



COASTAL NEIGHBORS NETWORK

Village Matters

CNN Opening Celebration September 17 from 4-6 p.m. at the Dartmouth YMCA

The Board of Directors is delighted to announce the formal opening of Coastal Neighbors Network, a virtual village composed of members who choose to age comfortably and safely in their own homes as long as possible. To mark this milestone we are hosting a party at the YMCA on Sunday, September 17 from 4 – 6 p.m.. You should have received a “Save The Date” email, and a snail mail invitation will come soon. We look forward to seeing you!

In addition to meeting Andy Pollock, our Executive Director, you will hear a few words from Ben Booth, a respected Tai Chi teacher, competitive rower and expert in the relationship of mind and body as it pertains to health and wellness. Farm & Coast is providing the yummy hors d'oeuvres and we will also offer wine and non-alcoholic drinks for our guests. Board member Dock Murdock and the Spindle Rock River Rats will perform.

If you would like to bring a friend, especially if it is someone who you think would be interested in learning about CNN, please do, but don't forget to RSVP by September 10 either by registering on the [website](#) or contacting Andy Pollock at (508) 556-4004 or his [email](#). It will be fun!

A Membership/Volunteer table will be set up where you can learn more about what becoming a [member](#) and/or a [volunteer](#) at CNN means. Becoming a volunteer is a wonderful way to serve our community as well as to learn about an organization that you someday might join. As a *social* member, you can participate in all CNN activities. With a *single or household* membership, you can request volunteer services that support your continuing to stay safely at home and to increase the social activities in your life.

Atul Gawande Live Stream on September 25 at 5 p.m. at Friends Academy

Dr. Gawande's live stream TV presentation has been rescheduled for September 25. (Some of you may remember that the live stream presentation last February by Dr. Gawande, author of *Being Mortal* and several other successful books, was to be part of the Beacon Hill Village 15th Anniversary celebration of the "Village Movement" but was postponed due to a snowstorm.) Eighty people signed up for the February viewing and we hope to have even more this go round. We will provide refreshments and facilitate a discussion following Dr. Gawande's talk. He will start promptly at 5 p.m., so please arrive a few minutes early so you don't miss a word. He will be seen across the country, addressing village members in many of the over 200 villages that are up and running.

If you are interested in attending this event, please [register at our website](#) after September 1.

Odds & Ends

Thanks again to all who have supported the development of our village: Volunteers, Founding Sponsors, Community Organizations all have been essential to the success of our journey thus far. We look forward to your continued involvement, as we know it takes a village to make a village!

Check out the interesting and fun events on our [website calendar](#).

A Volunteer Training is scheduled on October 5th at 9:30 a.m. in Room 304 at Town Hall. If you are interested in attending, please [register here](#).

The Sharing the Harvest Community Farm is right here in our neighborhood at the Dartmouth YMCA. In July 29,149 pounds of beans, beets, broccoli, cabbage, cucumbers, eggplant, kale, onions, peppers, potatoes, scallions, summer squash, Swiss chard, tomatoes, and zucchini were harvested and donated to feed the hungry in the greater New Bedford area. They are always looking for more harvesters. If you would like to help, [come join us](#) on Wednesday August 23.

We enjoy scanning for articles that are relevant to our organization and to all involved in the

“Virtual Village Movement” that is dedicated to finding a safe and affordable way to help us stay at home, stay safe and stay connected as we age. Here are a few:

- [Ideas for Serving your Aging Community](#)
- [Aging in Place Tech helps Seniors Live in Their Home Longer](#)
- [Add an Extra 7 Years to Your Life by Doing These 3 Things](#)

Please feel free to forward this newsletter to friends who might be interested in our organization. We are committed to supporting people who want to stay at home, stay safe and stay engaged in the life of our lovely community.

Your friendly CNN Board,

Kate Fentress, Chair
Richard Murdock, Vice-Chair
Nancy Kurtz, Secretary/Treasurer

Gretchen Graef
Margot Hand
Margaret Jones

Steve Kiechel
Lisa Mellgard
Janet Sherwood

The Mission of Coastal Neighbors Network is to enable Dartmouth residents 50 and over to remain at home and to stay connected through a range of services provided by volunteers and approved vendors. We are a non-profit membership organization dedicated to the concept of Aging in Place.

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