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Village Update

Villages of the Berkshires Newsletter **FALL 2022**

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As we approach Thanksgiving, we give a special thanks for the establishment of Villages of the Berkshires. We believe that this program is so important to the future of older people in our communities who wish to remain home as they grow older. We are learning that with the number of people who are reaching their senior years, the ability of existing services may not be as readily available in the future. Therefore, the need for our programming and services are an important part of the Berkshires ability to meet the needs of its constituents, now and in the future.

Next week is "Giving Tuesday". Might you consider helping us, as we move forward, with a generous contribution during this season of giving. [CLICK HERE](#) if you wish to make a donation. Thank you!

Berkshires Recipient of Funds from the Commonwealth

Thanks to the efforts of Senator Adam Hinds and his Chief of Staff, Stephen Mayer, we have been included in the State's Fiscal Year Budget beginning July 2022 for \$50,000. This funding is based on a proposal that was prepared by our Villages' Vice President, Carl Shuster. Thanks to Carl for his research into the benefits of helping people to remain in their homes as they grow older. The funding is to support the ongoing operations of Villages of the Berkshires. It includes support for the Program Director staff position and additional volunteer coordination. It also sets aside money to provide scholarships to individuals interested in being members of Villages of the Berkshires but who have limited resources to support membership fees.

"We hope that this funding is the start to a continuing support of Villages of the Berkshires in the annual budget of the Commonwealth" says Howard Shapiro, President of Villages Board of Directors. We believe that Villages of the Berkshires provides a support for people who wish to live in their own home as they grow older with the help of volunteers and recommended service providers.

Recognizing that the population of the Berkshires as well as the State and the country is growing older and that the percentage of older adults living in the community will grow significantly in the next ten years, Villages of the Berkshires plays a vital role in helping people to maintain their desire to remain in their homes and thrive.

Villages of the Berkshires has three local villages!

Villages of the Berkshires (VoB) has moved to its intended model of "hub & spoke". This model has at its center an administration (hub) and local villages throughout the county (spokes). VoB is currently represented in the community by three local, geographically based villages that are completely run by local volunteers. These local villages include Central Village serving Stockbridge, Lee, Lenox & Pittsfield; SAGE Village serving Sheffield,

Local villages are totally supported by Villages of the Berkshires. However, planning in these villages is developed by local volunteers that form a coordinating committee who consider the needs and wishes of their members in programming and services. Most activities of local villages are open to all members of Villages of the Berkshires.

Egremont; and, Villages of NW CT serving the towns of Sharon, Lakeville, Salisbury, Canaan, Falls Village, Cornwall and Kent. Members from surrounding communities participate in these existing villages until local villages develop in their areas.



Sage Village Get Together June 2022

If you are interested in creating a local village in your area, please contact us and let us know about your interest and we can help you identify others who might wish to participate with you .
Contact us by email at:
info@villagesoftheberkshires.org
or call: (413) 409-6400



Villages members are active adults of all ages who are interested in aging successfully and independently. The well-informed guests on LWITF offer insights that Villages members can apply to their own lives and in the wider community where many volunteers and members participate.

What is the Living Well Into The Future podcast?

LWITF interviews members of all generations with experience on subjects ranging from food, housing, climate, and health. The purpose is to foster discussion among the generations and chart a path to all living well into the future.

LWITF was conceived by Julie Koppenheffer and supported in part by Berkshire OLLI the OLLI Changing Aging SIG, and WTBRFM, Pittsfield. The 11 episodes available so far have been produced by Julie, MCLA interns, and OLLI members
The first four episodes cover food; local food production, healthy food, food insecurity, food you enjoy and food that is good for you, and body image. Guests include Mark Bittman, author and former cooking and opinion columnist for the New York Times. This series also included other engaging,

WHY members of Villages of the Berkshires listen to The Living Well Into The Future podcast.

All eleven episodes of Living Well Into The Future are available on WTBRFM.COM. You can also find them on Apple Podcasts, Google Play, and wherever else you get your podcasts. You can even ask your smart speakers to play Living Well Into The Future podcast.

For the next several months LWITF will promote and use the LWITF podcast to start conversations among policy makers and through OLLI, book groups, community centers, high school, colleges, and other venues.

Finding funding for this effort is a necessity. Also necessary are participants of all ages. For those who would like to be directly involved in the production, participants can choose to work on any aspect including selecting and procuring guests, editing, recording, interviewing, and managing social media and PR. With community partnership, funding, and a cohort of volunteers, the value of LWITF will be multiplied.

In seven episodes LWITF’s housing series covers good design, sustainable housing, the effect of climate on housing and how to react to it, affordable housing, housing options, and innovative housing techniques including 3D printing. In the series, award winning guests include Ted Flato, founder with David Lake of Lake Flato Architects, and developer and businessman, Victor Miramontes, principal in the firm that produced an affordable housing development with the adaptive reuse of a Catholic monastery, William and Margot Moomaw speak about housing and climate. Bill is the lead author of the 2007 Climate Change Report that won the Nobel Prize.

about LWITF, know of an organization or club that would be interested in listening to and discussing one or more of the podcasts, know of a funder, or want to participate in any other way, contact Julie Koppenheffer, Executive Producer, at lwitf22@gmail.com. In the meantime, tune in to LWITF.

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What do you need from Villages of the Berkshires???

If you are a member of Villages of the Berkshires (VoB) and have not utilized its services, now may be the time! We are approaching the winter months and you may have things to do in preparation. Or, perhaps, you want to think about what might be helpful to you during the winter months. Don’t hesitate to reach out to VoB; we have volunteers who are ready to serve and be of help.

Also, please let us know if you have any program ideas or activities that you would like to see organized by VoB. Maybe a walking group; maybe a book club; maybe just a time to get together and enjoy tea or coffee. Please submit your ideas to:

info@villagesoftheberkshires.org

Building Community in the Berkshires!

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CONTACT US!

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INFORMATION

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Seeking new Village Director...

Villages of the Berkshires wishes to hire a new Director for its operations. Responsibilities include representing the organization in the community, working directly with volunteers, members and the Board of Directors This position is part-time and allows the person to work from home. To learn more about this position and for an application.

[CLICK HERE](#) for a description of the position.

living at home with peace of mind

info@villagesoftheberkshires.org

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