



# Seacoast Village Project

*Building community, knowledge and support with seniors aging at home*

## Village News

*January 2024*

Across all areas of the Village's work in 2023, we saw the fruits of increased member engagement emerge—from expanded cluster-sponsored programs, to increased participation on committees and governance teams. To all those who attended events, joined committees and teams, and volunteered time, ideas and expertise—Thank you!

As we head into 2024, we are pleased to introduce the newly formed Health Support Resource Team. Comprised of Village members with professional backgrounds and expertise in the healthcare field, the team's focus is to provide support for members with health challenges or in need of help navigating the healthcare system.



The Health Support Resource Team reflects the mission and the value that the Village model brings to seniors and is an important step in the Village's development. The team compliments the practical (and often more straightforward) support services the Village offers its members, such as rides, or help with gardening or handyman tasks. By pooling the knowledge and local connections of team members, and centralizing and organizing information about health-related resources in our area, the Village will be able to better serve members in times of need.

We are grateful to the Foundation for Seacoast Health for supporting this work with a \$10,000 angel grant and to the Village members who are serving on the Health Support Resource Team: Brenda Reynolds (Team Leader), Bob Andelman, Pat Chun-Taite, Nancy Euchner, Susan MacLennen, Nancy Seesman, April Weeks, Nancy Zadavec, and Cari Quater (staff).

The February Lunch & Learn session will feature a panel of Health Support Resource Team members and will be an opportunity to learn more about their expertise and how the team can support Village members.

In the meantime, we hope you'll start off the New Year with your fellow members at the Annual New Year's Brunch on January 7 and register to participate in one of the other opportunities to get smart or get connected this month.

## Upcoming Events

Visit [www.seacoastvillageproject.org](http://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, January 2, 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 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.



### *Members-only event*

#### **2nd Annual New Year's Brunch**

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

*Grill 28, Pease Golf Club, Portsmouth*

We are looking forward to seeing both new and old members at the 2nd Annual New Year's Brunch. Brunch will be provided and there will be a cash bar for drinks. Registration has closed for this event, but members can login to the website and join the waitlist.



This event is generously sponsored by:



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

## **Prospective Member Information Session**

**Tuesday, January 9, 11:00am**

*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.



## Upcoming Events Continued...

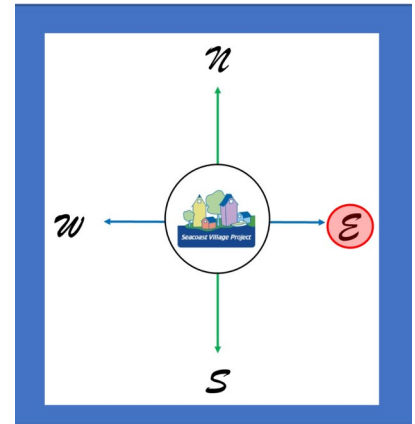
### **Members-only event**

#### **East-Sponsored: Potluck Lunch, Winning Conversation, & A Walk in the Woods (optional)**

**Friday, January 12, 12:00-2:00pm**

*Member residence, Portsmouth*

Kick off the year with a Potluck Lunch, Winning Conversation, and a Walk in the Woods (optional and weather permitting) at the Harvell's home. This idea was recently voted by East Cluster members as a "Top 10 Events for 2024" idea! Bring a luncheon main dish, salad, or dessert. The hosts will provide plates, forks, spoons, napkins, etc. and coffee, tea, and cider to drink. Driving directions and condo # will be sent out to those who RSVP.



### **Members-only event**

#### **Beginner-Level Exercise**

**Sunday, January 14, 10:00-11:30am**

*YMCA, 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).



### **Members-only event**

#### **Volunteer Driver Orientation**

**Friday, January 19, 10:00-11:00am**

*Carey Cottage, Portsmouth*

We are pleased to welcome volunteer drivers to serve the Village in the year to come. During this orientation, we'll review the types of volunteer driving that we anticipate and discuss the steps drivers need to take to manage risks and adhere to the Village's volunteer driver insurance. We plan to review: passenger and driver policies, driver insurance requirements, and a driver's safety manual.



### **Members & guests event**

#### **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



**Turn the page for more events...**

## Upcoming Events Continued...

### Lunch & Learn Series—Brain Health Scorecard

**Tuesday, January 23, 12:00-1:00pm**

with Dr. Karl Singer

*via Zoom*

Following up on November's Lunch & Learn presentation, "Ways to Maximize Your Health," Dr. Karl Singer will review the Brain Health Scorecard. Participants will be given the link to the scorecard when they register and are encouraged to complete it prior to the program. There will be time for a Q&A with Dr. Singer.



### Save the Date For These Upcoming 2024 Lunch & Learn Topics:

**February. 20:** Meet the Village's New Health Support Resource Team

**March 19:** The Pre-Dead Social Club

**April 16:** The Conversation Project

**May 21:** Medical Debt—Common Pitfalls and How to Avoid Them

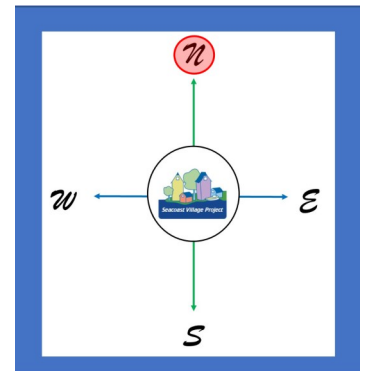
### *Members & guests event*

**North Sponsored: Lunch at Newick's Lobster House**

**Tuesday, Jan. 30, 11:30am-12:30pm**

Newick's, 431 Dover Point Road, Dover

Let's gather for "Taco Tuesday" at Newick's Lobster House on the shore of the Piscataqua River. Catch up with old friends and meet new ones. Please register by January 29 so the restaurant can have a table set up for us when we arrive. Dutch treat.



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## Get Connected—Friendly Calls on the Way

As part of our mission to build a network of support for our members, we are committed to creating new ways to connect members to one another, and to help each other out.

Beginning in the East Cluster, Village members will soon have the opportunity to periodically receive a friendly call from a fellow East Cluster member throughout the year.

Later this month, East Cluster members can expect to hear from April Weeks, Friendly Call program coordinator, who will provide more information about how this new program will work and on how you can be part of it.



## Helping Each Other Out—Preparing for Winter Storm Emergencies

Would you like extra support when preparing for winter storms and a check-in when weather hits? Let us know what would be most helpful!

Thirty Village members responded to our initial Emergency Preparedness Survey and received support during the most recent storm. It's not too late to take advantage of this member benefit this winter (and you can opt out at any time).



The newly formed Health Support Resource Team is here to help! If you'd like to receive storm support, and haven't already signed up, simply complete the survey by Friday, January 5. By participating in the survey, you will:

- Have the option of requesting a call from a Village volunteer when a severe weather warning is issued
- Request specific storm-related support
- Request a pick-up of supplies if you are unable to get out yourself
- Offer new ideas about how the Village can help keep all our members safe during weather emergencies.

You can find the survey at <http://tiny.cc/84glvz>. If you would prefer a paper copy of the survey, contact Cari Quater, at [cari@seacoastvillageproject.org](mailto:cari@seacoastvillageproject.org) or give us a call at the office at (603) 373-8429.

As a reminder, Village members can call the 24-hour service line at anytime with a request for help. You can find this members-only number listed in your Member Handbook or on the refrigerator magnet you received when you joined.

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### Member Story—Bob Andelman, Portsmouth

Originally from Belmont, MA, Bob moved to Portsmouth after completing his medical training in 1979. He took a job practicing anesthesia at Wentworth-Douglass Hospital, where he later met his wife. "I am drawn to small community hospitals, and loved my work, even as the Seacoast and its hospitals grew exponentially over time."



In 2013, Bob retired from Portsmouth Hospital, where he'd started the obstetric epidural service in 1985, but kept his medical license. In 2016, Bob retooled and began volunteering at Families First seeing men and women with opioid use disorder, prescribing Suboxone, and doing his best to support and counsel them. "This was fascinating and allowed me to see a totally different side of life. Several of my patients were homeless, and all had limited resources. My learning curve was extremely steep—I had to learn a new subject area, electronic medical records, and most of all, had to learn how to talk to my patients!!"

Now retired again, Bob spends his time biking, spinning, walking, and working out. He gives tours of Appledore Island, as part of the UNH Marine Docent program, and enjoys meeting friends for meals and talks. Bob will be sharing his medical knowledge and healthcare system expertise with the Village as a member of the newly formed Health Support Resource Team.