
Coastal Neighbors Network Newsletter December 2018

Coastal Neighbors Network

Wed, Dec 12, 2018 at 4:59
AM



VILLAGE MATTERS

A Note from Kate:

No matter how you celebrate the holidays at this time of year, or just walk about town in December, 'tis the season of parties, bright lights, and family gatherings.

Yet, we know it can also be a time of loneliness and sadness for people who don't have family around or who are suffering from illness or loss. Coastal Neighbors offers antidotes in small yet meaningful ways; for instance, a friendly visit or help with decorating, a ride to our holiday party or a community activity. We are creating community among our volunteers, members and our Board, with a conscious effort to be generous and open to each other, in good times and in challenging times alike. We are all in this thing together!



News & New Directions

As we end the year, we want to share some of the exciting ideas and new directions that grew out of a Board Retreat we held in November. With the help of Joyce Wadlington, who has been Executive Director at Wellesley Neighbors for the past 10 years, we focused on what we could learn from the successes and failures of the Village Movement - a stimulating and inspiring discussion. Here are our top five takeaways:

Initiate Clusters

These are smaller groups within the membership, perhaps 15-25 people. The Cluster "Captain" facilitates a once or twice-a-year gathering. She/he also calls each new member who's been assigned to a cluster and reviews how it works. In addition, a Captain also reaches out to any frail members of her/his group prior to and after a storm, or when the Executive Director identifies a health concern or other issue. The main purpose of the Cluster structure is to enable a small group of members who live within geographic proximity (in most cases) to become better acquainted with each other. Joyce reports that when members of the Wellesley Neighbors Clusters have gotten to know each other, they feel comfortable turning to each other for support. We would like to pilot this in the coming year and are

looking for folks who would be willing to be a Captain. Please let Andy know if you would like to help us make this happen.

Develop a Speaker Series

There are many talented people in our community and we would love your suggestions and your help in putting this together. Recently, we had a wonderful meeting that raised many end-of-life issues, and it left us all wanting more information about our options and the issues that couldn't be answered due to time constraints. We will schedule a follow-up in 2019, but we need more ideas and speakers to develop this into useful and stimulating discussions that many of you will not want to miss.

Build a stronger relationship with UMass Dartmouth

We have made a great start at the Nursing School where we have 10 students meeting with our members on a weekly basis as part of the Community Nursing Curriculum. The University is also eager for the Dartmouth community to take advantage of its campus by attending or offering talks, films, and other cultural activities. We will be reaching out to the Chancellor in 2019 to discuss how we can be a part of an increased community presence on campus.

Grow Medical Ears

There are times when a member may not have family available to be a second set of ears at a meeting with a doctor. One of our Board members, Steve Kiechel, is a retired surgeon, and he has offered to start up this service. If you find yourself needing a person to go with you to a medical appointment, let Andy Pollock know in advance, and he will find out if Dr. Kiechel can accompany you.

Hold an annual meeting for members

We have decided to hold an Annual Meeting that will be open to our members and others who are interested in learning more about Coastal Neighbors Network - and to celebrate another year of operations. Our plan is to include a speaker, serve refreshments, and make it a worthwhile event where attendees can hear about the accomplishments and challenges of our past year of work. We hope it will also be an opportunity for you to provide feedback to our board about how Coastal Neighbors is or isn't working for you. After having a kick-off celebration in September 2017 and celebrating our first year of operations in September 2018, the Annual Meeting will enable us to transition the annual celebration into a fundraising event.

Join Us

Fundraising, building partnerships and collaborations, marketing, improving what we offer our members are part and parcel of our ongoing work. We need your help with all of it! We want to expand our board, build our committees, and bring more people into our circle of members and volunteers. Please do not hesitate to be in touch with Andy if you think you can help. A small coffee at your house, the

suggestion of a fascinating speaker, words of advice for our board, a generous donation - or any way you can contribute will be valuable to our growth and sustainability.

In the News

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

The Village Movement is reinventing retirement

- [Reinventing Retirement: It takes a village](#)

This will help us to get out there and keep exercising

- [Exercise Wins: Fit Seniors Can Have Hearts That Look 30 Years Younger](#)
-

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!

Our Board of Directors wishes you a happy and healthy holiday season and coming year!

Kate Fentress, Chair

Steve Kiechel, Vice-Chair

Nancy Kurtz, Secretary/Treasurer

Kim Goddard

Gretchen Graef

Margot Hand

Margaret Jones

Lisa Mellgard

Dock Murdock

Paula Walsh



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.