
Coastal Neighbors Network Newsletter March 2019

Coastal Neighbors Network

Sat, Mar 30, 2019 at 5:59
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VILLAGE MATTERS



A Note from Kate

Village Matters is a little behind schedule, mainly because I just had a hip replacement. Now that I have joined the ranks of bionic boomers - without experiencing any complications - I am walking cane-less and painless, and I feel very fortunate. Yet even with a quickly healing hip, I had moments that felt like “the dark night of the soul,” where all I could see ahead of me were additional joint issues, doctors and downtime for recovery.

That (fortunately temporary) feeling focused my attention on the aging process and how scary it can be to manage the various limitations that go with the territory, especially when they are sudden or unexpected. I’ve decided to take up meditation and to look into creating a short-term group

(6 weeks or so) that can come together and talk about how to “Age Gracefully” in the face of the losses that are inevitable. Please let us know if you want to sign on by [sending us an email](#).

A Lot is Happening



Securing Your Privacy

We are preparing to introduce more advanced **security precautions** for our **website**. We want to ensure the information in our database has the highest protection. We are working on this with our website’s software designer Manuel Acevedo, who has a background in data security. He is requiring all villages using his software upgrade to a very high standard. The standard, called GDPR, is used in Europe and is more stringent than what our own government requires. We are really pleased that Manuel is leading this charge as security and confidentiality are our highest priorities.

On our end, we are updating our privacy policy and our handbook, appointing a Data Protection Officer (compliance officer) and we will create and execute confidentiality agreements for members of our Board, Volunteers and Committee members. As we develop this new protocol, we will keep you posted and when you sign on to our website, you will be required to agree to our privacy policy. We will report more on this issue when we get closer to having the changes in place. Stay tuned.

Now on to the Fun Stuff

Tuesday, April 9 - Lunch & Learn



We encourage you to join us for a luncheon sponsored by Community Nurse Home Care to learn more about how to handle friends or family members suffering from dementia. That will take place on April 9 at noon at the Community Nurse office, [41 State Road](#) in Dartmouth. Please [follow this link to register](#).

Saturday May 4 - Kentucky Derby Party



Break out your straw boaters and big brimmed hats for a Kentucky Derby party on May 4. The party will take place at the beautiful farm of Will Milbury and George Leontire in Dartmouth. Drink a mint julep, place a bet, and watch the race with Coastal Neighbors members & volunteers. More details are coming, but please save the date!

June 22 & July 13 - Garden Tour Fundraiser



Our first annual fundraising event, the Coastal Neighbors Network “Peek at the Peak” Garden & Patio Tour, will be held on June 22 and July 13. See eight of Dartmouth’s most beautiful and creative gardens and patios at the height of their glory -- four in June and four in July. At each garden a special planted container will be raffled off to a lucky visitor. Tickets to benefit Coastal Neighbors Network will go on sale in May. Come take a “Peek at the Peak” and enjoy your neighbors’ amazing gardens and patios. The starting point will be Silverbrook Farm on Chase Road, where you will get a map. Until then the “secret gardens” will remain a secret. We promise you won’t be disappointed. We are looking for volunteers to help at each garden location. If you are interested in volunteering, please contact [Gretchen Graef](#).

Thursday August 8 - Croquet Party

You may remember that we almost had a croquet tournament last fall - until the weather interfered. This year we are planning an August 8 event from 4 to 7 PM at Salt Marsh Farm, Lisa and Andy Mellgard’s home. More details will



follow, but we plan to have some instruction and several games going at once - moving fast because we will play “Golf Croquet” - and even some lawn bowling for those who’d rather roll a ball than wack it. Wearing whites will be encouraged, but not required.

Sunday September 15 - Annual Celebration



Our Annual Celebration in September will take place this year at Round the Bend Farm in their new, beautiful barn. All the locally grown food will be prepared by their amazing chef, Shaun Van Laarhoven. Round the Bend is known for its commitment to sustainability in all things.



WE LOVE
OUR VOLUNTEERS

Volunteer Highlight

We have many wonderful volunteers at Coastal Neighbors. This month we tip our hats to Edie Lauderdale, who also happens to be one of our our oldest members and who is going strong. For her 90th birthday, she travelled to Antarctica with two of her sons. A former Assistant Head of School in New Jersey, she volunteers at the Whaling Museum, and she also volunteers for Coastal Neighbors, providing transportation for a good friend who no longer drives. In addition she participates in our partnership with UMass School of Nursing through which a cohort of members meet with a student nurse team each week, helping the students learn community nursing skills, interviewing skills, and most importantly, learning that the older generation has wisdom and experience to share with them.

New Nominating Committee Up and Running

Finally, we have a newly formed Nominating Committee that will help us in building our board and in succession planning. If you know of someone with

good energy and the time to roll up their sleeves and help us in any way, please contact our Executive Director, [Andy Pollock](#). We may work hard but we also know how to have fun as we continue to tweak and refine the workings of our fledgling organization. You can make a difference!

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 Spring from our 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

Paula Walsh



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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