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## Coastal Neighbors Network July Newsletter

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Mon, Jul 8, 2019 at 5:59  
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VILLAGE MATTERS

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### *A Note from Kate*

Summer is here and not a moment too soon! As always, Coastal Neighbors has sown lots of seeds, thanks to the hard work of our Executive Director, our Board of Directors and our many dedicated Volunteers.

If you missed out on our “Peek at the Peak” Garden Tour on June 23rd, all is not lost! (If you were there, thank you. You already know how beautiful the gardens were, and how smoothly the day ran.) But if you didn’t make the 23rd, you can still experience four other magnificent gardens on July 13. We are so grateful to Debbie Brooke and Patty Wecker, co-chairs for this well-organized and professionally executed event. And we thank The Weather Gods for blowing away the clouds and rain just for the window of Garden Tour hours. The garden entrances were well-staffed, parking spaces plentiful, and sunny gardens in bloom! When we include Patty’s and Debbie’s committee, more than 40

Volunteers made this event bloom perfectly. It was Coastal Neighbors' first major fundraiser, and we will relay its success after the July 13 Garden Tour has taken place. If you need a ticket please [click here](#).

If you want to see more photos of the first "Peek at the Peak," [click here](#).

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## Things are Happening



### Survey News & Policy Changes

Responses to our two surveys - one of Volunteers and another of Members - along with follow-up meetings to discuss issues, provided the Board of Directors with valuable feedback. This information will help Coastal Neighbors do its best to meet the needs and interests of our Volunteers as well as our Members and to make our Village stronger and more vital. In a prime example, we revisited how memberships are defined in order to ensure that our Coastal Neighbors community is truly inclusive and to recognize the important role that our Volunteers play.

We did not change our full service memberships held by "Members." However, as each of your "Social Memberships" comes up for renewal, you will find we have changed the name "Social Membership" and replaced it



with a category we are calling “Sustaining Membership.” This category will recognize any household that gives \$350 or more annually, and Sustaining Members will be welcome to participate in all Coastal Neighbors’ social activities.

In addition, we wanted to make clear that Volunteers are welcome to participate in social activities; they do not need to become Sustaining Members in order to participate. To recap, the move toward inclusiveness recognizes the key role that our Volunteers play in our Village's community by providing rides and other services, and it recognizes how important Volunteers are for achieving Coastal Neighbors’ mission: to help our members live in their own homes and stay connected to the community.

This is the amendment approved by the Board of Directors:

*[Regarding Social Membership:] This membership category will be changed from “Social Membership” to “Sustaining Membership.” A Sustaining Member is someone who gives \$350 or more annually to support Coastal Neighbors Network. The Sustaining gift offers donors the opportunity to participate in all Coastal Neighbors' social activities, along with our Single and Household Members, and our Volunteers. This gift is tax deductible as allowed by tax law.*

Of course, we welcome donations and support from all, both financial and in kind. It takes a Village to make a Village!

While we got a 65% return rate from our Volunteer survey and valuable input that engendered positive change, we have not had as impressive a response rate to our Member survey. There is still time! Please fill it out and mail it in. We will also have a meeting to hear from our Members in person on **July 18 at 4:00 PM at the Dartmouth Cultural Center at 404 Elm Street**. Please [click here](#) to RSVP.

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**Meditation**





Our “Meditation and Aging Gracefully” group is embracing the rewards of meditation with Dr. Margaret Bacon, a clinical psychologist with 30 years of meditation experience. We learned to infuse calm and steadiness into a walking meditation as well as a sitting meditation, and some of us have actually been able to incorporate a regular practice into our lives. The daily discipline itself is empowering and the practice of meditation reveals - at least for me - the unharnessed agility of my mind to dash about and produce a steady stream of random thoughts. My job in meditation is to come back to focus on my breath, over and over and over. It is simple but not easy - and it is straightforward, not mysterious. I believe it is one of many “practices” that teach how to create open space in the crowded life of the mind, and then to develop insights and perspectives previously unknown. I am a big fan of meditation but must admit I am not yet a daily practitioner. *(Kate Fentress)*

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## Upcoming Events

### Saturday July 13th - Peek at the Peak Garden Tour



Tickets are still available for the 2nd day of our fabulous garden tour. You will visit 4 amazing Dartmouth gardens and meet interesting gardeners. You don't want to miss it.

[Link for Tickets](#)

### Thursday August 8 - Croquet Party

We are planning an August 8 event from 4 to 6 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 - both traditional & "Golf Croquet" will be options. Wearing whites is traditional, but not required.

[Click here to register](#)

## Sunday September 1 - Local Wine Tasting



We will be tasting some local wines at Coastal Vineyards, Pardon Hill in Dartmouth on Sunday September 1st from 4 to 6 PM.

More information coming soon.

## Sunday September 15 - Annual Celebration



Our Annual Celebration in September will take place at the Dartmouth YMCA from 4 to 6.

More information coming soon.

We hope to see you at our upcoming events. Until then, enjoy the garden, the beach and all of the many activities available to all of us this summer.

**P.S.**

***Also coming soon will be more financial transparency. We want you to know where our income comes from, and what we do with it.***

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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 Summer from our Board of Directors

Kate Fentress, Chair  
Steve Kiechel, Vice-Chair

Kim Goddard  
Gretchen Graef

Lisa Mellgard  
Dock Murdock

Nancy Kurtz, Secretary/Treasurer

Margot Hand  
Margaret Jones

Chris Strasser  
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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