



## VILLAGE MATTERS

It was a perfect September morning to celebrate the growth, resilience and camaraderie of Coastal Neighbors--both our members and our organization. Lots more photos below.

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## Events for Your Fall Calendar

Watch the weekly email updates for details. Register [HERE](#). Transportation help is always available; just contact Andy at [andy@coastalneighborsnetwork.org](mailto:andy@coastalneighborsnetwork.org); Tel. 508-556-4004.

### **October 27, 10:00AM-12:00PM: Hands-on Ceramic Making with Karen Snyder**

*Karen Snyder Art Scapes Studio, 665 Orchard St., New Bedford*

Gifted potter Karen Snyder will provide a hands-on demonstration of ceramic pottery making at her Art Scapes Studio in New Bedford. You'll have an opportunity to try your hand on a small pot. A light breakfast will be served.

### **November 5, 3:00PM-4:30PM, Guy Fawkes Night Bonfire**

*Silverbrook Farm, [592 Chase Road](#), South Dartmouth*

Way back in 1605, Guy Fawkes and a band of English radicals tried to assassinate their King by blowing up Parliament. We'll join Britons in the annual celebration of Fawkes' demise and the survival of the king. Come along, dress warmly, bring a chair and enjoy a nice, rousing bonfire, along with cider and s'mores.

**November 10, 3:00PM-4:00PM: What Are You Reading?**

*Davoll's General Store, [1228 Russells Mills Rd., Dartmouth](#)*

Join us for this different kind of book club to share what you're currently reading, recently read, want to read or read again. It may be a book you've loved, hated or questioned. Or you can just stop by to listen to others. Meets monthly on the 2<sup>nd</sup> Thursday of the month.

**November 15, 1:30PM-2:00PM: "Oceans: Our Blue Planet," 3D Film at Whaling Museum, Optional lunch before**

*New Bedford Whaling Museum, [18 Johnny Cake Hill, New Bedford](#); Tickets \$5 (\$3 for Museum members), purchase at the door.*

"Oceans: Our Blue Planet" is an extraordinary 25-minute journey of discovery and wonder, transporting the audience to the deep, mysterious worlds of our oceans. Packed with drama, awe and spectacle, it reveals untold stories of the ocean's most astonishing creatures in all-immersive 3D. We'll meet at the museum at 1:15PM for the show, or join us for lunch at Tia Maria's European Café ([5 North Water Street, New Bedford](#)) at noon for an optional pre-show lunch.

**December 8, 2:00PM-4:00PM: Holiday Greens Workshop & Cookies**

*Silverbrook Farm, [592 Chase Road, South Dartmouth](#)*

Prepare for the holidays by creating an evergreen swag for your door. We'll demonstrate how to do it and provide all the materials, including evergreen branches, holly, wire and ribbons. If you have greens from your own yard to share, please bring them. We'll enjoy cookies while we work!

**January 6, 2023, 5:30PM - 7:30PM: Twelfth Night Potluck**

*Silverbrook Farm, [592 Chase Road, South Dartmouth](#)*

Join us to mark the last night of the holiday season with a fun potluck dinner. Bring a dish to share and your beverage of choice.

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***Annual Celebration***

**Honoring Volunteers, Gathering Together**





It was a perfect September morning to come together, in person, to celebrate and share. And there was a lot to celebrate: the growth of our organization, the



dedication of our volunteers and the resilience of our members. Kudos go to the Events Committee, headed up by Jan Hall and Margaret Jones, for orchestrating a delicious brunch and all the festivities.

Volunteer par-excellence Kevin Horst was honored with this year's annual award for his service to Coastal Neighbors. After a 30-year career with Costco Wholesale, Kevin was looking for ways to give back, and for nearly three years has helped our members with small home repairs and chores. "It's everything from fixing leaky faucets to installing window air conditioners and a lot of heavy lifting," he says. He enjoys the work but even more he enjoys building relationships with a lot of fine people. [See "Impossible Dream" story below.]

Executive Director Andy Pollock gave an update on Coastal Neighbors' growth over the past year, including a new partnership with ARAW (Association for the Relief of Aged Women) that enables ARAW beneficiaries to become Coastal Neighbors members. Clare Healy Foley, ARAW Executive Director, was also on hand to meet members and extend her organization's appreciation for the services of Coastal Neighbors' volunteers.

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## An Impossible Dream Made Real



"It was both aspirational and inspirational." That's how Joe Vasta describes his sailing cruise aboard The Impossible Dream and the way the experience renewed his energy and optimism. The 60-foot catamaran was designed "from the keel up" to be universally accessible for wheelchairs and people with a wide range of abilities. The mission is to raise awareness about barrier-free design and improve

the lives of disabled people through sailing.

Coastal Neighbors volunteer Kevin Horst was the catalyst for the adventure. He was familiar with Impossible Dream from other volunteer work with Boston Marathon survivors, and made the arrangements. Another long-term volunteer, Jack Macomber, drove Joe's accessible van to Newport and accompanied him on the voyage. "The weather was ideal, with temperatures in the low 80s and plenty of sun," Jack reports.

The 2½-hour cruise sailed through Newport Harbor, Goat Island, Fort Adams and Mackerel Cove in Jamestown. "It was spectacular to be on the water for the first time in years," says Joe. "But even more, it was inspirational to be with other people facing similar challenges, all of us sharing ideas and encouragement."

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## One-Pot Wonders and Other Help in the Kitchen



Paul DeMendonca has been cooking for himself for years, all through his three-decade career as a special education teacher in the Fall River school system. But now in retirement, he wanted to "spice up" his weekly menu and his culinary skills. Retired chef and Coastal Neighbors volunteer Jim Mercer was happy to provide some advice.

Paul encounters some special challenges in the kitchen because he's visually impaired and in the last few years has lost his sight completely. "But I like to do as much as I can by myself," he says, and has made lots of adjustments already in

how he prepares meals. Jim was able to offer some additional ideas as he and Paul worked side by side in Paul's kitchen. These are small but important tips like prepping as much as possible the day before, getting rid of all those spices you never use, and securing the cutting board with adhesive strips on the counter. "My goal was just to give Paul a few suggestions that would give him added confidence in the kitchen," Jim says.

They cooked up some new recipes for one-pan meals (what Jim calls "one-pot wonders"), such as a penne, eggplant and ricotta cheese dish that starts on top of the stove and then goes into the oven. These are the kinds of meals Paul can cook in quantity and freeze in small containers for the future. In fact, he's been so inspired that he's creating a braille card cookbook with all the new recipes!

"This kind of help in the house is really important and makes my life easier," says Paul. "But it's not only the actual assistance; it's also the opportunity to meet and get to know some great people - people like Jim."

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## In Memoriam



It is with deep sympathy that we honor the life of Coastal Neighbors member Barbara Fazzina who passed away recently. A long-time Westport resident, Barbara and her husband John loved their years in Westport in a lovely house with beautiful views of the river. After John's retirement in the late 1980s, the couple traveled extensively throughout Europe, including Eastern European countries where travel was just opening up. Barbara was an active communicant of St. John Baptist Church in Westport; she served as a eucharistic minister and was a member of the Women's Guild. Our prayers and

condolences go out to their three children, grandchildren and many devoted friends.

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## Technology Challenged? Help is Here!

There are lots of places to turn when you need help with technology. The Councils on Aging in Dartmouth and Westport both offer workshops on specific topics like smart phones, phone apps, YouTube and streaming, and more. Some offerings are listed on the Coastal Neighbors events listing, and you can also check out these links (go to their newsletters):

[Dartmouth Council on Aging](#)

[Westport Council on Aging](#)



## Online Resources

Rich Bowlin, an attorney from Raleigh, NC, has made a series of videos for seniors, focusing on the Apple iPhone and iPad. They communicate clearly and concisely about things like: basic settings, creating a contacts list, how to text, making a FaceTime call and other instructions. Rich's videos are [HERE](#).

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## Pie Socials, Museums, Yard Sales and More

Summer brought a full menu of events with everything from a pie social to outings of Coastal Neighbors Adventurers to the Fishing Heritage Museum and Fort Taber.





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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 you to our writing staff! Editor: Terry Cryan.

### Coastal Neighbors Network - Board of Directors

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**Coastal Neighbors Network is a membership-based organization committed to supporting older residents, on a one-to-one basis, who wish to stay safe, independent, and connected to their community.**

