



**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**

**[www.villageneighbors.org](http://www.villageneighbors.org)**

P.O.Box 501, Shutesbury, MA 01072

**[generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)**

November / December 2022, Issue 22

## How Can You Join in Creating a Dementia-Friendly Community?



*Over 130,000 Massachusetts residents over 65 are living with dementia, and numbers will be growing as our communities age.*

Nearly 10% of folks over 45 have subjective cognitive decline. Unfortunately, lack of information, fear and isolation often impact people affected and their caregivers in our communities. A **Dementia Friendly community** is one that is safe, respectful and inclusive of those affected, in the same way that we include fellow citizens of different ages and abilities. Village Neighbors has been a leader in encouraging all our 4 towns to become Dementia Friendly. How can you become more skillful and welcoming to your friends, relatives and neighbors who live with dementia?

A first step to take is to attend an interactive workshop presenting basic information about dementia, what its effects are, and how it differs from normal aging, some skills to help communication with those with dementia, and some ways to become more comfortable with including folks with dementia in our social life. We can affirm that ***it is possible to have a good quality of life with dementia***, and that people with dementia are a valuable part of our communities. We strongly recommend all VN volunteers and members attend. Join us!

### **BECOMING A DEMENTIA FRIEND**

**Tuesday November 29, 2022 @ 6:30-7:45pm**

**In person at Wendell Senior Center (2 Lockes Village Road, Wendell)  
or by zoom, RSVP to: [generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)**

## We will miss you, Lena O'Dou

By Patti Scutari

On Wed. 10/5, my dear friend and Wendell's oldest citizen, **Lena O'Dou** passed away peacefully in her home, surrounded by loving family and friends.

Lena was an extremely kind and generous member of the Wendell community. During the Covid pandemic she sewed over 1400 masks that were given away free of charge to anyone who asked.

Lena always loved a party and was one of the most welcoming people I have ever met. No one ever entered her home that wasn't offered food, drink or free alterations. Many of you knew her for her beautiful hand made American Doll clothes which delighted many of our children and grandchildren.

Lena died 11 days before her 94th birthday. All the credit for Lena being able to spend these last few challenging years at home goes to her incredibly selfless and loving grandson Graeme O'Dou. Graeme gave up everything to be with her and care for her day and night. Kudos to you Graeme!

Arrangements for a memorial service are being worked on and I will post to the Wendell listserve list as soon as they are completed. Rest in Peace Lena.



## VN News

### Navigating Solo

The **Navigating Solo Network** invites Village Neighbors' members to the virtual

**Navigating Solo FALL 2022 Get Together**  
**Thursday, November 10, 6:45 - 8:15 pm**

Connect with other "solos" in small group conversations!

Hear about other's experiences, share your own, and learn from others!

FREE and open to anyone in any location who identifies as a **solo ager** - An adult 55+ who,

because of choice or circumstance, is without the support of adult children or close family members.

***You are welcome to forward this invitation to friends, colleagues, or community members you think would like to join us!***

**Registration required:**

Find out more at [navigatingsolo.com/events](https://navigatingsolo.com/events)

After registering, you will receive a confirmation email containing information about joining the social event.

### Small Home Repairs Team

Our Small Repair Team work is closed for the season. They're finishing up and will see you to your needs next season. You will get a request form in the March newsletter.

**Need a Ride?** Contact **VN Services** in advance if you need a ride or company for a night out.  
Email [servicerequests@villageneighbors.org](mailto:servicerequests@villageneighbors.org) or call **413-345-6894**

**Please DONATE to Village Neighbors** and support our Free Membership. You can donate online at [www.villageneighbors.org](https://www.villageneighbors.org) or mail a check to **P.O.Box 501, Shutesbury, MA 01072**

## Upcoming Events



### Shutesbury

#### Shutesbury Holiday Shop



Welcome back to the dazzling **Shutesbury Holiday Shop**. This fabulously magical three-day event transforms the Shutesbury Athletic Club Function Room into a veritable wonderland of gift-giving options! Open

just one weekend each year this amazing pop-up shop is bursting with an affordable array of handcrafted work by local artisans, artists, crafters, authors, and musicians.!

**Friday, December 2, 6pm-9pm**

**Saturday, December 3, 10am-7pm**

**Sunday, December 4, 11am-6pm**

### Wendell

#### The Wendell Holiday Craft fair is back this year!

The Friends of the Wendell Free Library would like to invite you to join us at the **Wendell Town Hall** to shop over 20 vendors of our local artists, craftspeople and producers. A festive marketplace for our community and a fundraiser for our beloved library.

Happening

**Friday, December 9th 4-8pm and  
Saturday, December 10th 9am-4pm**

The first opening hour of each day for masked shoppers only to accommodate our immunocompromised community members. Come to shop, visit with our neighbors and help support the **Wendell Free Library**.

## Stay Healthy and Engaged in Your Community This Winter

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

#### Leverett Library

**1-413-548-9220**

email: [leverettlibrary@gmail.com](mailto:leverettlibrary@gmail.com)

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

#### New Salem Library

**1-978-544-6334**

email: [n\\_salem@cwmar.org](mailto:n_salem@cwmar.org)

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

#### Shutesbury Library

**1-413-259-1213**

email: [library.director@shutesbury.org](mailto: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>



***Village Neighbors is actively recruiting new volunteers now!***

**VOLUNTEER ORIENTATION Monday, November 7th, 6:30 PM**

*Hybrid meeting both on Zoom and in person at the Wendell Senior Center: 2 Locke Village Road, Wendell*

Email [volunteers@villageneighbors.org](mailto: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.

## Volunteer Opportunities

*Contact Us To Learn More*

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 on 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. *Make a difference in the lives of your neighbors and our future...*

**Membership**  
[membership@villageneighbors.org](mailto:membership@villageneighbors.org)

**Services**  
[servicerequests@villageneighbors.org](mailto:servicerequests@villageneighbors.org)

**IT**  
[generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)

**Events & PR**  
[pr@villageneighbors.org](mailto:pr@villageneighbors.org)

**Fundraising**  
[destone99@gmail.com](mailto:destone99@gmail.com)

*Village Neighbors is a community volunteer-run organization, part of the Village-to-Village national network, dedicated to helping aging adults lead independent and engaged lives at home.*

**We offer FREE Membership for anyone over 60 in our 4 Towns:  
Leverett, New Salem, Shutesbury and Wendell.**

Call or email today to find out more about membership, services and volunteering.

**1-413-345-6894 or email [generalinfo@villageneighbors.org](mailto:generalinfo@villageneighbors.org)**

Visit our website to view the list of free services we offer [www.villageneighbors.org](http://www.villageneighbors.org)



**Winter is Coming! *Is your wood stacked, your chimney cleaned, and how about those pesky leaves - not to mention the snow?***

Volunteers are available to help with yard chores, raking, shoveling, wood stacking and winter 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](mailto:servicerequests@villageneighbors.org)**



November / December 2022, Issue 22

P.O. Box 501  
Shutesbury, MA 01072

**Visit VN's  
Facebook Page**

for new weekly posts,  
information and activities.

Don't forget to **Like** us and  
spread the word.

<https://www.facebook.com/VillageNeighbors>

*Working Together to Create Community!*