

**Volume I, No.1
Fall 2019**

A membership-based, non-profit organization supporting the efforts of mountain residents to remain in their homes for as long as possible by enhancing a vibrant, intergenerational community, and by connecting neighbors with a network of services and resources

Message From the Executive Director

Delia Siegrist

First, let me say how much I enjoy being a part of Monte Sano Village. The Village concept intrigued me from the beginning, and I was thrilled to find such enthusiasm when I introduced the concept to the Monte Sano Community five years ago in October 2014. With so many Monte Sano people eager to make it happen, we had it up and running in just 16 months!

Our Village continues to grow at a healthy pace. We add new members and volunteers every year. Our dedicated board members have developed their areas of expertise to help our Village become a smoothly running organization. We have 115 wonderful members who have fully supported our budgets and excellent, committed volunteers who love serving.

We have learned a great deal over the years, and are now eager to spread our wings and enter a new stage by revising our leadership model. As the only person who was familiar with the Village concept in the beginning, I served the Village as both President and Executive Director, with the emphasis on Executive Director. With growth and maturity, we now have the experience and talent necessary to reorganize those positions.

Therefore, I am thrilled to announce that Lue English will now serve as President, and I will continue as Executive Director. This will allow our Village to explore more opportunities to connect with other organizations and to build an even more robust Monte Sano Village.

Thank you to everyone who has helped us along the way! I am very excited for this next chapter.

Our Objectives for the Newsletter

We are grateful that MSCA included the Village news in their quarterly newsletter. However, with our growth in membership and activities, we needed a more detailed news medium, and proudly present this first issue of the *Monte Sano Village Newsletter*.

The objectives of the Newsletter are to keep members and volunteers, and the MS community at large, aware of benefits and aids for older adults, ways to maintain health and well-being, social and educational opportunities, and to establish deeper relationships with friends and neighbors.

All Monte Sano residents listed in the community-wide email list will receive copies. This will allow us to make a wider community of residents aware of the many benefits of MSV.



How Does Monte Sano Village Work?

Monte Sano Village is an all-volunteer 501(c) (3) non-profit organization. Members pay dues each year making them eligible to receive services. Volunteers do not pay dues unless they are also members.

[Click here](#) to visit the MSV website and let us know you are ready to become a part of this vital service to the Monte Sano community—the only community in North Alabama with an active Village.

**“NEVER DOUBT THAT A SMALL GROUP OF
THOUGHTFUL COMMITTED CITIZENS CAN CHANGE
THE WORLD. INDEED, IT IS THE ONLY THING THAT
EVER HAS.”**

The Annual Gala was a Grand Success

The Annual Gala of the Monte Sano Village, held on October 17, attracted 70 members, volunteers, founders, and guests from inside and outside the MS community. The large size of the group, the many long interchanges between attendees, and the obvious enthusiasm in the air were strong indications of MSV's growing popularity and effectiveness. Guests included reporters, a Huntsville City Council member, and associates and friends of members who were interested in knowing more about the Village.



Members were recognized for their support and continued confidence and volunteers for their service. Elsie Peterson presented a beautiful quilt she made for the President's keeping, Lue English created colorful and creative table arrangements, John Allen gave an informative talk on the history of Monte Sano, and Chris Stuhlinger brought historical maps for display. Water was generously donated by Progress Bank, coffee was donated by Kaffeeklatsch, and the wine was provided by the Little Green Store.

The Federal Government is Expanding Programs for Senior Home Care

One of these programs is by the Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services. It is going to fund an effort to establish a National Volunteer Care Corp. This public-private partnership will be administered by four organizations.

The initial grant to the group is \$3.8 million, with total funding for the five-year project expected to be \$19 million, according to ACL's office of supportive and caregiver services. If it is successful, retirees and young adults would take seniors to doctor appointments, shop for groceries, shovel snowy sidewalks, make a bed, mop the floor, or simply visit a few times a week. Older adults would get a hand with household tasks and more companionship; and family caregivers would get a break.

Monte Sano Village Resources

Among the items we supply to our members are:

- A Medical Emergency Form and help to complete the form
- Medical equipment loans
- Names of contractors who have worked for other Monte Sano residents
- A summary of medical alert systems, help in selecting a system, and testing
- *HomeFit Guide* booklet by AARP

A Bulletin Board for the Community

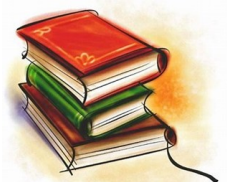
Please drive by the Little Green Store and look at the Monte Sano Village Bulletin Board. With the help of MSV volunteers through the design and construction phases, the bulletin board provides mountain residents with dedicated spaces for Village and other MS-related announcements, and a Little Free Library stewarded by Betsy Estopinal. Additionally, this is the place to look for emergency information when power and normal communication networks are down.



The New Monte Sano Village brochures are available in the Little Free Library.

The Monte Sano Village Book Club

The MSV book club began in March 2016 with a small gathering of Village members and volunteers who shared a love of reading. It took about three more get-togethers to establish a format, and monthly meetings began that summer. New friendships were made and old ones were made better as a result. Now in its fourth year, close to 40 books have been read and discussed by the group. Its members agree that a tight-knit circle of readers is a good way to socialize and learn new things.



Medicare Advantage Plans are Expanding in 2020

A Medicare Advantage plan is a private health insurance plan approved by Medicare. You may opt to get your Part A, B and D benefits from a Medicare Advantage plan instead of traditional Medicare. Some insurance companies already have fully developed Medicare Advantage plans, including Aetna, Cigna, Mutual of Omaha, and Humana. The number of companies offering expanded plans increases every year, and hundreds of new ones are predicted for 2020.

This is important for members of Monte Sano Village who receive a variety of services from the Village that allow them to remain in their homes as they age. An expanded MA plan would provide subscribers in-home services that may include fall-prevention methods, support for housekeeping, grooming, and dressing—services which are normally not provided by the Village, and for which they would pay through an MA plan.

With expanded MA plans, members could receive all the support they need whether it's medical, behavioral, or social determinants of health so they can live in the least restrictive and most home-like setting possible.

Interested individuals may wish to explore these plans, particularly in this period of Medicare Open Enrollment, which ends December 7.

This article provides information only. Monte Sano Village does not recommend any particular Medicare Advantage plan or Medicare supplement. Readers are encouraged to research plans based on their particular needs.

Sharing the Village Model

Monte Sano Village is developing a series of workshops to present next year to representatives of neighborhoods that have expressed an interest in developing a village of their own. If you or someone you know is interested in these workshops, [click here](#).



Share your Story

We all have stories that we enjoy sharing. Why not think about sharing yours here in the newsletter? Your story may inspire others to share theirs.

Following are a few questions that may elicit significant memories of events, traditions, or challenges that helped you grow, surprised you, gave you joy, or caused you to make lifestyle changes.

- What was your favorite vacation as a child?
- What was a family tradition you loved growing up?
- For what in your life do you feel most grateful?
- What has been a challenge that frightened you, and what did you learn from it?

If you want to share your story, please [click here](#), and someone will contact you.



Elsie Peterson designed and created this beautiful quilt for Delia Siegrist, Executive Director of the Monte Sano Village, as an expression of gratitude for her five years of tireless work, ingenuity, and dedication, making the Village the successful community caregiving organization that it is today.

SPOTLIGHT ON FRANCES CERRO

by Bobbie Graham

Monte Sano Village has a widely diverse population. In profession, skills, talents, education, military service, nationality, and employment, MSV member and volunteer histories are interesting and inspiring. To better acquaint members with each other and the community, MSV newsletters will highlight an aspect of an individual's background.

You may be surprised and fascinated by what you learn about your neighbor!

Newsletter Editor

Frances Cerro, an MSV board member, has made her home on Monte Sano since 1998. She was born in Wisconsin of a Swedish mother and a Polish father, and was the oldest girl of six. The former dance teacher and performer recently shared her experiences in US and Argentinian dance companies.

When she moved to Minneapolis, MN and graduated from the College of St. Catherine in St. Paul, she met the director of the Minnesota Dance

Theater (which is still in existence). At MDT she became a student, teacher, and principal dancer. "I had one passion, and that was to dance. I don't know why, but I fell in love with it when I saw a performance of Argentinian Modern Dance. As part of the dance theater, I was able to take classes from some of the greatest names in dance at that time," she said. "We performed all over the Midwest; in Beckett, Massachusetts at Jacob's Pillow, an internationally-acclaimed dance performance center and school; and in Spoleto, Italy."

At the University of Minnesota, she met a young chemical engineering graduate student, Ramon Cerro. They married and moved to Santa Fe, Argentina, where they lived from 1972 to 1986, and raised three children. In Santa Fe, Frances helped start the "Escuela de Danza Contemporanea" school and a small dance company.

"Argentinian dance at that time," she said, "was based on German Expressionism, and I showed up with a very different background based on technique and use of space. We were sent out by the Santa Fe government to perform in many small towns. It was thrilling. Our husbands were the crew, and we set up our stage in many city halls. The people really paid attention and asked very interesting questions."

"Only the older people danced the Tango then. There was always an aspect of it in dances to the tango music, but it was not danced everywhere as it is now. There were wonderful folk dances, which I loved. The men, especially in the folk dances, did amazing footwork. I basically loved living in Argentina, but we went through some rough political times."

In 1986, Argentina was going into hyperinflation, and the Cerro family moved to Tulsa, Oklahoma. There Frances got involved with the Lincoln Center for the Arts in the Schools and started



Frances and her partner, Peter Hauschild, and Lise Houlton in the dance, "Mythical Hunters." "With my feet firmly planted on Hauschild's legs, I was terrified, but you have to learn never to show it," she said.



Frances and partner dance to "Raymonda Variations," a Russian ballet. She portrays the Czardas Queen.

LocalMotion, a non-profit organization dedicated to attracting modern dance programs to Tulsa.

When she and Ramon moved to Huntsville, she decided that after 35 years of dance, it was time to do other things. They return to Argentina for annual visits.

Innovative Technology for Everyone

Podcasts

For each newsletter, we will provide information in this column on current devices and techniques on the computer, cell phone, or tablet that are designed to increase well-being and function, and to enrich, inform, and entertain you in your daily life. In this issue, the topic is "Podcasts."

Podcasts are becoming increasingly popular as a source of all kinds of stories and reports that can be downloaded and listened to at any time using a cell phone or tablet. Topics include comedy, news, educational subjects of all sorts, stories, and TED talks. It's all of your favorite blogs, shows, and topics (some you didn't even know you would enjoy) wrapped up into a huge hub of recordings.

Monte Sano Village is developing a workshop for members to learn how to find, choose, and download podcasts to listen to at their leisure. If you would like to participate in this first workshop, "Fun, Phones, and Scones," [click here](#).

Would You Like a Housemate?

At the recent annual Village to Village Conference in Chicago, a representative of "Silvernest" presented the company's service of connecting single seniors—those living alone and those seeking a place to live.

Silvernest is a home sharing service that matches retirees, widows and widowers, empty nesters, and other older adults with compatible housemates for long-term rent arrangements.

Through this type of living situation, homeowners earn extra income and remain in their homes longer, while renters pay far less than market rent. Both enjoy companionship and the efficiencies that come with sharing a space.

Silvernest has listings in all 50 states, with more than 65,000 signups. Go to silvernest.com for further details.



The information in this article does not constitute endorsement or recommendation by Monte Sano village.

Dear Monte Sano Village,

We are the grateful neighbors you have so mindfully reached. You are the best kind of non-profit because you serve quietly without drawing attention to service. You do not come as a "program," but as a friend. The value of the kindness that your intentionality grows cannot be quantified.

My Mother's life is so much the better, having you in it.

Thank you for being the deep-down goodness that you are.

Your Care Matters,
Kerry and Peter Joffrion



Schedule of 2020 Mingles

| | |
|--------------|-------------------------------------------------------------------------|
| January 16 | Alabama Institute for the Deaf and Blind |
| February 20 | Shalis Worthy on the History of the Library |
| March 19 | "Birds of Monte Sano," John Ehinger |
| April 16 | Senior Crime Prevention |
| May 21 | Celebrating our Artists |
| June 18 | Annual Tea, "The History of Tea" |
| July 16 | No Mingle (Board Retreat) |
| August 20 | Home Health Care Representatives (Medicare supported) |
| September 17 | Home Care Representatives (Daily non-medical assistance) |
| October 15 | Annual Gala, Frances Akridge: Huntsville Plans for Senior Living |
| November 18 | Holiday Celebration |
| December 17 | No Mingle. Enjoy the Holidays |

Interested in attending MSV Mingles? Come to a Mingle at the Methodist Church Youth and Administration building at 2:00 pm and meet with members and volunteers, and see if MSV is a fit for you.

Scam Tips

The Better Business Bureau offers the following ways to protect yourself and your family from scams and fraud. For more details, go to the BBB website using the following link:

<https://www.bbb.org/scamtracker>

- **Don't click on links or open attachments in unsolicited email.** Links can download malware onto your computer and/or steal your identity
- **Don't buy online unless the transaction is secure.** Make sure the website has "https://" in the URL. (The extra "s" is for "secure").
- **Never share personally identifiable information,** particularly with someone who has contacted you unsolicited, whether it's over the phone, by email, on social media, or even at your front door.
- **Don't be pressured to act immediately.** Scammers typically try to make you think something is scarce or a limited time offer.
- **Use secure, traceable transactions when making payments for goods, services, taxes, and debts.** Do not pay by wire transfer, prepaid money card, gift card, or other non-traditional payment method.
- **Whenever possible, work with local businesses** that have proper identification, licensing, and insurance.
- **Be cautious about what you share on social media,** and consider only connecting with people you already know.

Do You Get a Lot of Telemarketing Calls?

You can add your home and mobile phone numbers to the "National Do Not Call Registry" for free by calling 888-382-1222. When you register your phone, telemarketing calls will decrease. You may also go to donotcall.gov and click "Report Unwanted Calls."



With Grateful Hearts, We Thank You

The Monte Sano Village expresses sincere thanks to the many individuals, companies, and organizations that contribute to our mingles, meetings, social events, educational sessions, and who serve as advisors. Without your support, we would not be the vibrant and effective community service provider that we have become.

- **Alabama State Nurses Association**



- **Caring Strategies**



- **Kaffeeklatsch**



- **Little Green Store**



- **Monte Sano Baptist Church**



- **Monte Sano Civic Association**



- **Monte Sano State Park**



- **Monte Sano United Methodist Church**



- **Monte Sano Woman's Club**



- **ProgressBank**

- **Trustmark National Bank**

