Washington Area Village Exchange
Quarterly Meeting
Monday, 25 April 2016

Opening

WAVE President Miriam Kelty welcomed everyone to the meeting and introduced Anita Walgren from Arlington Neighborhood Villages. Anita thanked Synergy Home Care for sponsoring the meeting’s refreshments and noted that their materials were available.

Announcements

Steve Schmull announced that Chevy Chase at Home was hosting Geraldine Brooks and Gary Rowes on June 6th at Chevy Chase United Methodist Church.

Barbara Sullivan noted that on April 30th there would be a drug take-back in police stations, an opportunity to dispose of prescription drugs.

Bob McDonald announced that Foggy Bottom/West End Village had received a grant to study social isolation, and had hired Deborah Zuckerman to implement.

Barbara Rosenfeld, Alexandria At Home, announced the Beth Fiorst would speak on May 17th at the Beth El Congregation on “Tend and Befriend vs. Fight or Flight.”

Social Isolation and Loneliness

Guest speaker Lisbeth Nielsen, PhD, from the NIA Division of Behavioral and Social Research, presented on the topic of the role of social isolation in aging and how successful aging can lead to increased satisfaction and emotional well-being. She discussed on social isolation/objective physical experience is different than loneliness/perceived feeling of isolation. Nielsen also discussed cognitive decline, chronic illness, financial insecurity, etc. all have adverse impacts on the individual. Both isolation and loneliness can contribute to mortality. Successful interventions include teaching empathy, providing opportunities for participating in socially meaningful roles, and participation in projects where one can learn new complex tasks with others. Future study indicates the need to change the individual’s perception vs. exploring additional physical exposure to others.
Business Meeting/Announcements

A Treasurer’s report was presented to the membership, showing that WAVE has 34 paid villages for 2015, with two villages also paid upcoming dues for 2016. WAVE had $4,535.50 in revenue, had spent $559, and had $4,076.50 in current assets. There are currently between 48-53 open and/or in development villages in the DC-MD-VA area.

The IT working Group reported that there exists a need for easy-to-use village management software packages. The Working Group is currently working with the developer of Ride Scheduler to explore whether that package can be expanded as needed.

The Village By-Laws Committee reported that it is currently working on a census of WAVE members, which will in the future guide the work of revisiting WAVE’s By Laws.

The revised Village Guide has been posted on the WAVE website for comments and use as a draft document. Additionally, a WAVE Village Directory will be updated in the future.

Georgetown Village announced that Village Companion materials were available.

Peggy Gervasi announced that Friendly Companion Train-the-Trainer materials were also available.

It was announced that registration for the Annual Village Gathering in Columbus OH was open on VTVN’s website, and that workshop proposals were being collected.

The WAVE meeting adjourned at 11:20 am; interest groups met afterwards.