



# St. James NEST

*Neighbors Helping Neighbors*



*From Skip Shaw,  
St. James NEST  
President*

Hello Everyone!

Summer is upon us! This is the time to enjoy vacations, our beautiful beaches and, oh yes, traffic. NEST continues to help our neighbors thanks to the efforts of our wonderful team of Volunteers. Since September of 2020, when we went live, we have fulfilled over 3,000 Service Requests for our Members! What an accomplishment and many thanks to you all.

In this issue we spotlight the NEST Board of Directors, the group of folks that provide strategic direction and oversight to our organization. Our very popular Speaker Series just completed its 2nd season. Season 3 will begin this Fall with a new topics. This issue includes our first "In Memoriam" section for those in our NEST family whom we have lost since 2020. Please remember to save the date for our third NEST Volunteer Appreciation event, Tuesday, October 17th. It's always a great time to reconnect with everyone in person. So, that's it for me and once again, thanks for all you do for NEST!

Skip

**"NEVER DOUBT THAT A SMALL GROUP  
OF THOUGHTFUL, COMMITTED  
CITIZENS CAN CHANGE THE WORLD:  
INDEED, IT'S THE ONLY THING THAT  
EVER HAS."**



**—MARGARET MEAD**

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

## Helpful Tip!



### Add the Help Desk Number to Your Contacts List on Your Phone

If a Member calls you to cancel or change a request, please call the Help Desk as soon as you know, so the request can be updated. The Help Desk is there to help Volunteers as well as Members. Add the NEST Help Desk to your contacts right now:

**(910) 250-8388**

## WHAT EXACTLY IS A "VILLAGE" AND WHERE DOES ST. JAMES NEST FIT IN?



St. James NEST's Newsletter Editor, Lynda Needham, and her husband, John

Like many residents of St. James, my husband and I moved to St. James shortly after retirement. We have always loved coastal Carolina, played golf, tennis, fishing (John only) and enjoyed dining options. After a couple of years and a few medical issues (joint replacements, cataracts, etc.), we knew this was our forever home and we love it here.

We have now reached the age where many of our "what ifs" need to be addressed. What happens when we can no longer go upstairs to put away the Christmas decorations? What happens if or when our ability to drive is restricted or even not possible? How in the world can we age in place, be independent and not become a burden to our children, especially when they live hours away? NOW is the time to determine our aging options!

Fortunately, we discovered St. James NEST!! St. James NEST is a volunteer, charitable, non-profit organization that makes 'aging in place' a reality! It is a part of the national Village Movement that started in Boston's Beacon Hill neighborhood in 2001 to allow aging in place with **interdependence** that makes aging alone possible. The Village model is recognized as exemplary community collaborations helping older adults remain in their homes as they age, improve the quality of their lives, and save money in the process. Where did the word NEST come in? Simply defined, St. James NEST is **NE**ighbors Helping **ST**. James Neighbors.

What exactly is **interdependence**?? In its simplest form, it is defined as the state of being interconnected with others. Many, perhaps most, residents in St James are retired, however in the past few years we have experienced an increase in younger families, making this a true multi-generational community. Although the village model is designed for older adults, to join a village is also a vote in favor of intergenerational living.

Many older adults in St. James do not have close family living nearby. We want to be independent and do not want to be a burden to our children and friends that live miles away. We need to be able to depend upon each other to make this happen.

**Volunteers** provide wellness calls, friendly visits, or phone calls and/or respite care for caregivers of **Members**. **Members** join St. James NEST and may request and receive a variety of services including driving to appointments, running errands, transportation, wellness calls, household requests. (Continued on page 3)

## What Exactly is a Village? (continued from page 2)

St. James Nest currently consists of 160 **Members** and 113 active **Volunteers**. Some people have been both (at different times, of course)! An example of such a situation might be if an active **Volunteer** has surgery and cannot drive themselves to the grocery store, drug store, doctor's office, etc.

The **Volunteer** may then choose to join St. James NEST as **Member** and able to request the services described above. The annual fee to become a **Member** is \$120 per year for an individual (one person living in the home) and \$150 per year for a household (more than one person living in the home) membership. For more info on membership, call the Help Desk at 910-250-8388.

Nationwide, more than 350 Villages are now operating and many other are in various planning stages.

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## SPREADING THE WORD ABOUT ST. JAMES NEST

The Volunteers who work with St. James NEST are a committed and enthusiastic group who just love to spread the word about the good work we do.

Volunteer Paul Askew gave a presentation to the Junior-Senior Group at The Reserve at one of their luncheons in late February. The Juniors are residents of St. James and the Seniors are parents or relatives who have come to live with them. What a great opportunity to speak with not only potential new Members of NEST, but also possible new NEST Volunteers as well.

Paul handed out NEST brochures and he said they asked a lot of questions and he was able to answer them all. Thanks, Paul, for helping to spread the word!

Skip Shaw gave a presentation to the St. James Newbies on March 21st at Southport Tap & Cellar. Were you wondering what this group is? So were we! It is a Facebook group with 853 members - at last count! Their objective is to get together and socialize with others new, or not so new, to SJP - especially on the weekends.

Skip shared the history of NEST and what it does for the community and handed out brochures. There was a lot of interest and positive feedback; only a few people had heard about NEST.



Paul Askew has helped spread the word about St. James NEST at many venues!



Skip Shaw speaks to the Newbies group about NEST at Southport Tap & Cellar



## VOLUNTEER SPOTLIGHT: ST. JAMES NEST'S BOARD OF DIRECTORS



St. James NEST Board of Directors (L-R): Skip Shaw, Barbara White, Karen Nelsen, Corrie Bovier, Barbara Voss and Tom Echter

With NEST well into its third year of existence in St. James, the focus of the Board has shifted. In the early years, the Board's work was to define and document, then launch this ambitious organization. In the next phase, when NEST went "live" in the middle of the pandemic, the Board needed to monitor and respond as we learned what worked and what needed to be fine-tuned. Currently the Board is focused on overseeing, providing strategic direction, and developing new programs that support NEST's mission and enhance its members' experience.

The six people who make up the NEST Board are extraordinary! As a group, they share a deep commitment to the organization's mission. Each has unique professional and life experiences that make them invaluable. It's like our own custom-made NEST Dream Team.

**Corrie Bovier**, NEST's first president and one of its four founders, is now filling the newly created Emeritus position on the Board. Corrie brings valuable historical perspective. She, perhaps more than anyone, knows how we got to this place and can offer the wisdom of that experience as the Board begins to develop new programs and expand its vision.

**Barbara Voss**, the Vice President, joined the NEST leadership team in early 2020 and is now in her second Board term. She brings a unique perspective to the group – she experiences NEST as both a volunteer and a member.

**Barbara White**, a former attorney, is NEST's Legal/Compliance officer. Her NEST work began about four years ago when she oversaw the creation of policies, codes of conduct, conflict of interest positions and other matters requiring her expertise. Hers became a Board position when it became obvious that these important issues needed to be part of the larger Board conversation.

**Karen Nelson**, the Board Secretary, is in her second two-year term. As a former teacher, she appreciates the level of professionalism the Board brings to its work and the quality of service the NEST organization offers its members. Her sensitivity to these issues is heightened by her experience as the primary caregiver to her mom at the end of her life.

(continued on page 5)

## Board of Directors (continued from page 4)

**Tom Echter**, the Board Treasurer, answered a NEST ad in Just Judy for someone with QuickBooks experience. As a business owner who served on nonprofit boards for over twenty years, his skill set was a perfect fit for us. He feels that the level of organization and sophistication in NEST systems reflects the experience and dedication of its people.

**Skip Shaw**, the Board President, is a highly focused, ambitious, and accomplished leader. He became involved with NEST soon after he arrived at St. James and was a key player in its launch during the Pandemic. Skip is proud of how far we've come and looks forward with great optimism. "In a very short three years, NEST has grown from 15 to 160 members, 26 to 113 active volunteers. That is the true measure of our progress."

Thank you to each of these exceptional individuals who are dedicated to making St. James NEST a better organization to help our neighbors age in place.



## In Memoriam

Those who touch our lives, live in our hearts forever. St. James NEST sends sincere condolences to the family and friends of Members and/or Volunteers for their profound loss since St. James NEST began its services in 2020:

Robert "Bob" Sticht 6/26/23  
Charles "Mike" Cavanaugh (Gaye) 5/20/2023  
Richard Duffy (Karen) 4/27/2023  
Fred Morabito (Maureen) 4/15/2023  
Kathleen Stark 4/14/2023  
Jose Vazquez (Carmen) 4/14/2023  
Mike Smith (Robyn) 4/11/2023  
Pat Trizinski (Len) 3/20/2023  
Robert Malafronte (Dorothy) 3/15/2023  
William Berry (Carol) 3/09/2023  
Ken Boyd (Brenda) 2/21/2023  
Paul Snyder (Charlene) 1/25/2023  
Paul Hong (Diana) 12/24/2022  
Rita Pasek (Robert) 12/2/2022  
Lorraine Lanosga (Felicia Garland) 11/21/2022  
Scott Pollard (Jennifer) 11/04/2022  
Pat Moore 10/18/2022  
Charlie McCauley (Anne) 9/21/2022  
Richard Robinson (Jean) 9/19/2022  
Jean Mullens (James Cornell) 9/16/2022  
Wes Armstrong (Lorraine) 6/01/2022  
Patricia Lineback (David) 3/09/2022  
Renate Holbrook (Keith) 2/18/2022  
Jane Goldsworth (John) 2/03/2022  
John Whiting (Pat) 1/31/2022  
Linda Walsh 12/28/2021  
Dave Ungerer (Pat) 12/04/2021  
Tim Coffey (Judith) 11/30/2021  
Marie Bertrand (Harold) 11/27/2021  
Nicki Burke (John) 11/19/2021  
Ronnie Bilodeau (Arlene Risano) 8/10/2021  
Richard Greico (Linda Woolf) 8/01/2021  
David Dewees (Elisa) 6/18/2021  
Eric Neilsen (Joyce) 6/09/2021  
Agnes Zakierski (Robert) 4/20/2021  
Audrey Bailey (Leigh Ann) 11/27/2020

"There are no goodbyes for us. Wherever you are,  
you will be in our hearts."

Mahatma Gandhi

## MEMBER SPOTLIGHT: BILL AND MARGE FINLEY



Bill & Marge at their wedding



Bill at age 8 at one of his  
favorite past times



Bill & Marge with their daughters and  
their families

One of our newsletter writers, Lori Foster, had a delightful interview with Bill and Marge Finley that she included in her own online newsletter, *Serendipity*. It just so happened that we had also asked Lori to write our NEST Member Spotlight on this lovely couple, who have been involved with NEST for the past few years.

Bill sent in a photo of himself to the children's magazine *Children's PLAYMATE* when he was 8 years old. He was just looking for a pen pal, but found his best friend and playmate for life! In 1943 Bill wrote in *Children's PLAYMATE*:

### FISHING AND READING

"My hobbies are fishing and reading. This is my third year of fishing. My father bought me a new rod and reel. I like to fish in fresh and in salt water. One day I caught a 3-pound codfish. The other night my father and I went to the pond to fish. I caught five fish and an eel that was 18 inches long. I like to read and I read a lot. Just now I am reading Boy Scout stories. I am in the third grade and my teacher is also my aunt. I wish other readers would write to me."

-William Finley, Age 8, 379 Andover Street, Danvers, Massachusetts

Marge, also 8 years old, answered Bill's letter! After many, many years and many, many letters, Bill and Marge decided to meet. Bill, in college in Massachusetts, traveled to Pennsylvania where Marge attended college. They were married soon after meeting and had a beautiful family of two daughters. Rebecca Kim, one of their daughters, was adopted from Korea.

Bill taught music and also owned and operated a very successful franchise, Gloria Jean Coffee, for 10 years, where he and Marge worked together.

Bill and Marge are now both 89! They bought their property in St. James in 1995 when Southport wasn't much of a town. Much of what we now know as St. James hadn't been built. They built their home in St. James and have lived very happily here for over 20 years!

Because Marge has cognitive degeneration, they have been grateful for the NEST volunteers who come to their home in St. James and cheer up Marge while Bill is able to run some important errands. We LOVE this love story...we hope you will also.



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



Our May speaker, Denise Hayes, from The Apothecary at St. James, discusses her background at the beginning of her program.

Our 2022-2023 Speaker Series “**Aging in Place, What’s Your Plan?**” ended in May with The Apothecary at St. James’ owner/pharmacist, Denise Hayes, presenting “**How to Masterfully Manage Your Medications and Health.**”

Denise provided great information about how best to avoid drug interactions, as well as how to get the best prices on prescriptions. Denise’s presentation, as well as our previous four presentations, may be viewed on the St. James NEST website ([sjnest.helpfulvillage.com](http://sjnest.helpfulvillage.com)) by selecting the Events tab at the top of the main menu.

Additional topics included on the website are:

- **Planning for Medical Emergencies and Uncertainties**
- **Estate and Long -Term Care Planning**
- **Decluttering Your Home for Safety and Wellness**
- **How to Make Your Home Safe as You Age**

We are very thankful to all our speakers for providing such informative presentations to St. James residents this year! 430 people attended the speaker series.

Although our 2022-2023 series is in the rearview mirror, Barbara Nail and Connie Kelly of our Special Events Committee, are busy planning our 2023-2024 speaker series, **Take All the Right Moves for Health and Safety**. The first topic is **Your Mind Matters – The Best Ways to Love Your Brain** and will be held on September 13th at the Community Center from 3:00-4:30 pm.

We hope you will join us for this program as well additional programs planned for November 2023 and January, March, and May in 2024.

Stay tuned for additional information about these events!



March's speaker, Taryn Lamb of Organized Havens (above right) talks about the importance of decluttering for both safety and wellness and April's speaker, Jeff Pittman of TruBlue of Wilmington (below left), discusses important home modifications to make as you age in place.