



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

Village News

September 2023

As we head into fall, we have two driving related events on the horizon. First, we'll be hosting a Volunteer Driver Orientation on September 27 (more details in the next section) for members interested in giving rides or running errands for other members. Then on October 10, we're partnering with the Occupational Therapy Department at UNH to host a CarFit event for all Village members (registration deadline: October 2).



CarFit is an NOT an assessment of your driving abilities, but rather an opportunity to identify vehicle adjustments and/or adaptive equipment that might enhance your comfort and safety while driving.

Any members wishing to serve as a volunteer driver are strongly encouraged to attend the CarFit event. Spaces are limited. After the deadline, registration will be open to the community. More details can be found in the Upcoming Events section below.

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).

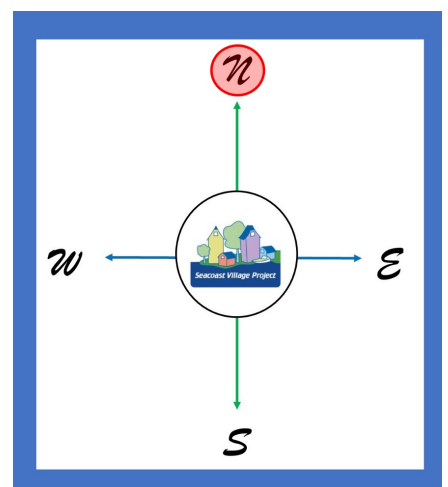
North Meet-Up Luncheon at The Tideline Public House

Friday, September 8, 11:30am

15 Newmarket Road, Durham

The Tideline Public House is the only year-round food truck court in New Hampshire. Opened in May 2023, Tideline features seven food trucks in an outside venue. Inside dining is also available.

Please register ahead of time on the Village website so we know how many are coming and who to expect.



Turn the page for more events...

Upcoming Events Continued...

Prospective Member Information Sessions

Tuesday, September 12, 11:00am

Thursday, September 21, 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

Fall Hike at Fort Foster

Monday, September 11, 10:00am-12:00pm

Fort Foster Park, Kittery, ME

This is an easy, very picturesque 2-mile coastal loop along a flat trail with historical markers. Afterwards, for those inclined, we can treat ourselves to a bite to eat at one of the Kittery bakeries.



Men's Discussion Group

Tuesday, September 12, 10:00-11:30am

Durham Public Library

This group is open to all men: non-members as well as Seacoast Village members. The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives.



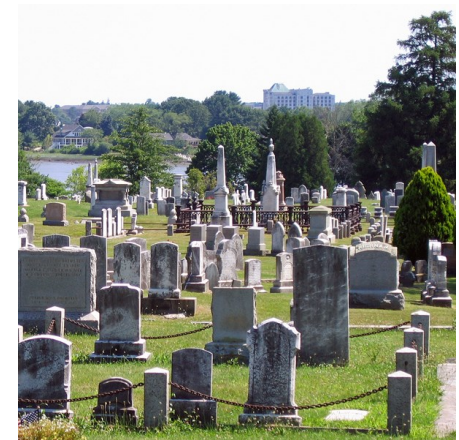
Members-only event

East Meet-Up: Walking Tour of South Street Cemetery

Friday, September 15, 10:00-11:00am

South Street Cemetery, Portsmouth

Join historian and Village member Richard Adams for this guided walking tour of the South Cemetery, which will cover roughly half the cemetery, starting at the South Street entrance. Focus will be on the lives of those buried there, including colonial-era, Civil War, and noteworthy political figures. We'll cover approximately half a mile of easy walking, circling back to the starting point. We will use headsets so all will be able to hear.



About Our Guide

Richard Adams, Portsmouth native, has a longstanding interest in local (and world) history. He graduated with a BA from Harvard in 1962, and was a Marine Corps aviator, with two tours in Vietnam. His extended family (the Griffins) own most of the South Cemetery, so he was able to work there during summers and school vacations for years, inspiring him to learn more about the people interred there.

Upcoming Events Continued...

Lunch & Learn—Emergency Preparedness

Tuesday, September 19, 12:00pm

with Ted Hartmann and Nancy Euchner

via Zoom

We are kicking off a new semester of our monthly Lunch & Learn series with an important topic—planning for medical and weather emergencies at home. In this session, we'll discuss planning essentials as well as the ways that the Village can help you get ready and provide support before, during, and after unexpected events. There will be ample time for questions.



About the Speakers

Ted Hartmann is the Fire Chief and Emergency Management Director for the Town of New Castle. He has been actively involved in outreach and education around issues of emergency planning.

Nancy Euchner is one of the founding members of the Seacoast Village Project. In her professional work as an advocate and care manager, she has had many opportunities to help older families living at home – both in the planning process and picking up the pieces after an emergency.

Members-only event

Kayak Meet-up on Upper Salmon Falls River

Friday, September 22, 10:00am

Berwick Kayak Launch, Berwick, ME

Join your fellow Village paddlers for a kayak adventure along the non-tidal, calm, flat, and wild upstream section of the Salmon Falls River.



Members-only event

Gundalow Cruise to Wood Island Life Saving Station

Monday, September 25, 3:30—6:30pm

Leaves from Prescott Park, Portsmouth

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!



This event is currently full, but you can join the waitlist via the registration link on the website.

Upcoming Events Continued...

Members-only event

Volunteer Driver Orientation

Wednesday, September 27, 10:00-11:00am

Carey Cottage, Portsmouth

We are pleased to welcome volunteer drivers to serve Village members in the upcoming year. In this session, we will review driver policies, passenger policies, driver insurance requirements, and our driver's safety manual. In addition to explaining the types of drives and errands that we anticipate, we will also discuss the steps we need to take to manage risks and adhere to our Village volunteer driver insurance. There will be an opportunity for Q&A at the end. Materials will be provided beforehand so participants may prepare questions.



CarFit at UNH

Tuesday, October 10, 3:00-5:00pm

Northeast Passage, Durham

Register by October 2



At this CarFit event, led by Professor John Wilcox at UNH, a team of trained occupational therapy students will work with each participant at a series of stations to evaluate different aspects of your car's "fit" and identify vehicle adjustments and/or adaptive equipment that might enhance comfort and safety.

You can visit the Village website for more information about this event or download the CarFit brochure.

Get Connected: Village to Village National Conferences

The national Village to Village Network is hosting two conferences this fall. Both are a great way to learn more about what Villages around the country are doing.

A virtual conference will take place on October 3-4, followed by an in-person conference on October 17, hosted jointly with Washington Area Villages Exchange in Silver Spring, MD.

You can learn more and register for either or both events at <https://www.vtvnetwork.org> (click on 'Calendar' tab to find event).



Helping Each Other Out: Fairy House Tour Natural Material Donations Needed

On September 23 & 24, the Friends of the South End (FOSE) annual Fairy House Tour will return to Portsmouth. The charity event attracts thousands of attendees and the proceeds benefit local schools and participating nonprofit organizations.

FOSE depends on the kindness and generosity of local volunteers to put on the event, which includes a “make it and take it” station. The event organizers are looking for donations of natural materials to supply the craft stations.

As you do your fall garden clean-ups, please collect for donation flower cuttings, sticks, leaves, branches, pinecones, acorns, and evergreens that you would otherwise discard.

Materials should be placed in a brown paper leaf/lawn bag, a garbage bag, or a bin (that you don’t need returned) and dropped off at Strawberry Banke’s “dumpster lot” on Washington Street in the labeled receptacle. Donations are being accepted September 1-23.



Member Stories: Stephen Young, Durham

Stephen Young and his family moved to Durham in 1988 when his employer, Liberty Mutual Insurance Company, expanded its operations into New Hampshire.



Now “intentionally unemployed” after a 49-year career with Liberty Mutual, Steve spends his time on a mix of vocational, recreational, and educational activities, including attending a variety of programs and events sponsored by the Village.

“We are determined to stay in our own home as we age, which fits perfectly with the philosophy behind the Seacoast Village Project. Today we are quite active, and hope it continues, but there will be a time when we may need assistance from the membership. In the meantime, we can help assist those who may need some level of care now,” said Steve.

You can read Steve’s full profile on the Member Stories page of the Village website.