

MY GLACIER VILLAGE

CONNECT. INSPIRE. SUPPORT.

JUNE 2022

WE HAVE EXCITING NEWS!!!



Thanks to community support and a very generous personal donation, we are able to hire an Admin/Volunteer Coordinator to help us keep our systems and processes running smoothly. And, we are **thrilled** to announce that Laura Behenna has stepped into the role. You may have met Laura at one of our Village gatherings or helping with a member's garden project. Laura was one of our very first volunteers, joining the Village in April, 2019 and now she is filling our very first staff position.

Laura has a very impressive career background, including public information specialist for Lewis and Clark County and program assistant with AERO (Alternative Energy Resources Organization). She organized a 100-guest Farm to Fork dinner at FVCC. She also has a proven track record in grant writing, strong organization and computer skills, and she understands social media!

And all of this is second to her kindness, her heart and her commitment to making us the best we can be. She is looking forward to getting to know all of our members and volunteers, helping with events and and helping us create ways for us all to connect and grow.

Tech Tuesday

Wondering about all of those icons on your smart phone? Come on Tuesday the 14th, learn what icons you can delete and how to organize the ones you want to keep!

Or bring any other tech questions. We can help!

Office News

Our office building has sold and Cindy will be coming the first week in June to reclaim the conference table we've been borrowing. If anyone has a connection to a table and chairs, please let us know. Also, if anyone has an extra broom and swiffer-type floor cleaner, we need that, too!

Fundraising

We have exciting news! Our Community Grant application to Whitefish Community Foundation has been approved! We will find out on June 7th how much we are being awarded towards our operations costs. And, we have applied for this year's Greatfish Challenge! This is a huge opportunity financially, and a great way to get the word out about the Village (and if we can raise \$10,000 the WF Community Foundation will match up to that amount). Please keep your fingers crossed!

HAPPY
Father's
DAY



Flathead Valley Exchange Club's Field of Honor

Creating an awe-inspiring panorama, United States flags will fly in a solemn formation at Glacier High School during Memorial Day Weekend 2022. This stirring display of 1000 flags will bring the community together in a patriotic tribute to honor our heroes. Flags may be sponsored to honor Active-Duty Military, Fallen Servicemen and Women, and Veterans. This unique event is the perfect opportunity for all of us to remember and honor our many heroes.

Bring a friend, a member or a neighbor to Glacier High School this weekend and walk among the posted flags. The display is open to all without charge. Don't miss it!

For more information, visit www.healingfield.org/event/kalispell22.

Creating a Ripple

by Jenn Prunty

We are living longer than ever, in a society that seems to place the most value youth and beauty. In 2002, a group of retirees in Boston tossed a pebble into the pond, creating a ripple that would change our attitudes and approaches to growing older. This little ripple would become the Village Movement in 2010, offering communities across the country the tools and resources to create their own manifestos for positive aging.

May is Older Americans Month, and this year's theme is, "Aging My Way". I think that's exactly what the founders of Beacon Hill Village had in mind when they put their heads together to create ways to stay active and engaged in their communities and get the support they'd need to age confidently in their own homes and on their own terms.

Thanks to them, there is a group of seniors in the Flathead Valley, who are doing the same; they're taking Qi Gong classes and experimenting with art and writing. They're taking Qi Gong classes and experimenting with art and writing. They are educating themselves and making plans to safely and confidently age in place in their homes. They're putting their experience and skills to good use by not only volunteering but even developing office and program systems and procedures. They're challenging their comfort zones. They are finding a new sense of belonging, confidence, and peace of mind. They're making new friends and making a difference for others. And, they're leaning on their new peers when they need a little extra help.

By 2030 it is estimated that 30% of Flathead County residents will be over the age of 65. Thank you to everyone in My Glacier Village for being the pebble and changing how we age, not only today's seniors, but for generations of seniors to come.

CONNECT & INSPIRE

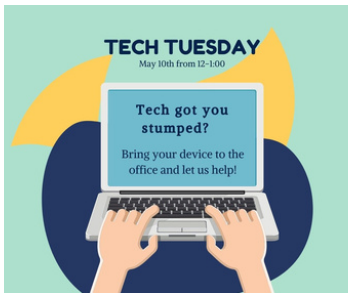
opportunities to learn about the Village and meet others who share your interests...



Qi Gong - Qi gong is a gentle energy practice that improves organ health and promotes overall wellness. It's like medicine in motion!

***Tuesdays from 1-2
at Glacier Sound in Columbia Falls
&***

***(New!) Thursdays from noon -12:45
at Braided Way Peace Collective in Kalispell***



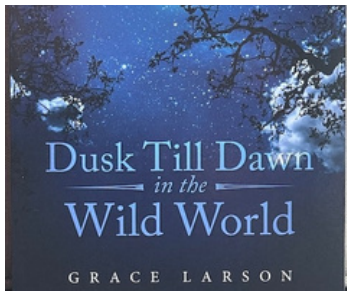
Tech Tuesday with Whitney - Wondering about all of those icons are your phone? Learn how to delete those you don't need and organize the ones you want to keep.

***June 14th at noon
at the MGV office***



Happy Hour at Brannigans - Trivia, raffle prizes, split the pot, friends, food and laughter.

***June 15th from 4-6
Upstairs at Brannigan's in Kalispell***



Book Signing - Please join us in celebrating not only the release of Grace Larson's newest novel, but also her most recent screen play awards.

***June 21st at 4pm
at Montavino Winery in Kalispell***



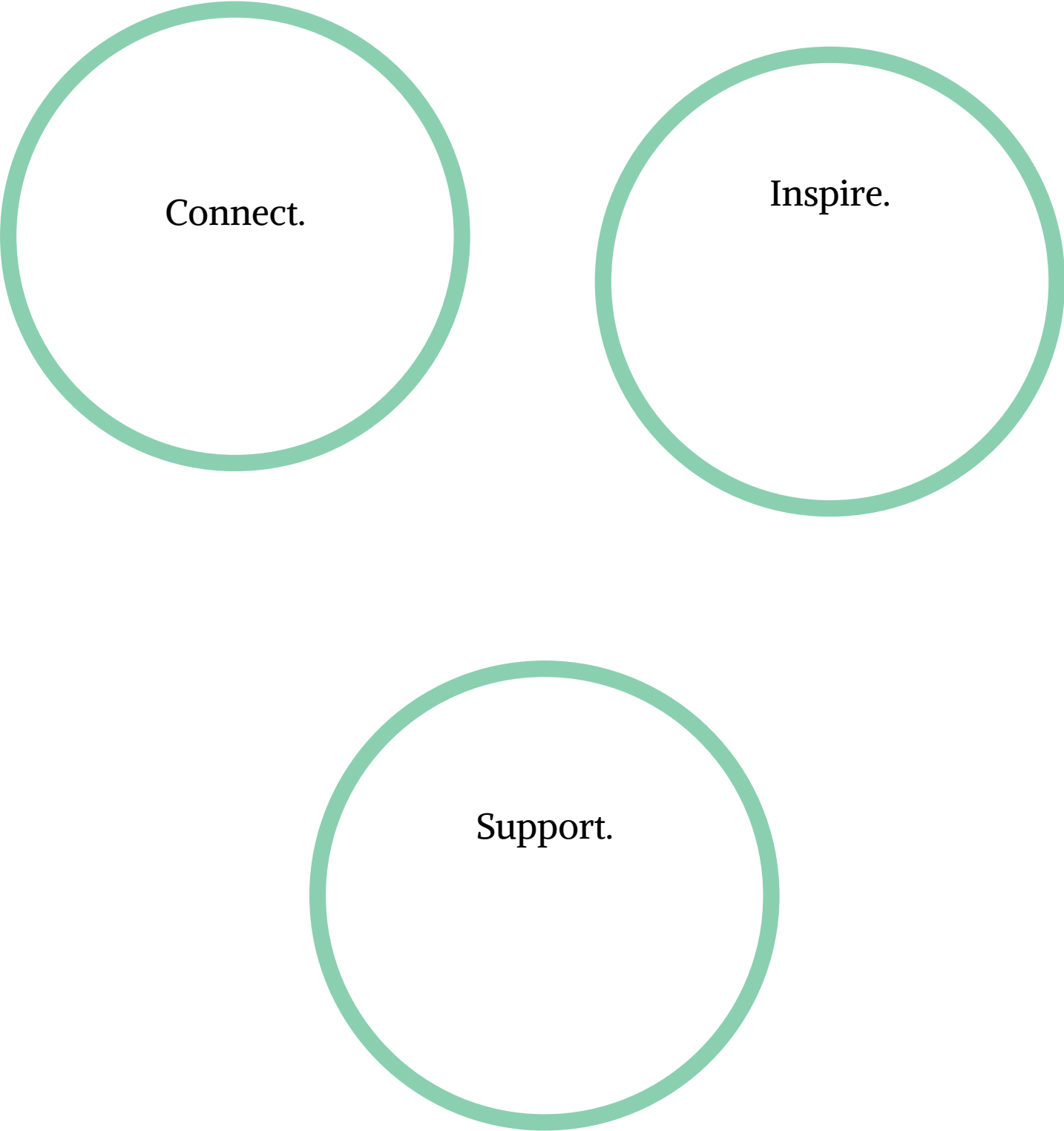
BINGO - Come and make some new friends, laugh and you might even win a little money! Bring a handful of dimes and let's play!

***Wednesday, June 22 at 1pm
First Presbyterian Church, Kalispell***



Learn to paint with easy step-by-step guidance from a local professional. Bring your favorite snack and beverage to share.

***June 25 at 6pm
Kalispell***



Connect.

Inspire.

Support.