



Seacoast Village Project

Building community, knowledge and support with seniors aging at home

Village News

March 2024

The 2023 Annual Report is hot off the presses and headed to members and supporters this week in the mail. For those not on our paper-mailing list, you can read the report on the Village's website under the 'About' tab. The report highlights the many successes of 2023, in particular the increase in member involvement and leadership. Last year, members donated more than 3,700 hours of their time to help grow and govern the Village! We are so grateful to everyone who made last year a success.

You help us continue our work to build our network of support by spreading the word about the Village and what it offers. **Once you've received and reviewed your copy of the annual report, we suggest passing it on to a friend or neighbor who might be interested in Village membership!** Let them know why you decided to join, how the Village could be part of their long-term plans, and encourage them to join us at an upcoming event or info session.

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).

Time to Play Games

Monday, March 4, 2:00-3:30pm

Portsmouth Senior Activity Center

It's a great time of year to get together with other members to play games. This will be quite informal and is an opportunity to learn a new game. Feel free to bring a game that others can play. If there is sustained interest, we can schedule this on a more regular basis.



Members & guests event

Men's Discussion Group

Tuesday, March 5, 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.



Upcoming Events Continued...

Fort Foster Hike

Monday, March 11, 10:00-11:30am

Garrish Island, Kittery Point, ME

Join hike leader Kathy Rockwood for this easy, picturesque coastal walk along a flat trail with historical markers. We will do a loop that is approximately 2 miles.



Prospective Member Information Session

Tuesday, March 12, 11:00am

Thursday, March 28, 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.



Members-only event

Shakespeare Reading: Othello

Wednesday, March 13, 1:30-3:30pm

Carey Cottage Music Room, Portsmouth

Join facilitator Pippa Francq to read, listen to and discuss Acts III to V of Shakespeare's Othello. In this bitter tragedy of love, jealousy, and deception, Shakespeare has produced the most heart-stopping of finales. Derived from the play's Italian novella source, this play transforms a small-scale domestic dispute into a highly emotional drama. We are continuing our reading from last month, but prior attendance is not required. Come ready to have fun! No preparation needed. Please register to be a reader or a non-reader.



Members-only event

Strategies for Improving Bone Health

Thursday, March 14, 10:00-12:00pm

With Dennis Chasteen, UNH Professor Emeritus, Biophysical Chemistry
via Zoom

This two-hour workshop will consist of two parts separated by a 10-minute break. The first part will cover osteoporosis and osteopenia among seniors, harmful drugs, bone microstructure, and the controllable factors that affect bone strength. The second part will build on the first part and cover supplements (the good and the bad), functional foods, the best exercises for building your bones, and a summary of recommendations. Handouts of key slides will be provided.



Continued on the next page...

Upcoming Events Continued...

Members & guests event

Beginner-Level Exercise

Sunday, March 17, 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).



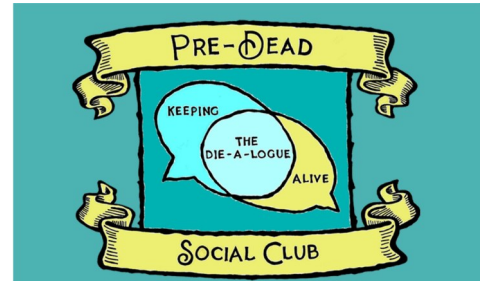
Lunch & Learn Series—The Pre-Dead Social Club

Tuesday, March 19, 12:00-1:00pm

With Laura Cleminson

via Zoom

Contemplating end-of-life and talking about death is never easy. During this program, Laura Cleminson, founder of The Pre-Dead Social Club, will share strategies that the group has created that unite multi-generations as we all navigate tender and thought-provoking conversations related to dying and end-of-life.



The Pre-Dead Social Club was born because Laura Cleminson believed there are people out there that want to discuss the thing we have in common—we are all going to die. The mission of the Pre-Dead Social Club is to make having compassionate conversations about death and dying a bit easier, less burdensome, and more tenderhearted before it's too late, with the goal of having these before a life-limiting or terminal diagnosis arises.

About the Presenter

Laura is an End-of-Life-Doula, hospice volunteer, entrepreneur, mother, daughter, partner, friend and neighbor. She believes that death is a life skill and there is power in community. She knows the hardest conversation is often with those closest to us. All the more reason to increase the frequency and expand who we die-a-logue with as we ponder our own mortality.

Members-only event

Volunteer Driver Orientation

Wed., March 20, 10:00-11:00am

Carey Cottage, Portsmouth

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.



Turn the page for more events...

Upcoming Events Continued...

Members & guests event

East Sponsored: Tour of The Music Hall

Friday, March 22, 11:00am-12:15pm

The Music Hall, Portsmouth



In 1878, The Music Hall opened its doors as a Vaudeville theater. We almost lost the theater to urban renewal in the 80's. The Historian of the Music Hall, Zhana Morris, will relate the highlights of the past 140 years and give us a Behind-the-Scenes Tour. Following this fascinating tour, let's all go to Flatbread Pizza for lunch (a la carte). Space is limited.

North Sponsored: Tour of New Hampshire Mushroom Company

Sunday, March 24, 10:30am-11:30am

New Hampshire Mushroom Company, Tamworth



Most everyone loves mushrooms. The tour will cover the New Hampshire Mushroom Company's growing facility, cultivation methods, foraging and class offerings. There will be an opportunity to purchase mushrooms and browse their gift shop. We will carpool from the Seacoast to Tamworth, leaving at 10:30 AM. On our return, we will have a late lunch (optional) at Jake's Seafood and Grill in West Ossipee. The tour is free, lunch a la carte.

Members & guests event

Women's Group Meeting

Tuesday, March 26, 10:30am-12:00pm

Wiggin Memorial Library, Stratham



Join us this month for a discussion about "Changes we've seen in our lifetime, and how they affected us." Please bring your own coffee or water.

Get Connected—Matter of Balance Returns in April

Falls and resulting injuries are one of the most significant risks for older adults. The US Centers for Disease Control and Prevention reports that falls account for 25% of all hospital admissions among seniors and 40% of all nursing home admissions. Forty percent of those seniors admitted will never return to independent living, and 25% will die within one year.

Matter of Balance is a proven program that will provide individuals with strategies they can use to prevent falls and minimize injuries if they occur. The program acknowledges the risk of falling, but emphasizes practical coping strategies to reduce this concern. We've connected with Cornerstone Visiting Nursing Association again in order to offer this important (and free!) eight week program to Village members.

Sessions will begin April 16. Reserve your spot today!



Helping Each Other Out—

In Times of Need, There's the Health Support Resources Team

Thank you to those who attended last month's Lunch & Learn session about our Health Support Resource Team. The session, which you can view in our Lunch and Learn archives, was a chance for Village members to meet the team members who are going above and beyond to serve members, search for resources, advocate and make the Village stronger.

Remember the Village has your back if you run into a health crunch and want some information or resources that can help you navigate the situation.

It's easy to make a request - just call the office and speak to Cari or send an email to info@seacoastvillageproject.org. You can also make a request for support through our website "Service Request" system if you are comfortable with that.

We love to get questions and ideas. Chances are that others have the same questions. If you let us know, we can get to work finding out more about the issue.



Member Story—Deb Masse, Durham

What brought you to the Seacoast?

My late husband and I purchased our home in Durham in 2000. We moved here from Hamilton, MA after my husband sold his business in Newbury, MA and he needed more room to work on his collection of old cars.

Travel is one of your interests. Do you have a favorite destination?

I've been so lucky to have great opportunities to travel both in my career and personally. I've been to 45 states, quite a few places in Europe, Hong Kong, Australia and New Zealand. My favorite destination had to be the cruise that we took to Alaska. It was such a dream of mine to go there and I loved every minute of it!

How does the Village fit into your long-term plans?

I was looking in Google to see if I could find a local walking group when the Village website came up! I had no idea that anything like this existed. My husband and I used to walk quite a bit and then COVID hit, my husband passed, and I got away from it. I stay on track much better with someone to motivate me so I thought a group would be perfect. I have relatives in a retirement community and just can't ever imagine living that way. I feel like it really has aged them. I love the idea of a network of seniors supporting each other.



You can read Deb's full profile on the Village' website on the Member Stories page under 'Members' tab.