

# Newsletter March 2018

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COASTAL NEIGHBORS NETWORK

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## Village Matters

What You Need to Know About Our Village Now

**Our membership continues to grow**

As of March 8 we have 53 members. We think that is because Coastal Neighbors offers a cost effective way to maintain independence and stay connected with family, friends and community, reducing the social isolation and loneliness that can creep up as we get older. Friends may move away; a partner may become ill; evening driving may be limited. As a favorite T-shirt says, "Compost Happens." ***Coastal Neighbors Network is not a Place; it is a Plan!*** We are still getting to know our members and are always open to members' ideas about how to make Coastal Neighbors more relevant/helpful/fun. If you have an idea for a group, such as a monthly movie group, a lunch club, or whatever, please share it with Andy [via his email](#) or 508.556.4004 and he can assist you in getting it off the ground. ***Our village is what we make it!***

### Upcoming events

A number of fun and successful gatherings have taken place since the beginning of this year, with more in the works. Mystery Night in February was a great success, and seeing everyone in costume was well worth the price of admission! ([Photos](#)) If you have even a tiny bit of the Irish in you, check out our musical event on [March 17](#). We would like to hear from our members as to what you would enjoy and help plan. Let us know!

Check out all the upcoming events on our [website calendar](#).

### We now have 17 trained volunteers

While we still don't have many service requests, we do have committee work that is strengthening our organization, its relationships with other community organizations, and the programs we offer to members. We hope you will consider taking advantage of the opportunity to work with a great group of people to make Coastal Neighbors into a permanent resource for our town. Contact [Andy](#), our Executive Director, if you think you can pitch in as a committee member. We would love to have you.

### UMass School of Nursing project

The UMass School of Nursing is scheduled to begin its weekly visits to 4 Coastal Neighbors' households after the Spring break. Our director, Andy, will make the initial introductions, and the nurses will be supervised by Paula Walsh, PNP, a Community Nursing Supervisor with a specialty in Gerontology.

### Feedback

Our volunteers already have an easy online option to report on their experience providing a service for a member. Soon, we will have a place for our members who have had a service to report back on it. This is valuable input for Coastal Neighbors' own development. We want everyone to know we are listening, and using feedback to become a better village for everyone's benefit.

## Have you filled out the survey about the age-friendliness of Dartmouth?

Many people have asked us about the Survey we all got in the mail and whether we have anything to do with it. The overall answer is that we support the idea, but the Survey is a component of a national effort by AARP to evaluate the age-friendliness of communities all across the country. The Dartmouth Town website explains "The Town of Dartmouth has become involved in the 'Age Friendly Community' movement, which supports active aging and making our community more livable for everyone. Through this process we hope to focus our planning and development efforts on opportunities to make the Town an attractive, safe and vital community for residents of all ages, particularly our senior population." Executive Director Andy Pollock serves on the Town's "Age Friendly Steering Committee" and will work with the committee to consider how to respond to the survey results and make Dartmouth more age friendly for us all. Please [follow this link](#) to fill out the survey if you haven't yet done so. It will be available online only until March 18.

## It's almost Spring!

This is a great time of year to take a walk, buy some seeds, plant some flowers, or visit a friend. If you would like to get a walking group going, let us know and we will help gather a group.

*A Note from Kate, our Board Chair.*

*As I'm sure many of you already understand, fundraising is an integral part of village life for Coastal Neighbors, particularly as we ramp up our membership. A year prior to our opening, we asked for and received gifts of \$100 to \$10,000, for which we are very grateful. With these dollars we were able to accomplish the following:*

- Hiring an executive director*
- Setting up software to track membership, volunteers, activities, and requests for service*
- Depositing 6 months of operating monies in the bank*

*For the next three years, we will continue fundraising to meet expenses until membership fees can provide the lion's share of operating funds. Our goals are to become a permanent and sustainable resource in Dartmouth with a full-time director to manage the myriad services and activities of our village.*

*I hope you will join me and my husband David, along with 100% of our board and more than 100 Dartmouth residents, in making tax-deductible gifts to Coastal Neighbors Network. (Ideally, if just 10 people gave \$5,000 per year for the next 3 years, we would meet our goals.) And the good news is we are already halfway to*

years, we would meet our goals.) And the good news is we are already halfway to our goal for 2018! You can [donate right now](#) or speak to Andy Pollock at 508-556-4004 about making a gift. Thank you in advance for considering us as you make your choices about how to best utilize your philanthropic dollars.

Aging in Place or Aging in Community is very hot topic these days. Here is a link to a recent article we hope you will enjoy.

- [New Services, Technologies can help with aging in place](#)

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Please feel free to forward this newsletter to friends you think might be interested in reading about Coastal Neighbors -- or in becoming a member or volunteer. We are committed to supporting people who want to remain in their homes, stay safe and feel engaged in the life of our lovely community.

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

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Gretchen Graef  
Margot Hand  
Margaret Jones

Steve Kiechel  
Lisa Mellgard  
Janet Sherwood

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*The Mission of Coastal Neighbors Network is to enable Dartmouth residents aged 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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You are receiving this email because you expressed interested in hearing information about our village.

**Our mailing address is:**  
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