



Seacoast Village Project

Building community, knowledge and support with seniors aging at home

Village News

December 2023

2023—A Year of Member-led Growth

Member-led growth is a critical ingredient in the Village's ability to build the network of support that can support seniors as they grow older in their homes and communities. Our Village community encompasses all the towns in the New Hampshire Seacoast region, but we know that our members want more opportunities to connect with other members who live close to them.

At the start of 2023, the largest number of Village members were in our North (towns centered around Dover/Durham) and East (Portsmouth) clusters. In turn, it is in these two areas where we have seen the greatest member-driven growth in recruitment, expanded volunteerism and engagement, localized programming, and services.

Membership growth in the West and South clusters, which will support similar development, is a priority for the coming year. In addition, we are continuing to diversify and strengthen our financial base so that we will be in a position to hire additional paid staff that can help to coordinate and support the membership as we grow the organization together.

As we close our 2023, we are grateful for the time, investment and support we have received from our members, partners, donors, and the broader community. Thank you for being part of the Seacoast Village Project and for helping to build community, knowledge and support for seniors aging at home.

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, December 5, 10:00-11:30am

Wiggin Memorial Library, Stratham

The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives. This month's discussion will be a topic(s) raised by the assembled group. This group is open to all men, non-members as well as Seacoast Village members. Members are encouraged to bring a friend who may not be a member.



Turn the page for more events...

Upcoming Events Continued...

Prospective Member Information Sessions

Tuesday, December 12, 11:00am

Thursday, December 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.



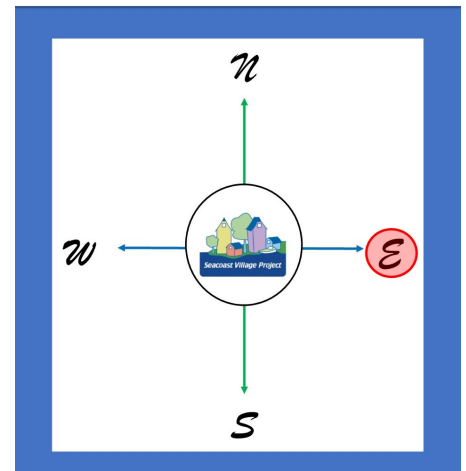
East Cluster Check-in: Where have we been? Where are we going?

Thursday, Dec. 14, 10:00-11:30am

Portsmouth Public Library, Levenson Room

Join board members and East Cluster leaders Cynthia Harvell and Susan Getman for this cluster meet-up and update. We'll begin with light refreshments and time to greet old friends and meet new ones.

Cynthia Harvell will then use a PowerPoint presentation to summarize the growth and activity within the East Village Cluster (Portsmouth, Greenland, Newington). Next, Susan Getman will discuss plans for our Friendly Call outreach system. We will conclude in small group discussions about program/activities for 2024 and information about volunteer opportunities for the Friendly-Call system.



Members-only event

Kingman Farm Hike

Tuesday, Dec. 19, 10:00am-12:00pm

Kingman Farm, Madbury

During the holiday season the antidote to reining in activity overload and stress is to get outside!

Join us at beautiful Kingman Farm for a loop hike that combines woodsy, flat, and rolling terrain, a nice stretch along the Bellamy River, and an open field for a snack break.

The hike is approximately 3 ½ miles which we will do at a comfortable pace. It is important that everyone wear hiking boots and dress for the weather. Trekking poles can be helpful. Bring a liter of water and a high energy snack or lunch. If there is snow on the ground bring some traction device to wear on your boots.



Upcoming Events Continued...

Members-only event

2nd Annual New Year's Brunch

Sunday, January 7, 11:00am-3:00pm

Grill 28, Pease Golf Club, Portsmouth

RSVP by December 30!

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.



Lunch & Learn Series

The Lunch & Learn series is on vacation for December and will resume in January. Don't forget! If you missed any of this year's sessions, you can watch the recordings in the Lunch & Learn archives, located under the 'Events' tab on the website. Useful links and resources are included with the video recordings on this page.



Save the Date in January

Initial Women's Group Meeting

Tuesday, January 23, 10:00-11:00am

Wiggin Memorial Library, Stratham

Let's open the New Year with an informal and friendly get-together to explore our individual and collective interests. Like the Men's Discussion Group, we'll see what kind of group we want and how it will evolve.



Get Connected—Get Out & Get Festive This Holiday Season

The holiday season is one of the best times of year to live on the Seacoast. It seems that every town's event calendar is bursting with special events and opportunities to get out and be part of the community abound. Looking for something fun to do? Remember that you can find links to all the region's online event calendars on the Village website.



Have you met someone at a Village event this year that you enjoyed getting to know better? Consider reconnecting with them and making a plan to attend a local event together. Remember that all members' contact information can be found in the membership directory online or in the hard copy you received when you joined. **Make a plan, call a friend, and let's all get festive while the opportunity lasts!**

Helping Each Other Out—It Take a Village to Build a Village

Growing older isn't easy, but the Seacoast Village Project is taking some of the sting out of it by bringing its members together to learn what they need to know about aging wisely and building a network of support that will be there for them when they need it.

When seniors are able to age in their homes and communities, everyone benefits. Seniors contribute widely to the health and vibrancy of our region by volunteering countless hours, donating time and expertise on boards of directors, attending cultural events, shopping, and donating to organizations that help to make the Seacoast a wonderful vibrant place to call home.



A gift to the Village's annual fund is an investment in the continued growth and strengthening of our Village's ability to support seniors on the Seacoast. **Please consider making a tax-deductible donation to the Seacoast Village Project as part of your year-end giving.** Learn more at www.seacoastvillageproject.org.

Partner/Sponsor Highlight—At Home By Hunt

At Home by Hunt is a long-term care program for healthy, active adults aged 62+ in New Hampshire who wish to age successfully in the home they love. Much like long term care insurance, At Home By Hunt members receive a daily benefit to pay for services should they require care, protecting their assets from the increasing cost of healthcare. At Home By Hunt members are also paired with a Life Plan Coordinator who works with you every step of the way.

At Home by Hunt is affiliated with Silverstone Living, a non-profit organization with two Life Plan Communities in Nashua, NH (Hunt Community and The Huntington at Nashua) as well as Webster at Rye, which offers skilled rehabilitation, memory care, assisted living and nursing care.



"Seacoast Village Project and At Home by Hunt share the mission of wanting to support older adults as they age in their homes," said Nancy Euchner, Village board president. "While Seacoast Village Project focuses on the social, education and non-medical support needs of seniors, At Home By Hunt is a continuing care resource."

"The At Home By Hunt program is a natural progression of Silverstone Living's mission to provide adults aged 62 and older with security, peace of mind and the freedom to be themselves in an independent, active environment," said Kelley Kennedy, Executive Director, At Home By Hunt. "As we continue to expand our resources in the Seacoast, we look forward to also growing our relationship with the Village."

At Home by Hunt currently has 23 members in the Seacoast area, six of whom are also Seacoast Village members. In acknowledgement of our shared missions, we're pleased to announce that At Home By Hunt is sponsoring our 2nd Annual New Year's Brunch on January 7 at Grill 28. We appreciate their generosity and support of the Village. You can learn more at <https://silverstoneliving.org/at-home-by-hunt/>.