



**Get Smart.
Get Connected.
Help Each Other Out.**

Village News

August 2023

Member Survey Pilot

Programs and events are a significant and important part of how the Village achieves its mission to help seniors get smart, get connected, and help each other out. In keeping with our commitment to be a learning organization, a group of 10 trained member-volunteers recently interviewed a sampling of Village members (79 members, representing 38% of our current membership) about their experiences and feedback related to programs and events.

Of those surveyed, 85% had participated in an in-person or virtual event, and of those participants, 92% reported that the experience met their expectations. We learned that there were a range of reasons why some members have not participated in Village programs, including the time of events conflicting with other commitments, health limitations, caregiving responsibilities, driving limitations, and problems with online access.

The board of directors is in the process of re-establishing a program and events subcommittee that will incorporate the feedback we received into future program and event planning.

If you were among those interviewed, thank you for your time and candor. If you were not among those interviewed, but want to share your thoughts on the Village's programs and events, please email krock@seacoastvillageproject.org with your feedback.



Upcoming Events

Visit www.seacoastvillageproject.org and click on the "Event" tab for more information on any event and to **register by the day before** (unless otherwise noted).

East & South Cluster Meet-Up: Tuesdays on the Terrace

Tuesday, August 1, 5:30pm

Strawbery Banke Museum, Portsmouth

Join other Village members and enjoy this outdoor summer concert at Strawberry Banke with the Celia Woodsmith Trio. No cost for museum members, \$5 all others.



Turn the page for more events...

Upcoming Events Continued...

Prospective Member Information Sessions

Tuesday, August 8, 11:00am

Thursday, August 17, 4:00pm

via Zoom

Find out how the Village can help you maintain control over your life, stay in your home and actively participate in your community for years to come. Visit the website and RSVP for the session you'd like to attend.



Members-only event

North Meet-up: Picnic on Mendums Pond

Thursday, August 17*, 11:00am-3:00pm

Private home, Barrington

**Rain date August 18*

Members Richard and Van Gsottschneider invite you to picnic in a beautiful setting along the lakefront at their camp on scenic Mendums Pond. During this afternoon of summer fun you can hang out with other members, swim, kayak, canoe, or paddleboard. Pack your own picnic lunch, drinks, and a chair. A picnic table, some chairs, kayaks, a canoe, and paddleboard will be available, but bring your own if you wish. The camp is small with a bathroom so this will be an outside carry-in carry-out event. Space is limited so please RSVP on the website.



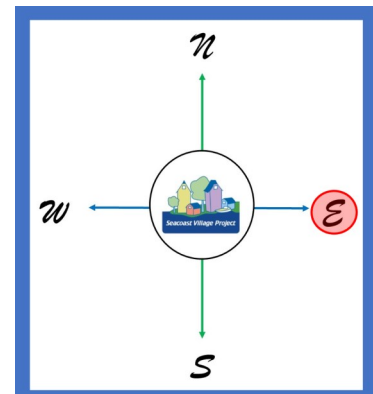
Members-only event

East Cluster Meet-up: Coffee Hour and Wentworth Coolidge Mansion Tour

Friday, August 18, 10:00am-noon

Carey Cottage & Wentworth Coolidge Mansion, Portsmouth

Coffee and snacks will be served on the gorgeous porch at Carey Cottage. Afterwards, for those who are interested, we will then walk, bike, or drive to the Wentworth-Coolidge Mansion for a tour at 11 AM.



Members-only event

Kayak Meet-up on the Lamprey River

Tuesday, August 22, 10:00am

Piscassic Park Boat Launch, Newmarket

Calling all Village paddlers! This section of the river offers calm, flat paddling with beautiful, peaceful vistas, and an island stop for lunch/snacks. We'll help one another get launched and pulled out.



Turn the page for more events...

Upcoming Events Continued...

SAVE THE DATE! Gundalow Cruise to Wood Island Life Saving Station

Monday, September 25, 3:30—6:30pm

\$20 per person. Space is limited.

Join us on this special three-hour cruise down the Piscataqua River to the recently restored Wood Island Life Saving Station, where Village members will have an opportunity to walk around. Wood Island Life Saving Station Museum will be officially open to the public in 2024, but we get an early opportunity to visit!



Get Connected: 400th Anniversaries in Full Swing

No matter where you travel on the Seacoast, it's hard to miss the banners, bumper stickers, signs, and myriad events celebrating Dover, Portsmouth, and Rye's 400th anniversaries. Summer on the Seacoast is always chock-a-block full of fun things to do, but these three concurrent celebrations have added even more options to connect and learn.

Each commemorative commission has compiled a yearlong calendar of affiliated events and we encourage you to take advantage of all that these towns have to offer in the coming month(s). You can check out each town's event calendar at the web addresses listed below.

Dover: www.dover400.org

Portsmouth: www.portsmouthnh400.org/overview-calendar

Rye: www.ryenh400.org/calendar



Helping Each Other Out: Members Helping Members

In the first six months of 2023, our most requested service has been for driving. Village members have also called on the Village for computer help, support following a surgery, outside/gardening help, and light handy-person work.

Many Village members are having routine colonoscopies or surgery for cataracts, joint replacement, and carpal tunnel syndrome. Remember your fellow Village member-volunteers are here to help when you need a ride home to or from an outpatient surgery or a follow-up appointment. The Village is also here when you're just not feeling up to going to the market or the pharmacy or need a meal.

You can request a service by calling member service phone number listed in your handbook or on your fridge magnet. You can also log into the website and select 'New Service Request' under the 'Members' tab on the homepage.

Member Stories: Nancy Euchner, New Castle

How long have you lived on the Seacoast?

I moved to New Castle from Germany in 1997, after my husband retired from the Army. I was born in New Jersey, but my family moved around a lot (TN, PA, IA, NY). New Hampshire is where I've now lived the longest.

What do you do professionally?

My professional life has been centered in the field of aging for 45 years. I've done clinical work and consulting in a wide variety of settings. In 2000, I founded AgeQuest, a private care management practice in Portsmouth. I still serve clients part-time in addition to my work as board chair for Seacoast Village Project. In 2000, I also retired from the US Army Reserve (Nurse Corps) after 22 years.

How did you come to co-found Seacoast Village Project?

Over my many years as a care manager, I came to recognize that the gaps in care that people encounter as older adults are not medical – they are very practical. Individual networks change with retirement, moves, and health challenges. It's more difficult than ever to navigate our system and connect with the resources and people that we need to support us as we age.



As a caregiver for my late husband and now for my mother, I know firsthand how important a reliable support system is to being able to stay in your home and community. I strongly believe that the Village model fills an important niche in the aging landscape and I wanted to be part of the effort to bring this concept to New Hampshire.

What keeps you so deeply involved?

We've come so far since our inception in 2018. Every day, we gain more traction towards achieving our mission to build a community of seniors who can support one another as they age in their homes. Seeing the progress we've made, but also the work still to be done, is what keeps me involved.

What are some of your other interests?

I love to travel and have been enjoying "catching up" on trips after the pandemic. Most recently, I've been to Mongolia, Turkey, Portugal, and Italy. I also enjoy hiking, herding sports with my first (and last) puppy, and exploring the many cultural and natural resources the Seacoast has to offer.

How does the Village fit into your personal long-term plans?

As both a senior and a caregiver, I am looking to the Village as a source of added practical support when I need it. It's also helped me expand my network of friends beyond colleagues. As a volunteer, helping to build our vendor service resource list keeps me in touch with the changing practices and providers that my mother or I may need in the future.

You can read more about Nancy on the Member Stories page on the website.