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## June 2018 Newsletter

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Thu, Jun 28, 2018 at 6:00 AM

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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 June 21 we have 65 members, up from 53 in March. We are also thrilled to announce that we now have a *reduced fee membership policy* approved at our June Board meeting. Our goal is to use 10% of our operating budget to subsidize memberships, making Coastal Neighbors available to a Dartmouth resident over 50 who wishes to

receive services. Depending on our finances, we will adjust our goal on an annual basis. We have clear guidelines for this membership including complete confidentiality.

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## Events

The Events Committee rocks! In May Fred Dabney generously opened Quansett Farm Nursery to Coastal Neighbors members for a tour and an opportunity to purchase plants. See Kim Goddard's lovely photos of the [Quansett Nursery Tour](#). Fred is a knowledgeable nurseryman and gave us the "full court press" in both Latin and English. He surely made Linnaeus proud!

Then on June 16 our amazing Executive Director, Andy, hosted a Hoe Down at Silverbrook Farm and Kim's photos again captured the party spirit! See [Hoe Down Photos](#). Good food and good cheer abounded, along with barn swallows flying to the rhythm of the Spindle Rock River Rats wonderful music. As always, we encourage you to give us your ideas about activities and services that you



believe will strengthen our village and make it a more meaningful community for all of our members. [Contact Andy](#) to let him know what you think.

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

**July 19** – You may have already received your invitation to participate in our "BYOB Barbecue for 8". Small groups of Coastal Neighbors Members and Volunteers will gather for a pot luck supper, with the main course, on the grill, provided by each host. It will be a special time to get to know your "Coastal Neighbors."

**(Members/Volunteers Only)**

**September 23** – Our 1<sup>st</sup> Anniversary Celebration will be held at the Dartmouth YMCA, where we had our very successful grand opening event. ***Laura Connor, the Executive Director of Beacon Hill Village, will be the speaker.*** If you want to help make this year's party great, please [email Andy](#).



### **UMass School of Nursing project**

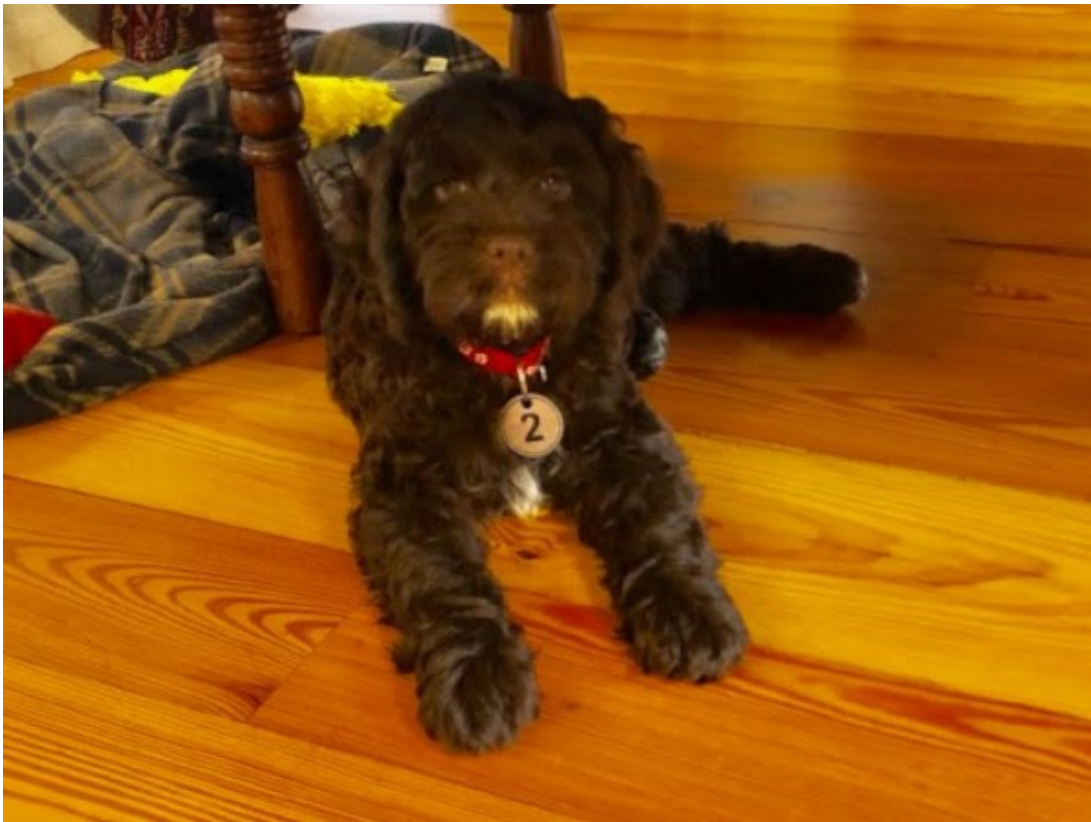
Our work with the students from UMass School of Nursing in the spring semester was a great success. Four teams of two nursing students visited 4 of our member families for 4 weeks. It provided valuable learning for the students, and our members enjoyed being part of the educational experience for these future nurses. The program will expand this fall to include 2-3 more households and will cover the whole semester.

### **Dartmouth survey about age-friendliness of our town**

The survey, which looked at livability in Dartmouth for all and particularly for our senior



population, is now available on the Dartmouth Town website. Read the results: [Dartmouth Age-Friendly Livable Community Initiative](#)



*A Note from Kate, our Board Chair.*

*I am sitting here looking at my sweet new puppy, Archie, and thinking about how much my husband and I have ahead of us to nurture, train and shape his personality. It is a little bit like Coastal Neighbors Network. We are up and running now, and all is going well. But we are learning as we go, and our energy and attention is even more important now. Maybe the analogy is a bit of a stretch, but Archie is young and needs lots of attention so he will grow up to be a great dog. Similarly, Coastal Neighbors Network is also young and needs lots of attention if it is to grow to be a sustainable and meaningful organization. We are confident the Board, our members, volunteers and strategic partners will make this happen. In two years I will report back on Archie and hope he measures up to the positive progress of Coastal Neighbors!*

If you would like to read more about issues relating to aging, here are some interesting articles:

- [Why Do So Many Older People Have Prejudice Against Their Peers - and Themselves](#)
- [The Many Benefits of Meditation For Older Adults](#)
- [12 Myths About Aging and Exercise](#)

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

*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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