunteers, recruit volunteers for this position, maintain training of these volunteers, and work with the grant and fundraising committees on activities to raise funds so that training and support of the Health Support Volunteer program can be sustained across time.

**What are you most looking forward to about your VISTA term?** I most look forward to supporting individuals in receiving and understanding the health information discussed at their doctor's appointments. Comprehending the immense amount of (often confusing) information during a doctor's appointment can be difficult, and I hope to create a program that helps individuals deal with this information.

**Anything else you'd like to add?** I look forward to working with and getting to know all of you!

## For Your Information: Low-Income Energy Assistance Program

The Low Income Energy Assistance Program (LIEAP) is a federally funded utility assistance program. The application period begins **January 17, 2017** and ends **March 31, 2017**.

To qualify for LIEAP, applicants must be living at the address, be personally responsible for the heating and cooling costs, and have a combined gross income that does not exceed 130% of the federal poverty level.

You will need your utility account numbers, proof of income and social security numbers for all members of the household, to complete the application.

More information at:  
<https://www.westarenergy.com/low-income-energy-assistance-program>

JOIN US TO CELEBRATE 15 YEARS OF THE VILLAGE MOVEMENT

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# ATUL GAWANDE MD, MPH

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## Being Mortal's Village:

### The Value of Community and Choice as We Grow Older



Live-stream of an event sponsored by  
**Beacon Hill Village**

Monday, February 13, 2017

4:00-5:30 p.m.

Lawrence Public Library Auditorium

707 Vermont Street

Hosted by Community Village Lawrence  
& Lawrence Public Library



Community Village Lawrence  
*neighbors helping neighbors*



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Beacon Hill Village and villages around the globe will celebrate 15 years of changing the experience of aging. Dr. Atul Gawande, whose celebrated 2014 book *Being Mortal* continues to sustain a lively national conversation about living well and enduring well in older age. Thousands will be participating in a virtual celebration and dialogue about living well.



# Say hello to our new activities committee and attend our first event, a Valentine's Day Party!

Community Village Lawrence believes that connecting with the community is crucial to successfully aging in your home. Our new Activities Committee will be planning events and gatherings for members to connect. Share your ideas with us at 785-505-0187.

Community Village Lawrence will be hosting an event that includes a **Chair Dance** activity (lead by CVL volunteer Katie Kutilek) and **Valentine's gift bags**.



Chair Dance is a fun, accessible workout for all ages and abilities! Members and CVL volunteers welcome.

**Members can pick-up a Valentine's gift bag for themselves and make a Valentine's card after the Chair Dance activity.** Members are welcome to share their card with a neighbor or friend who might not otherwise have a Valentine.

Come join us to get to know others in your community, participate in caring for your body with Chair Dance, and show appreciation for yourself or a loved one with a Valentine's Day gift bag!

Light refreshments will be provided.

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**Date:** Thursday, February 9<sup>th</sup>

**Activities and Time:**

Chair Dance 10:00 – 10:30am

Valentine's Day gift bag assembly  
10:30 – 11:30am

**Location:** Independence, Inc.

2001 Haskell Ave, Lawrence, KS  
66044

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Check out our first-ever  
Annual Report! We're proud  
of our service in 2016.

See what we've been up to,  
at

[www.communityvillagelawrence.org](http://www.communityvillagelawrence.org)



Heather Cook, left, with board member Chris Holmer and volunteer Katie Kutilek at the Holiday Volunteer Appreciation Party in December.

## Goodbye to VISTA Program Coordinator



Heather Cook, who has served Community Village Lawrence as the AmeriCorps VISTA Program Coordinator for 2016, will be completing her year of service this month.

Heather looks forward to staying on in Lawrence for the time being and continuing to work with CVL members as a volunteer.

Beginning in March, she will start working at Moon on the Meadow, an organic farm here in Lawrence. You might be able to catch her at the downtown farmer's

market this summer! Says Heather of her time with CVL, "One of the best parts has been working with a group of such committed volunteers. The people make the village what it is, and we have the most dedicated, caring people."

## Upcoming events

### Do you love the written word?

Community Village Lawrence is looking for volunteers interested in helping pull together our quarterly newsletter, the Village Beat! Newsletters are released quarterly and inform the CVL network on upcoming events and current happenings for Community Village Lawrence.

If interested, contact Heather Cook, AmeriCorps VISTA Program Coordinator, at 785-505-0187.

**02.09.17:** Move your body this month at our Valentine's Day event, featuring a free chair dance class and a valentine's gift for members (see info, opposite page).

**02.13.17:** Celebrate 15 years of the Village Movement with a live conversation with Dr. Atul Gawande. The webinar will be streamed at the Lawrence Public Library from 4:00-5:30pm.

**02.25.17:** Follow-up forum to the Atul Gawande webinar. Location TBD.

**Big Event sign-up:** Got any big spring clean-up projects? KU's Big Event is coming up April 8, 2017. **Sign up now at: [thebigeventku.com/2017-job-site-request](http://thebigeventku.com/2017-job-site-request)**

If you would like help in signing up, you can contact the CVL office at 785-505-0187 or 785-505-0188.

# TRINITY LUTHERAN CHURCH

## *Pet Pantry*

To help feed hungry pets and keep them with their families

Saturdays: 10 a.m. – 12 noon



Come in the south west parking lot, at 1245 New Hampshire

Questions? Call the church office at: 785-843-4150

Need a little extra help with pet food this month? Trinity Lutheran Church's Pet Pantry can help!

**Call CVL at 785-505-0188 if you're a member and need assistance in picking up from the Pet Pantry.**

## **Taste of San Francisco Wrap-up**

Thank you to the sponsors, donors, attendees, and volunteers who made this year's annual fundraiser, a Taste of San Francisco, another big success!



## **Contact Us**

Give us a call if you have any questions or ideas, or stop by and say hi!

By phone:

(785)505-0187 or  
(785)505-0188

At the office:

2001 Haskell Ave  
Lawrence, KS 66046

By mail:

PO Box 183  
Lawrence, KS 66044