



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

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

1-413-345-6894

www.villageneighbors.org

P.O.Box 501, Shutesbury, MA 01072
generalinfo@villageneighbors.org

Village Neighbors

Working Together to Create Community!

July / August 2020, Issue 8



How Is Your Garden Growing?

Volunteers are available to help with light yard chores! They will bring their own tools and maintain safe social distancing protocols. If a little help would go a long way, give us a call and we'll find a neighbor to assist you!

1-413-345-6894

servicerequests@villageneighbors.org

Senior News

Promoting Dementia Friendly Communities

Village Neighbors wants to help our communities join the global movement to change the way people think, act and talk about dementia. **Dementia Friends** are folks who have attended a one hour information session to learn five key messages about living with dementia, and the simple things you can do to make a difference in your community.

Join us for a one hour **ZOOM MEETING ON JULY 20, 2020 at 7pm**, led by VN member/volunteer and Dementia Friends Champion Nancy Spittle to learn what dementia is, what its like to live with it and some tips for communicating with people who have dementia. All volunteers and members are urged to attend this info session and other events to follow, to increase our understanding of positive interaction that can help those with dementia and their caregivers.

Please **PREREGISTER** for this event by email to:

miriam.defant@gmail.com, or by calling Miriam at

413-374-1568 by **July 13**. We will send you a workbook to accompany this information session for use during and after the presentation. You don't need to know someone with dementia, or to become an expert, to become a Dementia Friend. Learn more about Dementia Friends Massachusetts at www.dementiafriendsma.org, or call **Nancy Spittle** at **978-544-6760** if you have questions.

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2020 Quarantine Update

Massachusetts is reopening businesses and lifting it's quarantine in 4 phases which will take us through the summer.

Governor Baker has said that people over 65 and those with underlying health conditions - who are at higher risk for COVID-19 - should continue staying home. ***VN members and volunteers should expect we will proceed with an abundance of caution.*** We have suspended all in-person contact until quarantine is ended, but our volunteers are available for

- **check-in and friendly visit calls**
- **grocery / medicine pick-up and delivery**
- **outdoor yard work and small repairs**

Contact VN for more information

413-345-6894

servicerequests@villageneighbors.org

Community Outreach

The Pandemic Preparedness Gift Bag

Thanks to the generous support of a grant from Health New England, in May Village Neighbors was able to provide each of our members a COVID “care package.”

The primary components (face masks, hand sanitizer, and hand soap) were researched and ordered from local suppliers. Gluten-free snacks and organic tea were also ordered to complete the gift packages. When these components arrived, volunteers assembled them into gift bags, taking great care to avoid contamination. The gift bags were then stored in isolation for 3 days before being delivered to members by volunteers, who were also provided masks and hand sanitizer.

They were delivered to members’ homes on May 20 and May 22. A total of 90 gift bags were delivered, many with “physically distanced” personal meetings, others left on porches or in mail boxes. All members had been notified by email or phone that the gifts would be delivered that day.

The project offered an opportunity for volunteers to reach out to our membership, offer social support, and ensure that our members have essential supplies for their safety. The response was a copious and heart warming outpouring of “Thanks” from our members.

You can read more about the Pandemic Preparedness Gift Bag project in this Greenfield Recorder article

<https://www.recorder.com/Village-Neighbors-delivering-pandemic-preparedness-gift-bags-to-members-over-60-34386415>



Lung Strengthening Exercise

This exercise was given to Chris Cuomo, NBC reporter and brother of New York Governor Andrew Cuomo, by several of his doctor friends when he had the corona virus and he believes it was instrumental in his recovery. It is designed to enhance the opening of ALL the little air sacs (alveoli) in the lungs and move static fluid, which would be a welcome mat for the virus. It’s probably good for us at any time!

1. Take in 5 deep breaths, each time holding the breath for 5 seconds.
2. On the sixth deep breath, take it in and do a big cough, covering your mouth.
3. Do 2 cycles of the above, then lay flat with front side down, taking slightly deeper “normal” breaths for the next 10 minutes.

This can be done two or three times a day.

Senior Mobile Nutrition Program - Amherst Survival Center

The **M.N. Spear Memorial Library** and the **Council on Aging** are pleased to announce a new partnership with the **Amherst Survival Center**. The Survival Center provides monthly food distributions to those in need. During this COVID -19 crisis, we realize that it might be harder for some of our neighbors to get to the Survival Center to pick up food. So we have arranged a partnership with the Survival Center to get food delivered to the M.N. Spear Memorial Library on the first Wednesday of each month. Our volunteers will then deliver food to the homes of participating seniors.

The first delivery will be Wednesday, July 1st. If you don't have access to a computer or need assistance completing the form, call **Mary Anne** at the Library, **259-1213** or call **JoAnn**, **259-1235**. Print copies of the registration form and food preference form are available by mail, at the library and the post office. Contact Mary Anne if you prefer to register using a printed form. If you are aware of a neighbor who would benefit from a monthly food delivery, but might not see this notice, please share this information with them. If you would like to enroll online follow this link and complete the registration.

<https://amherstsurvival.org/foodpantryonlinereg/>

Look for the question ***Do you need delivery?*** under the section marked **Pick up authorization**.

Use the drop down arrow to choose **Yes**. A new field, **Coordinated Site Delivery** will appear.

Click the drop down arrow and choose **Shutesbury Library**.

Village Neighbors Is Now FREE To Members over 60 in Leverett, New Salem, Shutesbury, and Wendell. View a list of available services on our website www.villageneighbors.org. Contact membership@villageneighbors.org or call **413-345-6894** to become a member or learn more.

Local Libraries Offerings Curbside Pick-up

Many libraries are now open for curbside pick-up. You can contact your library directly for more information.

Village Neighbors volunteers can pick up and deliver your library requests to your door. Contact us at **413-345-6894** or email: servicerequests@villageneighbors.org

Leverett Library

1-413-548-9220

email: leverettlibrary@gmail.com

<https://leverettlibrary.org/p/41/Calendar>

New Salem Library

1-978-544-6334

email: n_salem@cwmares.org

<https://www.newsalempubliclibrary.org/news-events>

Shutesbury Library

1-413-259-1213

email: library.director@shutesbury.org

<https://sites.google.com/site/mnspearmemoriallibrary/>

Wendell Library

1-978-544-3559

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

VN VOLUNTEER ORIENTATION

Zoom Meeting, Monday, July 20th, 7 pm

At the orientation you will learn about the organization and find out about the wide range of volunteer activities that you can choose from.

During Quarantine we are still doing grocery and medicine pick-up and delivery, and wellness check-ins for our members.

To join the Zoom Volunteer Orientation you must RSVP by July 8th

miriam.defant@gmail.com

A Volunteer Handbook and Application packet will be sent to you by email, or sent by mail if you cannot print it.

Village Neighbors News

Village Neighbors Annual Members Meeting June 28, 2020

This year's Annual Meeting was conducted on Zoom. Elections were held for 2 new board members **Miriam DeFant** and **Dina Polizzi**, and *VN Secretary* **Mary-Anne Palmieri** returning for another term. Committees delivered their annual reports and there was time for questions from the membership. For those of you who could not make the meeting, here is a quick overview of this fiscal year's activities.

July 2019 – June 2020 Overview

- Networking with VtoV villages around the country to discover new ways and systems to serve our members
- Networking within our four towns:
 - Councils on Aging
 - Libraries
 - Churches
 - New Salem and Shutesbury newsletters
 - Leverett & Wendell list serves
- Developing stronger connections with other senior service providers
- Dementia Friendly seminars and developing a dementia friendly community
- David Dann Memorial Golf Outing (July)
- Information booths at Wendell & New Salem Old Home Days, and Celebrate Shutesbury (July-September)
- Community/Member Autumnal Gathering event (October)
- Planning for an Age Friendly Future seminar (November)
- VN Quarterly Meeting at the Wendell Senior Center (December)
- VN Visioning session with facilitator Erik Muten (January)
- Free Membership Announcement (February)
- Events, classes and fundraisers shut down because of Pandemic (March)
- Pandemic response team (March)
 - Establish safety protocol for volunteers and members so we can continue grocery and medicine pick-ups and delivery.
 - Research and distribute CoVid resources and information (April)
 - Calls to every member – list of weekly check-ins (April)
 - Email and website updates with CoVid resources (April-May)
- Membership Renewal / Fundraising mailing (April)
- VN Zoom meeting with Councils on Aging (April)
- Wave Parade (May)
- Gift Bags delivered to every member (May)
- Annual Member Meeting (June)



Volunteer Opportunities

Be Part of the Village Neighbors Team!

The **Village Neighbors Board of Directors** is looking for new members to fill out the board. We need more people who could provide varied perspectives and expertise. If you would be interested in working on the board, or know of someone who might be interested, let us know. CONTACT generalinfo@villageneighbors.org

Volunteer Orientation! *Anyone can attend!* Zoom Meeting, Monday, July 20th, 7 pm

Membership / Volunteer Committee

- Welcome and interview new members and volunteers
 - Social activities, trainings and programs
- CONTACT ---
membership@villageneighbors.org

Service Committee

- Answer requests from Members and connect them with Volunteers waiting to assist.
- CONTACT ---
servicerequests@villageneighbors.org

IT Committee

- Home assistance with electronics
 - Training volunteers and members
 - Database and web updates
 - Social media
- CONTACT ---
it@villageneighbors.org

Events / PR Committee

- Event planning
 - Newsletter
 - Event Calendar
 - Outreach
 - Social media
- CONTACT ---
pr@villageneighbors.org