



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

P.O.Box 501, Shutesbury, MA 01072

generalinfo@villageneighbors.org

January / February 2023, Issue 23

An Urgent Request For Village Neighbors' Call Managers

Dear VN Volunteers:

The Village Neighbors Call Managers would like to send out an urgent request for any volunteer who is interested in learning more about becoming a **Call Manager**.

Starting in January we will have only three call managers and for parts of February and March we will have only two. Call Managers are vital to providing services to members and connecting volunteers to members who need help. Contact: servicerequests@villageneighbors.org if you would like to see what being a Call Manager entails. We are a welcoming and supportive team.



~ Thanks, Village Neighbors Services Committee

Creative Legacy Projects

January 23rd • 6:30 PM • Zoom

As best intended, a legacy is a reflection of one's purpose and continuing contribution (after death) to the river of life. In this workshop we'll stroll past the static memorial bench to consider how the things and ideas we leave behind can offer an opportunity for enduring collaboration with the people we love. A knitter might bequeath projects just begun to friends who knit to complete. A gardener might leave packets of saved seeds labeled for destinations with good soil and green thumbs.

What do you want to give as you go?

For more information please email
dinastander15@gmail.com.

Dina Stander is a western Massachusetts based End-of-life Navigator, funeral celebrant, and burial shroud maker. She is the founder of the **Northeast Death Care Collaborative**, a Hospice volunteer, an author, and a propagator of **Phones of the Wind**. You can learn more about her work at www.dinastander.com



Snow Shoveling

If you need help with shoveling snow, Village Neighbors volunteers can help on a one-time basis in an emergency. We can also supply you with the names of businesses that do snow shoveling for a fee. The names of these businesses come from a list provided by satisfied customers from one of our member towns. For more information, contact servicerequests@villageneighbors.org

Gordon Fretwell

Gordon Fretwell, 85, passed away on **Wednesday December 1, 2022** at Baystate Medical Center. Gordon believed in building up the people around him, and dedicated himself to supporting his family, his field, and his community.

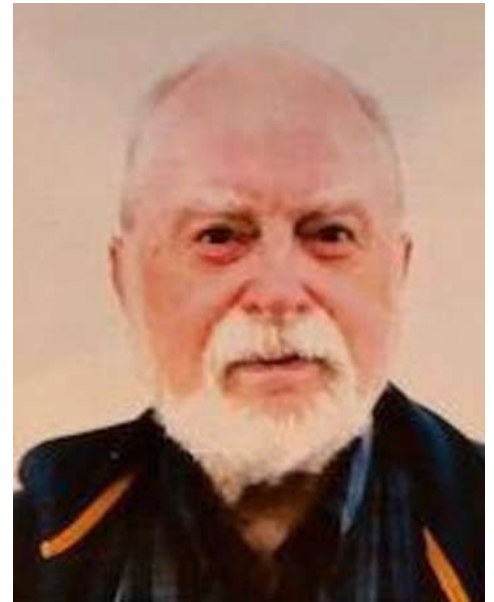
Born in Adrian, Michigan to Elvin and Esther Fretwell, Gordon received his Bachelor of Arts degree from Michigan State University and his Master's degree from University of Michigan. As a Librarian at the University of California, San Diego and the University of Massachusetts, Amherst, and as a consultant for the Association of Research Libraries, Gordon was highly regarded in his field for supporting public services in University Libraries for nearly 50 years. In retirement, he took up woodworking, volunteered with **Village Neighbors**, and was active in local activities and community organizations.

And yet above all else, as the patriarch for his younger siblings, children, grandchildren, nephews, nieces and extended family, the center of Gordon's life was his family. His family relied on '**Bumpa's**' steadfast advice and unending support, and he was sustained by the joy brought to him by his children and grandchildren, frequently observing how blessed he was to have the family that he did.

*In lieu of flowers, gifts may be made in Gordon's memory to the **Food Bank of Western Massachusetts, Dakin Shelter, University of Massachusetts Library, Leverett Library** or the library of your choice. Memorial guestbook at www.douglassfuneral.com*

Published by Daily Hampshire Gazette on Dec. 8, 2022.

<https://www.legacy.com/us/obituaries/gazettenet/name/gordon-fretwell-obituary?id=38331561>



VN News

NEW COVID-19 TREATMENT HOTLINE

Tested positive for COVID-19?

Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling **833-273-6330** or by completing an online assessment at www.mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 AM to 10:00 PM EST. This

service is not for medical emergencies or those who have severe chest pain or shortness of breath. Learn more here <https://www.mass.gov/info-details/free-telehealth-for-covid-19-treatment-with-paxlovid>

Mileage Reimbursement for Volunteer Driving

Volunteers can get reimbursed at 15 cents a mile for VN related rides and errands. Please contact volunteers@villageneighbors.org to apply.

Need a Ride? Contact **VN Services** in advance if you need a ride or company for a night out. Email 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 or mail a check to **P.O.Box 501, Shutesbury, MA 01072**

Upcoming Events

Delightful Vegan Sauces for Everyone

**Tuesday, January 10
6:30 PM - 7:30 PM**

Join “**The Organic Gourmet**” farm to table chef, cooking teacher, and cookbook author **Leslie Cerier** on Zoom.



Learn how to create rich, easy to prepare sauces to woo any palate.

Leslie will demonstrate how to achieve a luscious creamy sauce without dairy.

Discover how to blend a variety:

• Nuts • Spices • Vegetables • And More

Time for Q&A

FREE

Sponsored by the Dunbarton Library

Email: leslie@lesliecerier.com to register

<https://www.lesliecerier.com/event/delightful-vegan-sauces-for-everyone/>

Also check out this delicious and fun new cooking class series: **Get Cooking! Cooking with Herbs and Spices**

<https://www.lesliecerier.com/spice-it-up-get-cooking-w-herbs-and-spices/>

Old Bones and Old Stones - Natural History of the Connecticut River Valley

Beneski Museum Live and In-Person Guided Visit

Tuesday, January 17 from 10 AM - 11:30 AM

Did you know that our neighborhood is one of the best places in the entire world to see our planet's early history? Hidden in plain sight, our stony soil and rocky terrain tell a story of unique geological events that shaped our continents and oceans. The many fossils from this valley offer a window to an ecosystem of dinosaurs and primitive plants. For more than a century, insights and discoveries by local scientists have helped the field of natural history to evolve.

Amherst College's Beneski Museum is offering a live and in-person curated visit guided by the Museum's Education Curator. Alfred (Fred) Venne will help us decode the natural history captured in the Museum's collection of old bones and old stones, tell us about the new State Dinosaur whose zip code is in the valley, and introduce us to the work of just a few notable local natural historians.

TO REGISTER Please follow this link

https://amherstneighbors.org/content.aspx?page_id=4002&club_id=428578&item_id=1853825

or email Amherst Neighbors at amherstneighbors01002@gmail.com

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

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

New Salem Library

1-978-544-6334

email: n_salem@cwmar.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>

Village Neighbors is actively recruiting new volunteers now!

VOLUNTEER ORIENTATION Tuesday, January 10th, 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 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

Services
servicerequests@villageneighbors.org

IT
generalinfo@villageneighbors.org

Events & PR
pr@villageneighbors.org

Fundraising
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

Visit our website to view the list of free services we offer www.villageneighbors.org



Winter is Here and We're Here to Help!

Volunteers are available to help with rides, errands, yard chores, wood stacking and more! 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



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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>

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