



Seacoast Village Project

Building community, knowledge and support with seniors aging at home

Village News

November 2023

At the Village's Annual Meeting in October, the Seacoast Village Project board of directors nominated and elected three new members who will begin their terms in January 2024. Current board members Nancy Euchner, Kathy Rockwood, Kathy Donovan, Peter Cass, Dennis Chasteen, Susan Getman, Cynthia Harvell, Sam Marwit, and Addie Tarbell are pleased to welcome:



Alan Bennet, Durham



April Weeks, Portsmouth



Stephen Young, Durham

You can learn more about the new board members on the Village website under the 'Members' tab on the Member Story page (scroll down to the archive). As we head into a new year, we are grateful for the additional time and energy that each of these Village members is willing to invest in the Village's governance.

Finally, we would like to express our gratitude to Sam Marwit who is concluding his three-year board term this fall. Thank you for your service!

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-only event

East Sponsored: Luncheon & Discussion at Hearth Food Garden

Wednesday, Nov. 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. **Continued on the next page...**

Upcoming Events Continued...

East Sponsored: Luncheon & Discussion at Hearth Food Garden continued...

If you have not been to the Hearth, you will be in for a pleasant surprise! Visit the Hearth website to see the multiple food options that they offer.

We will reserve seating in conversation groups based on attendance. There are ample cozy areas for us to gather. Look for the Village signage and please wear your SVP name badge. The East Cluster Planning Team suggests the topic for discussion: Share Holiday Traditions.



Members & guests event

Men's Discussion Group

Tuesday, November 7, 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 "What's on your mind?" In addition, there will be an opportunity to identify topics for future meetings.

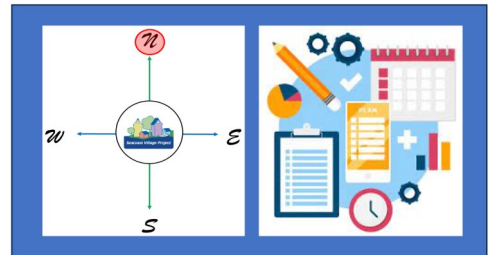


North Cluster Meetup: Updates and Planning for 2024

Tuesday, November 7, 4:00-5:00pm

Durham Public Library

At this meetup, updates on the Seacoast Village Project and its clusters will be presented along with plans for the coming year.



Members-only event

Seacoast Village Book Club

Wednesday, Nov. 8, 10:00-11:30am

Facilitated by Susan Golder

Portsmouth Public Library

Based on interest from a recent survey of members, this will be our first gathering of the Seacoast Village Book Club.



Join us for a discussion of *Look Both Ways*, ten tales by critically acclaimed writer, Jason Reynolds, who takes readers through funny and deeply poignant slice-of-life short stories about kids who attend Latimer Middle School in an unnamed city. It explores their relationships, interests, and experiences after school dismissal each day and reminds us of the detours we all may have faced on our walks home through life.

Continued on next page...

Upcoming Events Continued...

Seacoast Village Book Club continued...

About the Facilitator

Susan Golder is taking the lead in organizing and facilitating the first session. Susan has always loved reading and writing. The beauty and power of words inspire her. She's a former educator, administrator, and children's writer who thoroughly enjoys a good book chat!

Members-only event

Beginner-Level Exercise Class

Sunday, November 12, 10:00-11:30am

YMCA of Seacoast, Portsmouth

We are continuing our beginner-level, functional exercise classes. Focus will be placed on balance and core development. Various pieces of equipment will be used to support the exercises (balls, noodles, weights, and chairs). Space is limited and pre-registration is required.



Prospective Member Information Sessions

Tuesday, November 14, 11:00am

Thursday, November 16, 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.



Lunch & Learn—An Update on the Ways to Maximize Your Health

Tuesday, November 14, 12:00pm

with Dr. Karl Singer

via Zoom

Dr. Singer will review some of the recent research findings about ways to maximize your health. The discussion will focus on what you can do to minimize the impact of irrational modes of living on your health. Audience members will be invited to share the changes they have made in the last few years to improve their health. There will be time for Q and A at the end.



About the Speaker

Dr. Karl Singer, a board-certified geriatrician and Medical Director for the Rockingham County Nursing and Rehabilitation Center, has a long-standing interest in how we can maximize healthy aging. He is also a Village member and you can read his Member Story in the section below.

Upcoming Events Continued...

Members-only event

Jazz Ensemble Performance & Pre-Concert Dinner

Tuesday, Nov. 14, 5:00-9:00pm

Phillips Exeter Academy, Exeter

Cost: Concert, Free; Meal, Self-pay

The Jazz Ensemble concert starts at 7:00pm at Phillips Exeter Academy's Forrestal-Bowld Music Center on Tan Lane. Doors open 20 minutes prior to the start of the performance.

Members are invited to have dinner together before the concert. We'll meet at 5pm at the Sea Dog Brewing Co. in Exeter.



Members-only event

Doe Farm Hike

Thursday, Nov. 16, 10:00-11:00am

Led by Kathy Rockwood

Doe Farm, Durham

Doe Farm is a lovely place to hike. The trails combine both woodland and a picturesque trail along the Lamprey River. We will walk approximately three miles at a slow/moderate pace.



Get Connected—Save the Date in 2024

Members-only event

2nd Annual New Year's Brunch

Sunday, January 7, 2024

Grill 28, Pease Golf Club, Portsmouth

One of the many benefits of being a Village member is having the chance to connect with a wide array of interesting people from all over the Seacoast in a friendly, inclusive environment. The Members New Year's Brunch is a wonderful chance to visit with the members you may already know or to make new friends.

Make a resolution to make the most of your Village membership in the coming year by saving the date (and attending!) our 2nd Annual New Year's Brunch. Brunch will be provided. There will be a cash bar for drinks.



Helping Each Other Out—Giving Tuesday is November 28

As we head into the season of generosity, we invite you to include the Village among your year-end giving.



Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world.

All you have to do to be part of Giving Tuesday is to make a donation to the organizations that you feel are making a difference in your life and community.

Together we can make a difference.

Member Stories—From the Archives

Dr. Karl Singer, Exeter

"I'm a primary care physician trained in internal medicine, and, after several years in practice, also passed my boards in geriatrics. I've been thinking about the problems of older people for more than 30 years. One of the issues is 'where should people live as they get older?'"

"When I began my career people started having issues probably in their late sixties. But now it's more likely to be in their early eighties."

"Did you know that somewhere between 82 and 87 virtually everybody needs help? They have a lot of difficulty living in their own home and handling complex things. Almost nobody can live without some kind of community assistance, a child, a friend, something."

"I had been looking at all of the various possibilities [for support] and one of the things that caught my eye many years ago was the Beacon Hill [Village] project in Boston. I see the Seacoast Village Project as a way of saying, 'Okay, we're all in this together. We're struggling with certain problems; let's share our experiences, let's help each other out.'"

Karl has been active in developing the program topic for the Village's Lunch & Learn educational series and will be presenting "An Update on Ways to Maximize Your Health" on November 14. The session is open to the everyone. Visit the Village website for more information or to register.

You can read Karl's full profile in the Member Stories archive on the Village website by scrolling down past the current profile.

