

## Strength in Connecting

Our network has not grown rapidly since we launched in 2019, but it has **grown deeply**. We got through COVID together, we have lost cherished members and gained new ones, and the bonds between participating members, volunteers, and donors have grown strong. We have come to know each other by working together on planning, on committees and projects, by telling our stories to each other, attending potlucks and picnics, playing games that are way more fun than we expected(!), deciding where to meet for coffee – when on zoom, when and where in person. Our small groups and our services – a volunteer driving a member to an appointment, stopping by for a visit, showing up to work the Market booth, a group learning together about climate change and deciding how to respond, greeting each other at Zoom balance class on Monday mornings, meeting to walk at Kissel park, decorating the tree for the Holiday Lights Extravaganza, setting committee goals and sharing the work of accomplishing them: these many activities and connections strengthen our Network, our Community of Care. I believe the positives available to us as we age develop in these small groups that are the connective tissue of our Neighbors' Network:

**A greater sense of acceptance of self and of others**

**Desire for connection and the means to create it**

**Life experiences that help us make smart decisions**

**Wisdom, empathy, and gratitude**



Our lives can change in a flash. Is this new, or are we just more conscious of it? The positives we get from spending time with Network members and supporters strengthens our resilience to deal with the unknowns of Elderhood. I believe we are aging better, together. – Mary Lou Rozdilsky

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2023

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