



VILLAGE MATTERS

A Note from Kate:

A big thank you to all who came out to celebrate our first year of active operations at Coastal Neighbors Network. This issue of Village Matters is dedicated to everyone who helped us get to this point, and all who we hope will stay with us as we continue to grow and to better exemplify what it takes to sustain a caring community dedicated to supporting and connecting its members and volunteers.



Celebrating our First Anniversary

Our first anniversary celebration at the Dartmouth YMCA was a great success, with yummy food from Farm & Coast Market, a delightful string quartet comprised of young women from Dartmouth High School, and a guest speaker, Laura Connors, Executive Director of Beacon Hill Village, the organization that initiated “The Village Movement.” We are very appreciative of our community partners and friends, and of the donors, members, and volunteers who are so critical to our ongoing success. We also want to thank the folks who contributed to our reduced fee membership fund.



We thought you might want to know who has helped us create and support Coastal Neighbors. There are a lot of you, and we are grateful to every single person who has served in some way and/or by donating funds without which we would not exist. [Here is the list](#). If we have forgotten anyone by mistake, please let us know and we will mention you in the next newsletter.





Dementia and Your Community

Board member Margot Hand and our Executive Director Andy Pollock attended an excellent training for businesses and caregivers entitled, “Dementia & Your Community” at the Dartmouth Council on Aging. Offered by the Alzheimer’s Association, the training focused on recognizing signs of memory impairment and developing strategies to deal with people who show signs of dementia. They attended not only because Coastal Neighbors wants to contribute to making Dartmouth more dementia friendly, but to be more knowledgeable in training our volunteers and supporting our members if the need should arise. Here are their take-aways:

- For most of us, it’s useful to know the difference between signs of Alzheimer’s / Dementia and typical age-related changes. Here is a helpful chart:

Signs of Alzheimer’s and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

Source: Alzheimer’s Association https://www.alz.org/alzheimers-dementia/10_signs

- It’s important to understand what Alzheimer’s or other forms of dementia do to the brain-body connection. For example, not only are there changes to muscle coordination and balance that raise the risk of falling, but the sensory perception system changes -

creating visual and auditory challenges, and even making food taste more bland so a preference for sweets kicks in.

- Understanding the brain-body connection also makes it easier for everyone - from families, friends and caregivers to local store personnel - to learn helpful communication strategies, such as a calm tone of voice and using simple phrases and sentences, or being aware of your own body language because gestures and eye movements can be distracting or inflammatory. If store management understands the challenges of dementia, they might make better accommodations; for instance, having a single bathroom set aside for both men & women means that a caregiver and an alzheimer patient may enter together; there's no need to leave anyone standing outside the restroom alone.
- For recommendations on more strategies that families, friends, caregivers, and stores can apply, see the Alzheimer's Association website - <https://www.alz.org/> or contact Andy Pollock for information about local resources, including local elder services, caregivers, and protective services.

In the News

Finally, we hope you enjoy some of the latest press coverage about the Aging in Place "Movement".

Forbes is doing a good job of covering the topic and here is an article from July.

- [Secrets to Successfully Aging in Place](#)

This is an older article from Aging Well that nicely outlines why and how the Village movement has emerged as a viable option, especially for Baby Boomers.

- [Village Concept Promotes Aging in Place](#)

Feel free to give us feedback on Village Matters and/or submit an article for publication. We would LOVE to add to our writing staff!

Happy Fall from the Coastal Neighbors Board of Directors

Kate Fentress, Chair
Steve Kiechel, Vice-Chair
Nancy Kurtz, Secretary/Treasurer

Kim Goddard
Gretchen Graef
Margot Hand

Margaret Jones
Lisa Mellgard
Dock Murdock



Caring | Community | Connection

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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