



St. James NEST

Neighbors Helping Neighbors



*From Skip Shaw,
St. James NEST
President*

Hello All! NEST continues to grow and prosper. In March we reached 200 Members, 150 Volunteers, and passed the 5,000 mark for Service Requests completed. This is remarkable, considering we started in September of 2020 with 14 Members and 38 Volunteers. It is a tribute to the Volunteers and the Village Leaders that we have been able to accomplish amazing growth in a short time while allowing our Members to remain safely in their homes for as long as possible.

The highlight of the year has been our first NEST Fest. Held in February at the St James Community Center, over 130 attendees heard a brief overview of the mission of NEST and how we support our neighbors. A panel of our Members shared how they count on NEST and the wonderful NEST Volunteers they have met. A panel of Volunteers explained how much they love giving their time and what it means to them to have the flexibility that NEST provides.

Thanks again for all you do for NEST!

Skip

"AT THE END OF THE DAY, IT'S NOT ABOUT WHAT YOU HAVE OR EVEN WHAT YOU'VE ACCOMPLISHED... IT'S ABOUT WHO YOU'VE LIFTED UP, AND WHO YOU'VE MADE BETTER. IT'S ABOUT WHAT YOU'VE GIVEN BACK."



-DENZEL WASHINGTON

Special thanks to all the contributors of the St. James NEST March 2024 Newsletter: Thanks to Maggie Smith Roedema, Lori Foster, Linda Shaw, Lynda Needham and Meg Meyer.

Helpful Tips for Volunteers!

- Remember the song lyrics from Ghostbusters... **"Who You Gonna Call?"**...Well, for NEST, the answer is the Help Desk! If you have a question, call the Help Desk at 910-250-8388.
- Remember for Service Requests call the Member twice. Once when you accept the request assignment and once the day before the Service Request is going to be fulfilled.
- If something changes and you can't fulfill the Service Request you signed up for, call us ASAP!
- Look at open Service Requests daily by visiting sjnest.org and viewing the open Service Requests under the Volunteer drop down on the main menu.

Thank You!

VOLUNTEER SPOTLIGHT: EVENTS COMMITTEE



The Events Committee (L-R): Jerry Passione, Connie Kelly, Barb Nail, Brigid Claffy and Beth Boyer

The NEST Events Committee, the architect of the organization's educational and social calendar, is responsible for creating experiences that engage both our Volunteers and Members. There are five dedicated individuals who work to bring to life NEST's Speaker Series, the Volunteer Appreciation Event, our recent NEST Fest as well as numerous smaller social gatherings. This group strives to think of everything possible to meet expectations of all attendees.

The two newest members of this team, **Beth Boyer** and **Brigid Claffy**, worked tirelessly on the recent first-ever "Singles Mingles." NEST Members enjoyed this special evening with delicious food and drinks with both old and new friends. Beth and Brigid considered every aspect of this evening with the goal to accommodate the needs of the attendees. This included assurance of transportation to and from the event.

Beth brings her career experience as an event planner for a law firm in Philadelphia to this committee – a perfect fit! While technically, the Singles Event was an event held for Members, Beth felt joy and gratitude for the experience of meeting and getting to know more people in the NEST community.

Brigid was already a big fan of the Speaker Series. She appreciated how valuable it was for her and for other attendees. Brigid also volunteers on "Going My Way" and "Just Checking In" teams. Volunteering on these teams has given her valuable insights into the needs and expectations of Members attending a NEST event.

Jerry Passione's work on the Events Committee is described as all-things-technology-related. He does the big work that many of us simply never even think about as necessary to make an event happen. This includes things like getting the word out about an upcoming event, creating a mechanism for signups, capturing the names of attendees, coordinating with speakers to assure the venue can accommodate their technology needs, creation of a video of the presentation, and more. *(continued on page 3)*

Events Committee (continued from page 2)

Jerry, one of the folks who created the popular Tech Connect Team, has been a major player for NEST for over two years. He says that NEST's mission rings true for him. We are fortunate Jerry has found a way to harness his impressive skills to make so much possible for NEST and its Members.



Friends and the original Events Committee stalwarts: Barb Nail (l) and Connie Kelly (r)

The **Events Committee** chair, **Barbara Nail** and her “right hand woman” **Connie Kelly**, have been the heart and soul of this committee whose work continues to evolve as NEST grows and changes. Also golf buddies, they were a good match when it came to creating a new team to coordinate the growing NEST Speaker Series as well as other events.

Connie resonates deeply with NEST's mission and she wants to put her experience as a training and development professional to good use. As we hear from so many, Connie is the first to say of her work with NEST, “I easily get as much as I give to this team. It's such compelling, exciting work.”

Barbara had recently stepped down from being LGA President and was looking for something new when she first assumed this team's leadership. Barbara's responsibilities include creation of a successful implementation model

for the Speaker Series, including topics and presenters. Barbara is a former teacher and this project is something she can really embrace. She knows how to come up with an idea, fine-tune it and make it happen.

More events have been created by this trusty team of five over the past six months. This past fall the Events Committee assumed the organization and implementation of the well-attended Volunteer Appreciation Party, as well as numerous smaller social member gatherings.

The growth of the team's work has been organic. Barbara feels that this might be the perfect time to add a few new members. She has something for us all to consider: “If you are reading this and are interested in planning events with some of the kindest, most interesting, most caring and generous people you'll ever meet, please consider reaching out to see if your interests might just 'fill the bill' for this amazing committee.” Email Barbara at barbaran@sjnest.org.

We are so grateful to Barbara and her team. Their competence and willingness to take on new projects will nurture and encourage all the members of the important NEST family. Thank you!



Save the Date!

Volunteer Appreciation 2024

Volunteers - mark your calendars for our 4th annual Volunteer Appreciation event on Tuesday, October 22 from 4 to 6 pm. There will be some delicious food, along with beer, wine and soft drinks to cheer all of you!

NEST Fest! 2024

A Resounding Success!



The Member panel shared heartfelt stories about how NEST has helped them while living in St. James. Some truly amazing anecdotes!

(L-R): Linda Gehring (moderator), Chuck Lusk, Dorothy Malafronte, Ettore & Fran DiMiceli and Betty Nicholls

Each of the Volunteer panel members shared their journeys on coming to NEST as a Volunteer - and each of them had very different Volunteer experiences, showing the depth of services available to Members. (L-R): Ann Bobeck, Jen Pollard, Deb Henderson and Tim Hockney. (Not included in photo: Maggie Roedema, panel moderator)



St. James NEST held its first annual NEST Fest! on Tuesday, February 20th at the St. James Community Center. The goal of NEST Fest! was to introduce St. James NEST to residents who might be interested in becoming **Volunteers** or **Members**. The event was an unqualified success with over 125 in attendance and every seat in the room full.

Guests were encouraged to grab a beverage of choice and to have a seat upon entering the Community Center's largest meeting room. St. James NEST President, **Skip Shaw**, began the presentation with a description of NEST's mission and services, an explanation of who NEST serves and the different types of Volunteers that make up NEST. He also provided an overview of the accomplishments achieved by NEST since its start in September 2020.

Skip introduced the NEST Member panel moderated by **Linda Gehring** and NEST **Members Fran and Ettore DiMiceli, Chuck Lusk, Dorothy Malafronte** and **Betty Nicholls**. Each Member had incredible stories to tell about their journey in life and in St. James and how they became a part of the NEST family.

Maggie Roedema moderated a panel of NEST **Volunteers** that included **Ann Bobeck, Deb Henderson, Tim Hockney** and **Jen Pollard**. Each panelist shared his/her path to becoming a NEST Volunteer. The panelists had different stories, but all agreed that each made a difference in someone's life by providing services to NEST Members..

Skip ended the programming by reviewing frequently asked questions about NEST. He encouraged the audience to ask more questions to any NEST Volunteer in the audience. Our Events Committee provided a "feast" of delicious food and a glass of wine or other beverage of choice for all guests.

NEST Fest! was both an informational and a truly joyous event. We hope to continue the NEST Fest! tradition next year!

More Photos from the NEST Fest! Celebration



Gary Persico and Sue Roll are ready to greet NEST Festers at one of the wine tables.



Scott Colburn, Meg Meyer and Tony Lockhart met some wonderful NEST Fest! guests as they poured wine at their wine table.



Karen Nelsen and Barbara White greeted all of the NEST Fest! guests with great big smiles!



Should NEST Fest! have instead been called NEST Feast? You can make that call, but shout out to Events Committee Chair, Barb Nail, who placed the order for all the delicious food. Yum!



NEST Fest! was the brainchild of NEST President, Skip Shaw. Barb Nail (not shown) and Connie Kelly of the Events Committee helped to pull off a great event!



NEST Volunteer Tim Hockney and NEST Member Betty Nicholls enjoy some of the delicious NEST Fest! food, along with great conversation.



NEST Members Chuck (also a Volunteer) and Diane Lusk, after Chuck shared his journey in St. James and with NEST - inspiring!

MEMBER SPOTLIGHT: MEET IZZY TEASDALE



Izzy Teasdale talks about life in St James and her friendship with NEST Volunteer, Arlene Risano



The Founders Club, circa 1994



Izzy and her husband Ralph, in 1950

Izzy Teasdale and her husband moved to St. James in 1994 when only 25 people were living here! Although the Teasdales did not play golf, they purchased a lot on Founders golf course with an uninteruptible view and often enjoyed going to the nearby Founders Club. Izzy has 2 children, 10 grandchildren, and 20 great-grandchildren!

Izzy decided to stay in her home a few years ago after her husband passed away. She has been so happy surrounded by the beauty of St. James. Turning 93 in April, Izzy lives alone, keeps active, and is a delight to talk to. Every morning at 8:00 NEST Volunteer Arlene Risano calls to see if she needs anything. Their conversations are full of laughter. Over the years more than 500 "just checking in" phone calls have been made from NEST volunteers to Izzy!

Izzy is very happy and grateful that her NEST membership allows her to feel safe and comfortable in her own in her beautiful home.

Thank you, NEST, for all you do!



NEST Volunteer Arlene Risano loves chatting with Izzy each morning.

GETTING THE WORD OUT: NEST Tree at the Festival of Trees



St. James NEST participated in the annual **Festival of Trees** for the 3rd year in December 2023. The Festival was an enchanting holiday display of more than 20 decorated trees, numerous, demonstrations, homemade cookies, and raffles for uniquely decorated holiday wreaths! Inspired by **Peggy Persico**, the theme of the NEST tree was **"Happy Holidays from our NEST to Yours."** Our tree was uniquely decorated with teal ornaments and ribbon (NEST logo colors), St. James street signs, houses, hearts, Nests, birds and phrases reflecting NEST values such as "neighbors helping Neighbors, Helping Hands, Friendly Visits" and topped with a wood birdhouse similar to our NEST logo.

This was our 3rd year participating in the Festival and we continue to improve the tree. Last year we elevated the tree to a platform. This year the tree was on a rotating base and decorated with angels representing each volunteer. A NEST representative stood with the tree during the Festival to discuss the organization and its services with prospective members and volunteers. It is rewarding to hear how many people are already aware of NEST and/or are participating in various NEST roles. This year our Festival volunteers were **Peggy Persico, Gail Persico, Joe Persico, Ann Bobeck, Beth Boyer, Lynda Needham, Meg Meyer, Marie Danco, Deb Henderson** (pictured above), **Arlene Risano** (pictured above), **Ellen deGroof, Skip Shaw, Shelia Sullivan** and **Paul Claffy**.



We lost the following St. James NEST Members and Volunteers since our last newsletter. May their memories be a blessing to all the lives they have touched.

Lorraine Armstrong 12/25/2023 Member

Barbara Gregory (Mary Beth Brace) 1/26/2024 Member and Volunteer

Allan Largent (Sarah) 2/4/2024 Member

William Finley (Marge) 2/22/2024 Member and Volunteer

David Mullaney (Janis) 2/26/2024 Member

2023-2024 SPEAKER SERIES: TAKE ALL THE RIGHT MOVES FOR HEALTH & SAFETY



Carrie Pasquarello provided insight on travel safety, both here and abroad

St. James NEST's Speaker Series **Take All the Right Moves for Health and Safety** continues to be well-received by the St. James community. Our 3rd program in the series was **Strategizing Your Travel Safety**. Carrie Pasquarello, CEO and Co-Founder of Global Secure Resources spoke to us about travel safety essentials. A link to a video of her highly rated presentation is on the sjnest.org website under events on the 2023-2024 Speaker Series page.

On March 19th we held the 4th program in the series, **Taking Steps to Minimize Cancer Risks for Yourself and Your Family**. Sarah Davis, an Oncology RN from Hope Abounds Network, discussed the genetic component of cancer and when genetic screening might be appropriate for you or a family member. Hope Abounds Executive Director Elizabeth Barnes also provided information about services Hope Abounds can provide cancer patients and their family members. The video presentation and handout from this program will be posted on the website soon.



Sarah Davis and Elizabeth Barnes from Hope Abounds Network discussed how genetics might affect your cancer risks

The final program in the series **The Importance of Food Choices as We Age** is Tuesday, May 21, 3-4:30 pm at the Community Center. Janice Shannon, a licensed nutritionist, will explain why the dietary choices we make now become even more important as we age and the role that these choices play in how we feel and engage with life. Janice will discuss the challenges that can exist when trying to eat foods that support a healthy lifestyle. She will discuss what the focus should be as well as foods that build us up and which ones can tear us down. Visit sjnest.helpfulvillage.com/events/19 for more information and to register for this program.

The Events Committee is already planning for its 2024-2025 speaker series **Stay Safe, Stay Strong and Stay Smart**. More information about these programs will be coming soon!

