



COASTAL NEIGHBORS NETWORK

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# Village Matters

## What You Need to Know About Our Village Now

### Our Opening Celebration Was a Huge Success

More than 120 guests enjoyed the delightful music of the Spindle Rock River Rats, and then an inspiring message from Ben Booth. Ben is a local Tai Chi teacher and world-class rower whose stories beautifully wove together our values of community and support with the practice of Tai Chi as a path to physical and mental harmony, as well as improved health. From the [photos](#), you might be able to sense the crowd's energy and excitement — and the feeling of community we generated. That is what we are all about and we thank all who came to celebrate with us. **We now have 39 members.** CNN offers its members a cost-effective way to maintain independence, stay connected with family, friends and community, and avoid feeling isolated. *Coastal Neighbors Network is not a Place; it is a Plan!*

### Please Consider a Year-End Donation to CNN

We were delighted to achieve our initial financial goal of funding the launch of CNN. To all those who so generously contributed, we say a profound “Thank you.” But we are still in startup mode and will continue to need additional support over the next 2-3 years as we ramp up membership and membership fee revenue helps cover operating costs. That's the typical scenario for “new villages” like CNN. Please help ensure CNN's continued growth by [clicking here](#) to make a gift of any size. You will be supporting an important resource to keep your neighbors *safe, connected and active in this community*. Thank you!

### Events Are Underway

A number of fun and successful gatherings have taken place already - from pie making to a Sing for Your Supper Potluck - and more activities are in the works. We would like to hear from our members as to what they would enjoy and help plan. Let us know!

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

### We Now Have Trained Volunteers

Although we are not providing many services at this point, we know that will change as we grow. In the meantime, we are developing a team of trained volunteers, and all of our committees are working hard – from inventing fun activities that will tickle members and intrigue new people to designing brochures for marketing and fundraising – or just plain helping out with administrative chores. We hope you will consider taking advantage of the opportunity to work with a great group of people to make CNN into a permanent resource for our town. Contact [Andy](#), our Executive Director, if you think you can pitch in as a committee member. We would love to have you.

### UMass School of Nursing Project

Just before Thanksgiving, Board Chair Kate Fentress and Dr. Caitlin Stover, Director of Community Nursing at UMass Dartmouth put the finishing touches on an innovative joint project. We are very pleased to announce that next semester CNN will be a site for four

teams of two nursing students. Each team will make regular visits to some of our members next semester. They will do health assessments and then follow those folks throughout the semester. They will offer health education and friendly visiting twice a week from early February through April. We are excited about this opportunity to provide some extra support to a few of our members, while also helping to give the nursing students valuable hands-on experience in developing a variety of community nursing skills, including the health assessments and teaching about nutrition, safety and learning more about how to best interview and interact with an older population. We are helping them and they are helping us – a match made in heaven! If you are interested in this project and would like to consider participating, please contact [Kate Fentress](#).

Aging in Place or Aging in Community is very hot topic these days. Here are links to a few recent articles that we hope you will enjoy.

- [Can You Afford to Age in Place?](#)
- [How Social Isolation is Killing Us](#)
- [An Advisor's Guide to Aging in Place vs. Community Living](#)

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Please feel free to forward this newsletter to friends you think might be interested in reading about CNN -- or 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.

Happy and Healthy holidays to all from Andy Pollock, Executive Director and all of the CNN Board. We look forward to getting to know you better in the coming year!

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

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*The Mission of Coastal Neighbors Network is to enable Dartmouth residents 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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Coastal Neighbors Network  
P. O. Box 80073  
South Dartmouth, MA 02748

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