



St. James NEST

Neighbors Helping Neighbors



*From Skip Shaw,
St. James NEST
President*

Happy New Year! I hope 2023 is off to a good start for everyone in our NEST family.

NEST continues to grow with now over 129 Members! Volunteers to support the increased number of Member Service Requests are being added. It is so very gratifying to see how our neighbors are helping their neighbors through NEST.

This issue provides an update on our very popular **Speaker Series**. We have events at the St. James Community Center scheduled in March, April and May. If you have a chance, I encourage you to find a topic of interest and check it out!

We also highlight the IT team. Their behind-the-scenes efforts help the operations of NEST run smoothly. **Sheila Sullivan**, who has been a part of the NEST leadership since its beginning, provides excellent direction for the IT team. I have a bias for IT as this was how I got involved with NEST in the first place.

That's it for me and, once again, thanks for all you do for NEST!

Skip

**"VOLUNTEERS DON'T GET PAID, NOT
BECAUSE THEY'RE WORTHLESS, BUT
BECAUSE THEY'RE PRICELESS."**



—SHERRY ANDERSON

Special thanks to all the contributors of the St. James NEST February 2023 Newsletter: Thanks to Nancy Leoncavallo, Maggie Smith Roedema, Lori Foster, Linda Shaw, Lynda Needham and Meg Meyer.

Helpful Tip!



Flexible Service Requests

Occasionally, a Member will enter a service request that will have a flexible date and/or time. Once you call the Member and agree on a date and time and accept the request, we ask that you edit the request to the actual date and time you have agreed upon. This is one of the few occasions where a Volunteer can edit a service request. If you have an issue, contact the Help Desk or your team leader for assistance.

VOLUNTEER SPOTLIGHT: INFORMATION TECHNOLOGY COMMITTEE



The IT Team (L-R): Jerry Passione, Skip Shaw, Sheila Sullivan, Rosemary Garone and Art Solomon

In most organizations, the IT (Information Technology) Team is a small group of miracle workers who solve problems that most of us never even knew existed, nor could we understand if we did. NEST has an IT Team too, and the work that it does is essential to keep the organization running and able to do what it does. Here is just a peek into the work they do and why it's so important.

Sheila Sullivan is the IT Team Chair and its driving force. She is supported by five team members (pictured above) who share the work of troubleshooting, researching, compiling, educating and many other processes that are responsible for NEST's smooth operation.

This team supports a group in NEST we call "Village Builders." The team leaders and the board are the backbone of the organization. To quote Linda Shaw, the Volunteer Chair, "The IT Team makes things simple for us so we can just do our jobs."

Sheila Sullivan, the IT Team chair, has been part of NEST since its infancy. Recruited by a neighbor, Corrie Bovier, NEST's first president, Sheila agreed to help with IT and eventually ended up the team's chair, mostly by default. She never skipped a beat.

It would be hard to find anyone more appreciated or respected by the Village Builders than Sheila. Current president and IT team member Skip Shaw cites one of many examples of how much her leadership is valued. "When a number of us were experiencing frustrations with the limiting reporting available with the original software, Sheila found an outside source to create the database we needed. Her team now produces a monthly set of reports that gives the Executive Committee much better insight into our operations. This allows us to make better-informed decisions on behalf of our members." (continued on page 3)

IT Team (continued from page 2)

Corrie Bovier feels similarly. "Without Sheila I doubt the NEST would have been successful in implementing the NEST software or setting up a system to capture organizational documents and access. Sheila taught herself to use the system, figured out how to localize it for NEST and hand-held the rest of us in coming up to speed on it."

Recent Member Team Chair Ellen deGroof offers a slightly different perspective. "Sheila has come to my house on multiple occasions for tutorial sessions to improve my very rudimentary computer skills. She is quick to respond when I have a question about how to do something on the computer or how to get any data/information I may desire, even when she is traveling."

Over the past year, Sheila has been assembling an accomplished team, expanding the possibilities of NEST. The workload is spread more evenly. The whole team has increased the profile of the IT process as it is being used more widely and becoming more integral to the organization.

The IT Team is still looking for new members. If you are interested, please email Sheila at sheilas@sjnest.org. This could be a great opportunity for you and for NEST!



Showing Their NEST Pride!



Board and Executive Committee members showing off their St. James NEST polo shirts on December 2nd: (L-R) Meg Meyer, Tom Echter, Ann Bobeck, Barbara White, Karen Nelsen, Corrie Bovier, Linda Shaw and Skip Shaw.

St. James' newest newsletter:

Serendipity!

Marketing Committee member, Lori Foster, who is on the St. James NEST newsletter's team writing articles spotlighting our wonderful members, has started a newsletter of her own, that you won't want to miss reading each month.

The newsletter is written by folks living in St. James and focuses on artists, authors and musicians in St. James, as well as non-profit groups in St. James that are sharing their talents with the greater Southport/Brunswick County community. Think Mike Haase (a NEST member) and Mike's Garage Band raising over \$1 million for Brunswick County charities - or Nick Noble, a photographer extraordinaire, whose photos grace all sorts of area publications. She has even highlighted our very own Skip and Linda Shaw and the incredible giving spirit of our volunteers in St. James NEST.

If you haven't yet subscribed to this fabulous new newsletter, email Lori at lorimfoster1228@yahoo.com. It's free and she'll never share your email address with anyone.

A Fun & Joyous Event: Wine & Cheese for our Single Ladies



Barbara Voss was the hostess with the mostest!



Fran McGaughey and Barbara Johnson enjoying a glass of Vinho Verde wine.



Maureen Killoran and Pat Ungerer enjoyed chatting over a glass of wine.



Getting ready to try some of the delectable treats are: (L-R) Nancy Gregson, Maureen Killoran, Peg Anderson, Barbara Johnson, Pat Ungerer, Judy Knight, Barbara Gregory and Cindy Hauman.



Peg Johnson and Barbara Gregory getting to know one another.

On November 20th, a Wine and Cheese Party was held for 16 single members and volunteers of NEST at the home of Barbara Voss. It was a nice way to connect with other singles, including some recent widows, here in St. James with the common interest of NEST. There was baked Brie with cranberries, pecans, and honey; Boursin cheese with crudité and crackers; artichoke dip with crostini; hand-made summer sausage; a spiced loaf cake; and brownies. Delicious! And... fantastic Portuguese wines were enjoyed as well – a Vinho Verde and a lovely red blend.

A special thanks goes out to the organizing committee who made and donated the delicious food for this event: Ellen deGroof, Barbara Voss, Maureen Killoran, Cindy Hauman and Fran McGaughey.

MEMBER & VOLUNTEER SPOTLIGHT: MEET THE WALKERS



Shirley enjoyed arriving in style!



Shirley and Sue in
San Francisco



Sue and Ian, with their children,
on vacation

Sue Walker and her mother-in-law, Shirley, were both part of NEST until very recently. Sue was a Volunteer and Shirley was a Member. They're originally from Madison, Connecticut, where Sue, her husband, Ian, and Shirley lived together in a beautiful home built in the 1700's!

The three Walkers, Ian, Sue, and Shirley rented for two years in St. James and considered buying here until their daughter moved to Greenville, South Carolina. Instead, the Walkers moved to Taylors, SC, a mountain community only 30 minutes from their daughter. Their new home has a view of the Blue Ridge Mountains. Shirley lives in an assisted living community nearby.

Sue enjoyed her association with NEST. When they moved to St. James, her mother-in-law, Shirley, now 86 years old, was diagnosed with early Alzheimer's disease and could no longer drive. Sue heard about NEST and thought it would be ideal for Shirley. Sue was a nurse and decided that she would also join NEST as a Volunteer. She was particularly impressed by the high level of professionalism she encountered in the Volunteers.

Shirley enjoyed being a NEST Member and was driven twice a week by NEST volunteers to the Senior Center. NEST volunteers transported Shirley 250 times since 2021! She was very complimentary of all the Volunteers as being so friendly and so much fun. Ian summed it up beautifully: "Can't express the comfort it gave me to know my mom was with people who were doing this because they wanted to. Mom never felt like a burden and had no negative experiences. She honestly felt like the volunteers loved to come and pick her up." (Trust us, they did!)

Sue wanted to mention how thankful both she and Shirley were for the excellent advice and counseling they received from Ellen DeGroof, who was Membership Committee Chair until January. "Ellen's assistance has been amazing...we were stuck. NEST saved us!"

Above is a recent photo of Shirley who enjoyed getting rides to and from The Senior Center in Marie Danko's beautiful red convertible! She would always say, with a big smile when she got home, "I've arrived!"

SHOWING OUR HOLIDAY SPIRIT WHILE SPREADING THE ST. JAMES NEST WORD!



For the second year in a row, St. James NEST participated in the St. James Service Club's Holiday Festival held at the Community Center on December 9th and 10th. St. James NEST's tree theme was again "Happy Holidays From our NEST to Yours." Peggy and Gary Persico took the lead, literally elevating the tree to new heights for better visibility! The tree was decorated with NEST logo ornaments, nests, handmade street signs of streets in St James, and various handmade ornaments with the themes of what St James NEST is all about. Many thanks to the volunteers who helped decorate the tree and spread the word about St James NEST and the good we all do for our community.

SEEN AROUND TOWN!



Cate Guinn and Paul Askew, from the Marketing Committee, represented NEST again at the St. James Fire Department's EMS Expo on Thursday, November 10th. The EMS team sees people that could use NEST services and is very supportive of our mission. Cate said "most of the visitors had basic questions and were interested in learning about volunteering. I think that speaks volumes to the caring nature of our St. James residents." Paul agreed. He added, "Many wanted to know about our various tasks or activities for our members. I enjoyed it because it is important to spread the word that we have this organization in St. James to help our members live in place as long as possible." Thanks Cate and Paul!

2022-2023 SPEAKER SERIES: AGING IN PLACE: WHAT'S YOUR PLAN?



Kara Gansmann shared the best ways to protect your assets for Estate and Long Term Care planning

On November 15th, Kara Gansmann, an experienced Elder Care attorney, was our second speaker in the *Aging in Place: What's Your Plan* speaker series with her popular **Estate and Long Term Care Planning** program. Kara shared her expertise on essential estate planning tools, asset protection and long-term care planning; Powers of Attorney and how to determine if yours is “hot” enough; Wills versus Trusts and determining which one makes the most sense for you; how estate plans from out of state impact you in North Carolina; the best steps to take now to protect your assets for long term care; and how to find and pay for quality long term care.

This program was recorded, so if you had to miss this informative program, visit sjnest.org. A link to the recording is on the 2022-2023 Speaker Series page, under the Events tab on the main menu of the website.

Coming up next, on Tuesday, March 21st, from 3-4:30 pm, two Certified Professional Organizers from Organized Havens, Donna Epps and Kim Ausbury, will discuss the psychology behind why your home is cluttered and/or disorganized and why decluttering your home is especially important as you age. That program, **Decluttering Your Home for Safety and Wellness** will leave you with tips for organizing success and ideas to streamline and simplify your daily life.

Our first 2023 program was actually scheduled for January 24th, but had to be postponed due to a family emergency for the speaker. That program **How to Make Your Home Safe as You Age** will now be held on Tuesday, April 25th from 3-4:30 pm. We'll hear from Jeff Pittman, a Certified Aging in Place Specialist (CAPS) and owner of TruBlue of South Wilmington on the best modifications you can make to your home to make it as safe and livable as possible as you age.

And, our last program in the series, is **How to Masterfully Manage Your Own Medications** on Tuesday, May 16th. Denise Hayes, RPh, MS, and owner of The Apothecary at St. James, will discuss how to speak with your doctors to better understand and manage your medications safely; how to organize your medications at home; and, best ways to compare medication pricing and services.

For more details and to register for any of the programs, go to sjnest.org. Under the Events tab, click on the 2022-2023 Speaker Series option.

