



It Takes a Village

By Walter M. Bortz, II, MD

A recent episode of the popular show *All Things Considered* hosted by Robert Siegel featured the Nobel worthy movement “Senior Village.”

This phenomenal creation was started in colonial Beacon Hill, Boston in 2001. The Village model is the gold standard for “aging in place.” When you live in a village, you’re not part of an old age ghetto.

You’re still part of the larger community. It provides the opportunity to create a positive prototype for aging. It’s first and foremost a community that relies on the passions, talents and expertise of the people that share proximate housing.

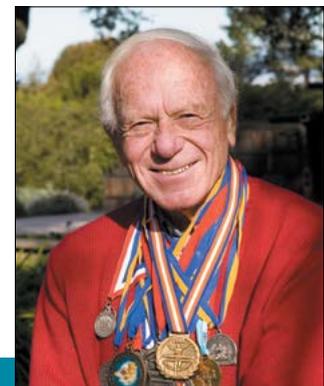
The residents link with one another and with a network of volunteer and paid services. The members help each other.

“I want a driver.” “Jake is free.” The Village will send a plumber if your pipes plug up. Other services connect through the referral mechanisms.

There are now over 300 villages in the United States including Avenidas Village of Palo Alto, CA. Each governed by a Board of Directors made up of members. Staff are paid and include a single coordinator who arranges to meet villagers needs by vetting vendors.

The typical village provides the social, educational and day-to-day needs of the members throughout formal structure administered by the village coordinator.

It has been said that “old age is that time of life spent among strangers.” The village movement is a way to offset that with dignity and common concern.



Dr. Walter M. Bortz, II is one of America’s most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including “Dare to Be 100” and “Next Medicine.” To learn more, visit walterbortz.com or email: DRWBortz@gmail.com.