



Village Neighbors

Working Together to Create Community!

A rural community of neighbors
helping aging adults lead
independent and engaged lives
at home.

**Leverett + New Salem +
Shutesbury + Wendell**

1-413-345-6894

pr@villageneighbors.org
www.villageneighbors.org

March / April 2024, Issue 30



Spring is Coming!

Volunteers are available to help with rides, errands, yard chores, and garden prep! They will bring their own tools and maintain safe social distancing protocols.

Give us a call, volunteers are here to assist you!

1-413-345-6894 or email servicerequests@villageneighbors.org

VN Small Home Repairs Application

If you have small repairs that need attention in your home, free assistance is available from the Village Neighbors Small Home Repairs Program.

The Community Foundation of Western Massachusetts has generously renewed our grant for **Small Home Repairs** again for 2024. The amazing team of volunteers who have been working to assist our members in keeping their homes safe and in good repair will be back to work this Spring.

An application has been included with this mailing to member households. When you complete it and mail it back to us, the team will contact you. It's as easy as that!

If you are a member interested in applying for Small Home Repairs, and have opted out of the newsletter home delivery, contact

pr@villageneighbors.org or call **413-345-6894 ext.4** for an application.

If you need a Repair application or are interested in becoming a Village Neighbors Member (membership is free), please call **413-345-6894** or email generalinfo@villageneighbors.org

Special Thanks to our Generous Sponsor, The Church Street Fund, administered by the **Community Foundation of Western Massachusetts.**



Daylight Savings Time

Spring Ahead March 10th

The second Sunday in March is when Daylight Saving Time **begins** in most areas of the U.S., so in 2024 we'll "spring forward" one hour on **Sunday, March 10, 2024, at 2 a.m.** Be sure to set your clocks *ahead* one hour before bed on Saturday night!

Upcoming Events

Understanding Communication and Behaviors Related to Dementia

March 12 at 4 - 5:30pm

In person at the Wendell Community and Senior Center or by zoom.

Sponsored by Village Neighbors

A presentation by **Linda Puzan**, who offers Dementia Coaching through **LifePath**. Linda has years of experience and many tips to offer. She will provide valuable information and lead the discussion. Q&A session will follow.

As the number of folks in our towns facing these cognitive challenges

grows, learning some of these skills is a big step each of us can take toward building more Age and Dementia Friendly towns.

Village Neighbors Volunteers are especially encouraged to attend, especially those who provide friendly visits or caregiver respite visits to members. However, all are welcome and can gain useful knowledge as our friends and neighbors are being more frequently affected. Join us and increase your skill and comfort in handling some of the more common problems that may arise.

RSVP to volunteers@villageneighbors.org or call **413-345-6894 ext.3**, and let us know if you will attend in person or want to receive a zoom link.

Writing To Remember Workshop Begins Again in April

New Session

Tuesdays 10am - Noon
April 2nd - May 7th, 2024

Ruth Flohr's inspiring memoir writing program **Writing to Remember** will be offered again for **FREE** with the generous sponsorship by **Mass Cultural Grants** *from Leverett, Shutesbury, Wendell and New Salem.*

In this memoir writing class you will discover the inspiration and tools to effectively begin writing your life-story. This class is open to fledgling writers as well as seasoned writers.

This method includes instruction, reading memoir samples, discussion, and impromptu writing exercises with feedback. There will also be an online forum with writing resources and a platform to post your stories. For more information or to sign up for the next round of workshops, please contact **Ruth Flohr** at **978-544-6534** to register.

If you have taken the class before, you are welcome to take it again. Ruth always adds a new twist, revamps it a bit and she makes it meaningful for people who return.

Save the Date: May 19th, 2024

VN Member Annual Meeting & Volunteer Appreciation Party

Food and entertainment for all members, volunteers and guests.

Members can join us at the **Annual Meeting** for committee reports and elections. Afterwards we will be celebrating our wonderful volunteers.

Plus, you can learn about all the many ways that Village Neighbors supports seniors to age in place. We will have information about the services that we, and our partners such as our **Franklin County's** social service agency lifepathma.org, provide.

Special Thanks

Village Neighbors is a volunteer run organization, and many of our members are also volunteers. Service calls, rides, home repairs and assists, events, fundraising, and the committee work that keeps our organization going, are all dependant on the dedicated individuals who put in their time and effort. We so appreciate you and the contribution you make to keep our communities safe and rewarding for our seniors.





Photos from **2023 Annual Meeting and Volunteer Appreciation Party** at the **Shutesbury Athletic Club**.

Continuing Events



Wednesday Meet Ups at the Leverett Village Coop

Sponsored by Village Neighbors

Mar 6th, 3:00 - 4:30 pm (Snow date Mar 13th)

Multiple Choice Senior Savvy Trivia Game

You'll hear and see the questions with everyone able to join in as you decide which of the 4 answers to choose.

This is a fun, interactive game designed to test your knowledge about topics such as:

- Trending Senior Consumer Issues

LEVERETT
VILLAGE

CO-OP

- Credit Reporting and Money Management
- Phone, Internet, and Email Scams Targeted Towards Elders
- Elder Law
- The Adult Protective Services

Our presenter is **Anita Wilson, Director, Consumer Protection Unit, Northwestern District Attorney's Office** and her office partner.

After one hour of game playing, you'll definitely have time for chat, snacks and checking out the swag.

March 27th 3 - 4:30 pm

Geno Stamell, local Leverett songwriter will be returning to the **Wednesday VN Coop Meet-up**, playing old favorites and leading the sing along. Everyone welcome. Come join the fun!

Veteran's Tuesdays at the Leverett Village Co-op

***Come by for free coffee and
camaraderie between 11:00 and 1:00.***

Delicious bakery items available daily: fresh pastries, muffins, cookies, breads. Our cooler cases are stocked with freshly made food to take home or eat in. Seating indoors or outdoor patio and picnic tables.



180 Rattlesnake Gutter Rd, Leverett

Free Wednesday Matinee Movie

Every Wednesday at 4:00 PM.

Wendell Library

7 Wendell Depot Rd, Wendell

1-978-544-3559

<https://www.wendellmass.us/wendell-free-library.html>

We will be showing a variety of critically acclaimed and award-winning feature films for adults, ranging from light comedy to intense drama,

including both classic and recent films.

All are welcome, and friendly informal discussions after the movie are encouraged.

March Movies

3/6 *Suffragette* - Vivid picture of the women's movement for equality and the vote in early 20th century Britain [2015/PG-13]

3/13 *Adam's Rib* - Classic romantic comedy with Tracy and Hepburn as married lawyers [1949/NR]

3/20 *A League of Their Own* - Comedy/drama about all-female baseball team during WWII [1992/PG]

3/27 *Hidden Figures* - Celebrates the lives of 3 unsung heroes working for NASA in the 1960s [2016/PG]

April Movies

4/3 *Enchanted April* - A holiday on the Italian Riviera in the 1920s changes the lives of four women [1992/PG]

4/10 *Harvey* - Comic classic starring Jimmy Stewart (B&W) [1950/G]

4/17 *Bend it Like Beckham* - A young woman who loves playing football (soccer) struggles with her traditional Indian family in England [1990/PG13]

4/24 *A River Runs Through It* - Two brothers from Montana grow up with different lives but come together through fly-fishing [1992/PG]

Stay Healthy and Engaged in Your Community

Our local libraries offer a wealth of fitness classes and events available on-line, in person and for free. Contact your library directly for more information.

Leverett

(413) 548-9220 - leverettlibrary@gmail.com -

<https://leverettlibrary.org/>

New Salem

(978) 544-6334 - n_salem@cwmares.org -

<https://www.newsalempubliclibrary.org/>

Shutesbury

(413) 259-1213 - library.director@shutesbury.org -
<https://sites.google.com/site/mnspearmemoriallibrary>.

Wendell

1-978-544-3559 - wendell@cwmars.org -
<https://www.wendellmass.us/wendell-free-library.html>

VN Rides Available

Contact **VN Services** 4 or 5 days advance if you need a ride or company for an outing. Call VN to make a request at **413-345-6894 ext.1** or email servicerequests@villageneighbors.org

Village Neighbors News



A Fun Inside Look at a Local Makerspace

*VN members and guests enjoyed a tour of **Launch Space in Orange** on **January 18th**.*

This 12000 square foot nonprofit makerspace has multiple art studios where they offer classes and where members get training and access to use the facility to create for enjoyment or to develop a business. Shops include ceramics, fiber arts, painting, stained glass, leather, jewelry, woodworking, metalworking, laser cutting, 3D printing, and more. Business incubation support is available including a co-working space and mailing.

Our tour included a demonstration of a laser cutter and each attendee received a keychain with the VN logo. Many signed up to receive the Launch Space's monthly newsletter so they can try a class. If you want more information, check out their website at launchspace-orange.com.



Request a Visit with a Village Neighbors

Volunteer

Village Neighbors has volunteers who would love to provide friendly visits and/or check-in calls to you. We can read to you, some can play piano, do a craft, play a game, or just chat. If you have something particular in mind, it's helpful to list it on your request! Please call **413-345-6894** or email servicerequests@villageneighbors.org to take advantage of this wonderful service. It helps keep us all connected and happier.

Village Neighbors Promotes Age Friendly Communities!

Since opening in October of 2018 as the first in Franklin County to organize under the Village to Village model, Village Neighbors (VN) has been building capacity to serve our mission as “caring neighbors helping aging adults lead independent and engaged lives at home”.

With over 1/3 of our 4 towns being over 60 years old, many with low incomes, and many living in isolated homes; and infrastructure challenges such as little public transportation, inadequate access to in-home care and other elder services, we find strength in a growing collaboration among our 4 towns and in Franklin County.

Age Friendly Communities is a network established by the **World Health Organization** in 2010 to encourage local communities to take actions that foster healthy and active aging. In the US, the **American Association of Retired People (AARP)** oversees Age Friendly States and Communities under the **Liveable Communities** program. You are encouraged to check the website AARP.org/Livable to see how states, and towns large and small are inspired to create community projects that make a difference.

The **Franklin County/ North Quabbin** initiative, led by **LifePath**, our area agency on aging, and the **Franklin County Regional Council of Governments (FRCOG)** obtained a 3 year grant from Massachusetts in 2020 -2023. VN has met with officials in all 4 towns to urge joining as Age

Friendly Communities and has been building relationships with our town's **Councils On Aging** as well as taking part in the creation of a **Regional Action Plan for 2024-2028** for our area. This plan, a collaborative effort by many, was presented in November of 2023 at a community event in Greenfield. You may read the Action Plan or watch a video of the presentation by going to <https://lifepathma.org/what-we-offer/health-and-wellness/age-and-dementia-friendly-program/>. You can familiarize yourself with the goals and action steps for each of AARPs eight Livability Domains. You can even check out survey results from your town!

Village Neighbors looks forward to welcoming more volunteer and member participation in developing ways to enhance aging in our communities. There is money and muscle available for some projects for those of us who can participate in activities that foster safer, healthier, more engaged aging in place. That is, indeed, what we want most. ***Please join together with others in your town or in VN to initiate something that you wish to see happen in the place you choose to age!***

Alzheimer's Association, MA/NH Chapter offers a

24/7 HELP LINE

1-800-272-3900

- A No-Cost service
- 24 Hours a day, 7 days a week
 - Confidential
- Experienced counselors
- Up-to-the-minute information
- Links to programs & services
 - Ongoing guidance

VN Volunteer Opportunities

HELP WANTED:

Events and Public Relations Committee

Needs Volunteers

The **VN Events and PR committee** is responsible for all event planning

If you're interested please contact pr@villageneighbors.org or call 1-413-345-6894

Please contact membership@villageneighbors.org. We can provide technical support to get your seminar up and running.

**Please consider
DONATING to Village**

volunteers@villageneighbors.org or leave a phone message with a contact number at **413-345-6894 ext.3** to receive a Zoom link and additional information.

Neighbors and Support Free Membership.

You can donate online at www.villageneighbors.org or mail a check to
**P.O.Box 501
Shutesbury, MA 01072**

Your Village Neighbors Need YOU!

Village Neighbors has grown quickly while meeting the new challenges posed through CoVid in our elderly community. We need Volunteers to assist members at home, and also behind the scenes in the committees that keep our organization working! Contribute as much or as little time as you want. Match your interests and skills to what's needed in the community.

Join the fun and make a difference...

Membership / Volunteer Committee

membership@villageneighbors.org

- Recruit and welcome new members and volunteers
- Do new member intake visits
- Conduct volunteer orientations and trainings
- Create and coordinate social activities and programs
- Develop Dementia Friendly community outreach and training

Volunteer Orientations are run by the ***Membership/Volunteer Committee***. Join us at the **VOLUNTEER ORIENTATION, Thursday, April 25th, 6:30 pm on Zoom**, if you would like to experience this committee in action and find out more about what we do.

Service Committee / Call Managers

servicerequests@villageneighbors.org

- Answer requests from Members and connect them with Volunteers waiting to assist
- Assess needs and services
- Train and oversee Call Managers
- Handle vendor services

- Work with the Membership/Volunteer Committee to triage concerns for members and volunteers

Call Managers work from home to manage member requests.

Events / PR Committee

pr@villageneighbors.org

- Events
- Promotions
- Tabling at community events
- Newsletter
- Outreach and Press
- Social media
- Event Calendar

Contact the Events/PR Committee to learn about opportunities to be involved in planning our next exciting event and connecting with our community.

Fund Raising Committee

fundraising@villageneighbors.org

- Provide the money for Village Neighbors to function and grow
- Research funding
- Develop fund raising events
- Develop funding circles (sources) - donations, members, volunteers, and contributors
- Research and apply for grants
- Recruit local sponsors -banks, businesses

With Free membership, Village Neighbors counts on voluntary contributions, funding and grants to meet our income needs.

Volunteers are needed to make this happen!

IT Committee

volunteers@villageneighbors.org

- Provide assistance to members with all things electronic
- Website maintenance
- Email & Zoom communications

In the 21st century, internet has become integral to daily life. IT assists members and committees to navigate the challenges.

Contribute to the Village Neighbors Newsletter

If you are interested in contributing articles or information to the Village Neighbors newsletter, please contact the editor Dina Polizzi - dinawriter22@gmail.com. We are looking for information of interest to persons over 60 in our four towns: **Leverett, New Salem, Shutesbury, and Wendell**. As of this mailing, **Village Neighbors News** has a mailing list of 350 and is growing with every issue.

Do You Wish to Discontinue Home Delivery of the VN News?

The VN bimonthly newsletter is emailed to all members and volunteers who have listed their email contact with us; it is direct mailed only to our members. If you no longer wish to receive the hard copy newsletter to your home, please let us know by emailing the VN Newsletter editor, **Dina Polizzi**, at dinawriter22@gmail.com. Please include the word "Newsletter" in your subject header.

Special Thanks to:





Village Neighbors | P.O.Box 501, Shutesbury, MA 01072

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