



Seacoast Village Project

Building community, knowledge and support with seniors aging at home

Village News

October 2023

Have you signed up yet to be part of our CarFit event on October 10th?



Seacoast Village Project is proud of our ongoing relationship with the University of New Hampshire's Occupational Therapy Department. The upcoming CarFit event is just the latest opportunity for Village members to benefit (at no cost!) from the expertise of Professor John Wilcox at UNH and his team of trained occupational therapy students.

CarFit is 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 volunteer drivers are strongly encouraged to attend the CarFit event.

Spaces are limited. Visit the website to register before the October 2 deadline. After the deadline, registration will be open to the community. More details can be found 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).

Members & guests event

Men's Discussion Group

Tuesday, October 3, 10:00-11:30am

Durham Public Library

The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives. This month's proposed topic will be "climate change." In addition, there will be an opportunity to identify topics for future meetings.



Turn the page for more events...

Upcoming Events Continued...

Prospective Member Information Sessions

Tuesday, October 10, 11:00am

Thursday, October 19, 4:00pm

via Zoom

Register by October 2

Saturday, October 28, 10:00am

Exeter Public Library



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.

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.

Members-only event

North Sponsored: Nature Walk in Lee Town Forest

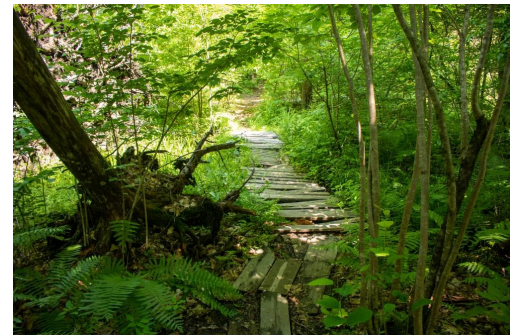
Thursday, October 12, 10:00-11:00am

Lee Town Forest, NH 155, Lee

The Lee Town Forest is a magical place encompassing 196 acres of diverse habitats ranging from the Town Bog, vernal pools, shore-lines, mixed hardwood and coniferous forests and ravines. We'll visit several habitats and the plant life associated with each. We'll explore how events of the past 12,000 years have shaped this bit of planetary real estate and look at the seasonal changes that are occurring and their effect on the flora and fauna that make this forest their home.

About Our Guide

Naturalist Catherine Fisher's deep love of the natural world began during her childhood when she explored the fields and forests bordering her Newmarket home and discovered how the web of life connected all the plants and animals living there. For the past 35 years, she has led 4X weekly nature walks for children at the Mast Way Elementary School as part of year-long nature study classes where the children explore the Town Forest's different habitats and keep journals of what they see. For the past 13 years, since becoming a member of the Lee Conservation Commission, Catherine has led nature walks for adults and particularly enjoys working with seniors. She is a gifted storyteller and educator and writes weekly nature articles for the Lee Town Crier.



Upcoming Events Continued...

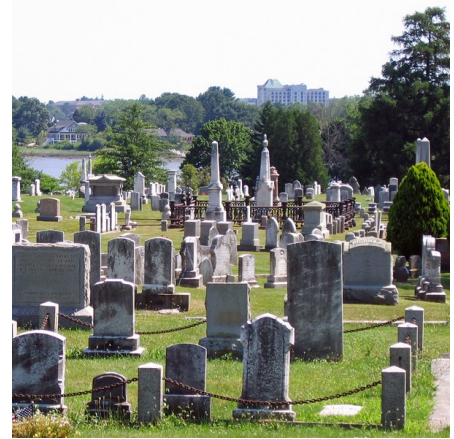
Members & guests event

East Meet-Up: Walking Tour of South Street Cemetery Part 2

Friday, October 13, 10:00-11:00am

South Street Cemetery, Portsmouth

Join historian and Village member Richard Adams for a walking tour that will focus on the two cemeteries to the south of Proprietors Cemetery, Harmony Grove (1847), and Sagamore (1871). Among the many interesting denizens of those cemeteries are the Isles of Shoals murder victims, for example, Frank Jones ("The man who Ruled Portsmouth"), Levi Woodbury (a likely presidential candidate in 1850), and many more.



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.

Members-only event

Beginner-Level Exercise Class

Sunday, October 15, 10:00-11:30am

YMCA of Seacoast, Portsmouth

We are resuming our beginner-level, functional exercise class. Focus will be placed on balance and core development. Space is limited and pre-registration is required.



Lunch & Learn—Medicare Changes for the Year Ahead & Navigating Open Enrollment

Tuesday, October 17, 12:00pm

with Patrician Bennett
via Zoom

Each year, Medicare's open enrollment period gives us the chance to review our coverage and change plans to best suit our evolving needs. Medicare has some important changes that will take effect in 2024. This session will review these key updates and provide tips for reviewing and assessing your healthcare coverage to make sure you needs are covered in the coming year.



About the Speaker

Patricia Bennett is President of Longevity Planning in Portsmouth, NH. Pat is a Certified Long Term Care counselor with over thirty years of experience in insurance planning.

Upcoming Events Continued...

Members-only event

New Member Coffee

Friday, October 20, 10:00-11:00am

Village Member Home, Hampton

Do you consider yourself new to the Seacoast Village Project, or to the Seacoast in general? Join us for coffee and treats, and mingle and meet other members of the Village. All Village members are invited and encouraged to attend to meet, welcome, and get to know our newer members.



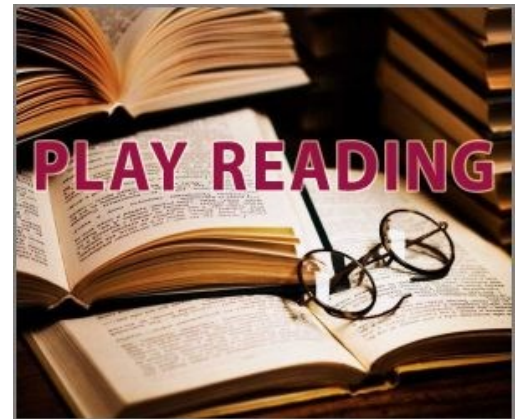
Members-only event

Shakespeare Readings

Wednesday, Oct. 25, 2:00-4:00pm

Carey Cottage Music Room, Portsmouth

How would you like to spend a fall afternoon with Shakespeare, the Elizabethan and modern stage Bard? No lines to memorize, no stage fright, just enjoy sublime poetry and prose at its best. We will read excerpts from plays during this first session. You can choose to be a reader or just sit back and enjoy hearing others bring a play to life. Based on interest, this could become a series of play readings. Please register as a reader or as a non-reader when signing up on the website.



SAVE THE DATE

Members-only event

East Sponsored: Luncheon & Discussion at Hearth Food Garden

Wednesday, November 1, 12:00-2:00pm

Hearth Food Garden, Portsmouth

Join us for great food and conversation in the cozy seating at the new Hearth Food Garden. More details can be found on the Village website.

Get Connected: Resources Galore on the Village Website

Did you know that we've compiled all sorts of useful resources that you can easily access on the Village's website?

Under the 'Resources' tab you'll find lists of Aging in Place Resources, links to Community Events Calendars, Health Resources, a directory of local libraries, and a list of technology support resources. Members also have access to our Preferred Provider Database, which includes member-referred vendors in a variety of categories. To access this member benefit, log in to the website and look under the 'Members' tab.

Helping Each Other Out: Introduce a Friend to the Village

Building a strong network of support is at the center of the Seacoast Village Project's mission. Our Village community encompasses all the towns in the New Hampshire Seacoast region. However, Village members are not evenly distributed across the Seacoast and we know how important local connections and events are.

This fall, we will be focusing on growing our membership base in and around the West Cluster (Exeter, Brentwood, Kensington, Newfields and Stratham) and the South Cluster (Hampton, North Hampton, Rye, Seabrook and New Castle). The best prospective members are those who have been referred by a friend or neighbor.



We need your help! Please support our recruitment efforts by identifying the people you know in the cluster town where we'll be holding an in-person information session (the first one is October 28 in Exeter). Share your reasons for becoming a Village member, send them the link to the event information, or forward them the flyer and encourage them to attend.

Member Stories: April Weeks, Portsmouth

April Weeks originally came to Portsmouth for a job first with the Visiting Nurses, then the Seacoast Regional Counseling Center. She worked as a registered nurse, and then became a psychologist, working in private practice in Portsmouth, and as a school psychologist in Hampton and Kittery. She also served on local and statewide boards.

Even though the now retired April has lived on the Seacoast for 45 years, she and her husband believe that successful aging in place won't happen without planning and education on their part. That's why they recently joined Seacoast Village Project.



Having returned from a project in Nicaragua, and April is looking to get involved more locally. She's begun working on the Village's Healthcare Services Committee and is looking forward to continuing that effort. She and her husband both look forward to becoming more involved with educational and social events as the summer activities fade.

You can read April's full profile on the Member Stories page of the Village website.