

# St. James NEST

*Neighbors Helping  
Neighbors*



*From Skip Shaw,  
St. James NEST  
President*

Greetings and welcome to our first St. James NEST newsletter. We hope to publish these periodically through the year to keep you, our NEST family, up to date on the goings-on within our community.

We are very proud of the progress we have seen in our first year of operation. We made the decision to launch this ambitious program despite the pandemic, knowing we would be called upon to adapt as needed to very uncertain and challenging times. It's been quite an experience, and we are grateful to everyone for their partnership, good work, perseverance and flexibility. Hopefully, 2022 will see a return to a more normal life.

I would like to thank Meg Meyer, Linda Shaw, Lori Foster, and Maggie Roedema for their leadership in organizing and authoring this inaugural edition of our newsletter. And for our Service Request Volunteers, Village Builders, and Area Reps, as always, thanks for all you do!

-Skip Shaw, St. James NEST President



## MEMBER SPOTLIGHT

My husband and I both have mobility limitations and St. James NEST has been a big help in helping us keep up with home maintenance chores. We have used St. James NEST several times since we joined last year. We have had help with replacing a loose trim board on our deck, replacing weather stripping on our front door, changing smoke detector batteries, and most recently taking out and putting away Christmas decorations. I can't say enough good things about the volunteers that came to help. My online requests were answered promptly. Everyone came right at the requested time and was so nice and friendly. This organization is another treasure in our community.

-Anne Stenhouse (pictured above, with husband Bob)



## VOLUNTEER SUPERSTARS

In October, St. James NEST held its first annual Volunteer Appreciation event to celebrate our first full year of service to the St. James community. The first half of the event allowed all of us to get to know other NEST volunteers as well as enjoy some great food and beverages.

After sitting down for a lovely dinner, we celebrated our "Volunteers of Year" who included Kathy Lance (completed over 20% of all our Going My Way service requests), Paul Askew (completed 37% of all Helping Hands service requests), Christy Beavers (completed 11% of our Just Checking In service requests) and the overall Volunteer of the Year for St. James NEST, Maureen Killoran (highest number of service requests fulfilled with 81!). We salute all of these NEST volunteer superstars, as well every one of you that has fulfilled a service request this past year!

We asked each of these volunteers why they enjoy their work with NEST. Maureen said, "I enjoy volunteering with St. James NEST because I realize the importance and necessity of a caregiver getting some respite time off. My husband died from Alzheimer's Disease 13 years ago, and I knew that if I hadn't taken care of myself with respite, I wouldn't have been able to take care of him."

Christy, who works closely with an Alzheimer's patient and his wife, gets a lot out of her NEST experience. She has grown close to the couple over the past year and a half and recognizes the need for continuity of care with an Alzheimer's patient. "My NEST work is very similar to my experience with my mother, who had a form of dementia that is similar to Alzheimer's."

Paul said, "I have always enjoyed helping others, and the members who I meet are very appreciative of what we do for them. The NEST organization is a wonderful resource for our aging community."

Kathy said, "I was looking for an opportunity to volunteer within our community and still have the flexibility to host and travel to be with family when we wanted or needed to do so. The NEST easily allowed that. Soon my modest NEST volunteering became a little selfish because of the NEST members that I met. All of the personalities, all of the appreciation and all of the great conversations kinda made me the winner in this deal. I'm a fan!

*Pictured below from left to right: Maureen Killoran, Kathy Lance, Paul Askew and Christy Beavers.*





## MORE APPRECIATION

St. James NEST President Skip Shaw celebrated some NEST VIPs at the Volunteer Appreciation event as well. St. James NEST would not be where we are today, without the women pictured above. (Clockwise from top left: Corrie Bovier, Karen Duffy, Cindy Hauman and the first Board that includes Mary Page, our first NEST Secretary, who moved to Iowa in 2020.)

Cindy Hauman was the initial brains behind the start of St. James NEST. Cindy served as our first Vice President and continues to serve as one of our Volunteer training coordinators. If you've never heard Cindy's story about the beginnings of St. James NEST, it's worth hearing it. Go to the About SJ NEST page on our website.

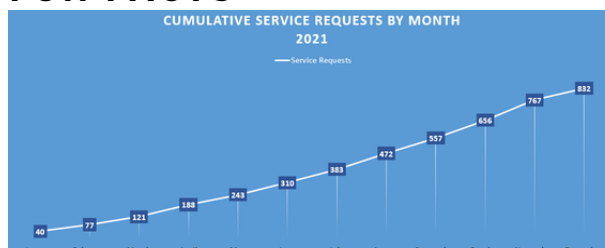
We also saluted outgoing St. James NEST president, Corrie Bovier, and outgoing Treasurer, Karen Duffy. Both Corrie and Karen were instrumental to the success of the fledgling NEST organization from 2016 through 2021. Blood, sweat and tears is no exaggeration! Both Corrie and Karen continue to serve on the Board in an Emeritus status. Thank you to all these remarkable women who started this amazing organization.



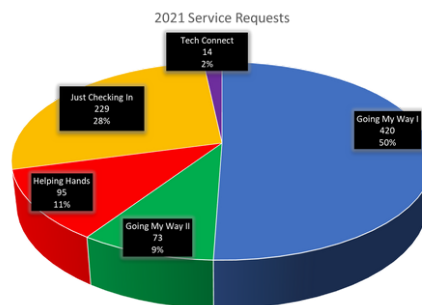
### HELPFUL TIP!

AFTER A SERVICE REQUEST IS COMPLETED, YOU WILL RECEIVE AN EMAIL AUTOMATICALLY AFTER 6 PM THE DAY OF THE SERVICE, TO COMPLETE A SERVICE EVALUATION.

## FUN FACTS



Look how we have grown! In its first year, St. James NEST Volunteers completed over 800 service requests for its members...impressive by any measure. By the middle of the 4th quarter, we were seeing more than three times as many service requests as when we began in January. It's clear our community is responding to your good work. We look forward to helping even more in 2022.



We thought folks might like to see how the service requests are coming in by team. As you can see, the Going My Way Team I got half the requests that came in last year. Next came Just Checking In with just under a third of the requests. Helping Hands and Going My Way II were roughly 10% each. And the new Tech Connect team, which came on board in September, came in at 2%. As the word gets out about this new team, we expect their expertise will be used even more.



*Our Help Desk team, from left to right: Kathy Ragan, Ann Bobeck, Miriam Matteotti, and Linda Lewis*

## **SPOTLIGHT ON THE ST. JAMES NEST HELP DESK**

With each newsletter, we'll spotlight one of the many teams that help to make St. James NEST a success. This month, we're focusing on the Help Desk for St James NEST, in existence since our startup. The phone was originally "manned" solely by the president of NEST, Corrie Bovier, until March 1, 2021, when it became a formal team of four volunteers led by Ann Bobeck. If you are a Member or Volunteer you may have spoken to one of the helpful team volunteers, who answer your calls Monday-Friday from 9 am to 1 pm. Even if the phone rings outside of designated hours, the team members will do their best to respond and help the caller, if possible.

The team of Linda Lewis, Miriam Matteotti, Kathy Ragan, and Ann Bobeck are pleased to help. These dedicated women frequently comment how they enjoy the opportunity to speak to our members. Each of the team volunteers rotates responsibilities weekly. Although you may not necessarily know their faces, they are an essential part of our overall mission, and we appreciate what they do! As a reminder, the phone number for the Help Desk is 910-250-8388.

Please visit our Volunteer Testimonials page on our website ([sjnest.org](http://sjnest.org)), under the Volunteers drop down, to hear more from Linda, Miriam, Kathy and Ann, as well as other volunteers who are passionate about their work for St. James NEST. And, if you run into any of these wonderful, caring individuals around the neighborhood, be sure to tell them thank you for sharing their time and heart with St. James NEST!

## **VOLUNTEER SHOUT OUTS! MOST SERVICE REQUESTS IN DECEMBER**



Joining St. James NEST as a volunteer has been a really nice experience. St. James NEST is all about neighbors helping neighbors and NEST volunteering can be done around your schedule. The thanks I receive for driving or attending to in-home needs speaks to the value of NEST volunteering. You help our neighbors get to their appointments and stay active and stay engaged. It's easy and you meet and make new friends and... it's good for the soul. Look at it as "paying it forward" to a time when you you might need the same kind of help. DO IT.

-Wayne Dennis



I have been a volunteer for about 2 years now and find the experience to be very rewarding. We have neighbors who need help; some longterm, some just for a short time. The help needed includes picking up groceries or prescriptions, driving to appointments, or just visiting. This help enables our neighbors to continue to live in their homes independently and with support as needed. A wonderful outcome; what could be better!?!

-Diane Saullo



## FESTIVAL OF TREES

A St. James NEST tree was on display for the annual St. James Service Club's Festival of Trees. With a theme of "Happy Holidays from our NEST to Yours," the tree featured colors and symbols of the NEST logo – houses, hearts and nests in teal, red and white. Ornaments depicting houses in St. James and various street signs as well as words and phrases that capture the spirit of NEST were created by members of the NEST team to make the trees representative of our community and spirit. Thanks to all those volunteers that helped with the tree, especially Peggy Persico and Linda Shaw! It turned out beautifully!

## LIVING YOUR BEST LIFE SPEAKER SERIES



So far, we've had two senior living experts speak to St. James residents, with three more excellent programs coming up. Our first program featured Anne LaReau (above left) who discussed how to make life most comfortable for Alzheimer's and dementia patients. Kara Gansmann (above right) discussed Estate and Long Term Care Planning. Our next program is being held March 29th at 3 pm at the Community Center and is entitled "Hospice Care vs. Palliative Care - Which One to Choose?" For more information about upcoming events, visit our Living Your Best Life speaker series page on our website, [sjnest.org](http://sjnest.org), under Events.

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