
March 2020 Newsletter from Coastal Neighbors Network

Wed, Mar 25, 2020 at 5:05 PM



VILLAGE MATTERS

Hello Fellow Social Distancers

The Board at Coastal Neighbors is brainstorming on a regular basis and constantly learning more about how we can be helpful to you and what resources are out there for all of us. We older Americans must stick together even in social isolation and use the wisdom we have gained through years of experience to move through yet another of life's challenges with grace and grit.

We have been taking steps to keep members and volunteers informed about the Coronavirus - how to prevent the spread of COVID-19 and what to do if you feel ill, want a buddy or need groceries. We recognize the importance of keeping you up to date and being supportive of everyone's social isolation, including helping you to order food. In case you missed one of our earlier emails, here are the steps we have taken as a board and the people who have executed the decisions:

March 8 we sent an email to members and volunteers urging them to exercise caution about physical contact and listing healthy practices that prevent the spread of coronavirus. Our Executive Director Andy Pollock called Service Members to make sure they were informed about COVID-19 and best practices that the CDC advocates.

March 10 we began to establish a "buddy" system by inviting volunteers to sign up to be paired with a Service Member. Andy arranged the pairing.

March 17 Lisa Mellgard, our tech-savvy Board member, sent an email which shows supermarkets and other food vendors that offer pickup or delivery services. Lisa posted a link to this same information on [our website](#) with an update on Coastal Neighbors' Response to the Coronavirus, which includes important information about medical resources but also about the limitations we have imposed on our volunteers' services at this time. Lisa will be posting these and other communications on our Facebook page.

This is undoubtedly a strange time, but not without hope. In the

words of Jami Tworkowski, who founded the non-profit organization To Write Love on Her Arms:

Hope Will Not Be Cancelled

Conversations will not be cancelled.

Relationships will not be cancelled.

Love will not be cancelled.

Songs will not be cancelled.

Reading will not be cancelled.

Self-care will not be cancelled.

Hope will not be cancelled.

May we lean into the good stuff that remains.

As our region to gears up for an onslaught of Covid19, we are keeping those words in mind. “Staying in” does not have to mean isolation. Even a 20-minute walk - at the beach or one of on our many conservation paths - is restorative and calming. Go for a walk with a friend! Join your family on FaceTime! Bring forsythia inside to help you look forward to Spring.

Personally, I found that using up some of the extra food that we have in our freezer feels cleansing, and I found I’m even enjoying feeding the chickens a little more - especially since they are laying again. I am practicing serious social distancing for personal health reasons, so I don’t have the luxury of doing an errand for a friend. But like any of us, I can still BE A FRIEND.

Please stay well, stay in touch and stay home!

Kate and the Board at Coastal Neighbors Network

Links

[NBSO live stream Yaniv Dinur on Piano Saturday March 28 at 8 PM](#)

[NBSO recorded Fiddle Time from Friday March 20th.](#)

[Town of Dartmouth Coronavirus Information](#)

[How to stay safe while grocery shopping](#)

[How to clean your car to reduce the spread of the virus](#)

[Historic sites you can visit online](#)

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!

Kate Fentress, Chair
Steve Kiechel, Vice-Chair
Margot Hand, Secretary
Chris Strasser, Treasurer

Kim Goddard
Gretchen Graef
Margaret Jones
Nancy Kurtz

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.

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