

# COASTAL NEIGHBORS NETWORK

## NEWS

### Trivia Night

At a coming event, you will be able to test your knowledge. Hosted by Rob and Becky Vercollone, we will play Team Trivia. You may know more than you realize!

When: Apr 27, 5 p.m. to 7:00 p.m.

Where: 688 Smith Neck Road,  
Dartmouth

RSVP: Call 508-556-4004 or  
register online at  
[coastalneighborsnetwork.org](http://coastalneighborsnetwork.org)

Transportation available:

Call 508-556-4004.

### Don't Forget the Daffodils in April!

Our Coastal Neighbors' Tradition is to pick daffodils in the Spring and bring bunches to an assisted living facility. There may be snow on the ground but the bulbs are peeking up! Mark your calendar for April and bring your shears.

When: Apr. 10, 2:00 p.m. to 4:00 p.m.

Where: Silverbrook Farm, 592 Chase  
Road, Dartmouth

Transportation is available.  
Call 508-556-4004.



Rob and Becky Vercollone at last year's Academy Award Party

## Academy Award Party

Get dressed up and enjoy a night on the town. Come cheer your favorite movie star. Enjoy light refreshments and merriment. You'll have a blast!

When: March 10, 7:00 p.m. to 9:00 p.m.

Where: Silverbrook Farm, 592 Chase Road, Dartmouth

RSVP: Call 508-556-4004 or register online at  
[coastalneighborsnetwork.org](http://coastalneighborsnetwork.org)

Transportation is available: Call 508-556-4004.

## Nonie Walder

March 2024

### Service Member, Coastal Neighbors Network

"We knew when we walked in the door, this was the house of our dreams," says Nonie Walder of her house in Dartmouth where she has lived for 60+ years. Nonie and her husband Rick met while students at University of Rhode Island. Rick was studying engineering and Nonie majored in education with a minor in music. They settled in New Bedford; then found that perfect house in Dartmouth. Along the way, they raised four children, the first three born in four years! "I sometimes wonder how I did it," she admits, "but they turned out just fine." After working for NASA, Rick found his calling as a professor at what was then New Bedford Institute of Textiles and Technology and later became UMass Dartmouth. Nonie was also busy, becoming director of a nursery school and then teaching 6<sup>th</sup> grade and later high school math. Nicknamed "Boom-Boom," Nonie was a percussionist and bass player for about 40 years in the Dartmouth Community Band. Rick died in 2006, but with the support of her children, Nonie has been able to stay independent in her beloved home. She also relies on Coastal Neighbors volunteers. "I can count on these lovely people to get me to my dialysis appointments three days a week," she says. But it's not just transportation she appreciates – it's the friendships and time with caring people that make Coastal Neighbors' help so important in her life.



Nonie as Boom Boom in the Dartmouth Community Band

### Tired of Cooking for One?

It's sometimes hard to make the effort to cook a nice healthy meal just for yourself. Shopping alone can become a chore and expensive. We've found a couple of delicious and healthy alternative options; both options provide locally cooked to order meals in a variety of choices that vary in price. The cooked-to-order meals eliminate a significant amount of shopping, cooking and the waste of unused grocery items. Both options can be customized to meet restricted dietary needs.

#### **PlanIt Eats on Faunce Corner Rd in North Dartmouth**

With PlanIT Eats, there are no restrictions on ordering as many or as few items as you like. They have an online menu and ordering. See the website: <https://www.planiteats.com/category-s/198.htm>. "Our journey began in 2002 as the Healthy Grille in North Dartmouth, MA. We have been on a mission to educate the public through our food about the effects of good nutrition on the body. Nutrient rich foods can be delicious and make a positive change in your life. Gut health is now known to affect your blood pressure, cholesterol, energy level, aging, cognitive function and more." The food is delicious. **For information call (855)569-6325 or e-mail [michael@planiteats.com](mailto:michael@planiteats.com)**

#### **Another option is Carmen's Family Chef Service in New Bedford.**

"My business, Carmen's Family Chef Service, has been catering to families for the past 19 years. I am so excited to bring to your table fresh, quality, healthy, and delicious dinners. I enjoy pouring through cookbooks to find new recipes and delight in creating new menus. My clients have been a source of inspiration with their own family favorites I have added to my menu." Carmen's offers a weekly selection that rotates each week. Their food is locally made with delivery or pickup. See their website <http://www.carmensfamilychefservice.com/> To place an order, call 508-858-5488 at any time.



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