



Seacoast Village Project

Get Smart. Get Connected. Help Each Other Out.

April 2021 News & Events

Village News

Hopefully, the arrival of spring has boosted your spirits as much as it has lifted ours. This year, the reemergence of nature is mirrored by the expansion of our Village.

Since January, we have been focusing many of our efforts on building our membership base and we are excited to be welcoming new members every day!

If you are considering whether a Village membership is right for you, have questions about the benefits of Village membership or want to know how to apply, please join us for the Prospective Member Information Session on April 7 (details below). Those not able to attend this session can also complete the online Member Interest Form and one of our member application team members will contact you directly.

For those of you who are new members (welcome!), we are hosting a New Member Orientation on April 14 and we hope you will join us. See below for registration link.

Inspired by National Healthcare Decisions day, which is April 16, we are highlighting The Conversation Project in this month's Lunch & Learn slot on April 6. We hope you'll tune in to learn more about how to have sensitive conversations with your family.

As the weather continues to warm up and we all begin to get out more, we hope you'll stop by Carey Cottage and sit on the front porch to enjoy the lovely view, and maybe even connect with a fellow Village member.



Upcoming Events: Get Smart, Get Connected

PLEASE NOTE: All events require advance registration. Deadline to register is the day before an event.

For more event details or to register for an upcoming event, visit www.SeacoastVillageProject.org and click on the "Events" tab or email rsvp@seacoastvillageproject.org.



Lunch & Learn Session "The Conversation Project"

A discussion with special guest Kate DeBartolo

Tuesday, April 6 @ noon via Zoom

One of the most important moves we make as adults is naming trusted individuals to act on our behalf in the event that we can't make decisions on our own due to serious illness or incapacity. But how do you make that decision? And how do you raise the issue with family members or close friends? Kate will share the work The Conversation Project has done nation-

wide to help people feel more comfortable with this sensitive topic.

Prospective Member Information Sessions

Wednesday, April 7 at 11:00am or 4:00pm via Zoom

Find out all that Seacoast Village has to offer and ask any questions that you may have about becoming a member.



Tidepools of Plum Island—A Virtual Tour

Thursday, April 8, 11:30am via Zoom

Lisa Hutchings will share her PowerPoint featuring large, colorful images and videos of the inhabitants found in the rocky intertidal zone including the European green crab, the green sea urchin and others plus a few favorites from the sandy beach such as the northern moon snail and the big-eyed beach hopper!

Do you like planning programs and events? Then join the Village's Program & Events Committee and help us expand our educational and social offerings for the coming summer! Contact Committee Chair Patty Evans at patty@seacoastvillageproject.org to learn more.



New Member Orientation

Wednesday, April 14 at 10:00am or 4:00pm via Zoom

Join other new members to meet-up on Zoom! This is a chance to make new connections, ask questions and learn the basics about taking full advantage of your Village membership.

Dover/Durham Meet-up

Tuesday, April 20 at 10:00am via Zoom

Join others in your area for this month's meet-up. This is a chance to make new connections, and if you aren't already a member, learn more about taking the next step.

Turn the Corner on COVID-19: Looking Back and Moving Forward

Thursday, April 22, 10:30 am-noon via Zoom

with psychologist Dr. Elyse Barry and facilitator Valerie Fagin

As we move forward through the first anniversary of the COVID pandemic, we are turning a corner toward “normalcy.” Yet we have all been changed. This interactive workshop will provide a chance to explore the questions we are all asking ourselves: How did the losses of the past year change me and my understanding of what’s important? What will my “new normal” look like? How can I carry the lessons learned in the past year into my future? Together, we will reflect on the past year and envision the future.



Member Resources: Event Archives

One of the silver linings of Zoom-based programming is that we have the capacity to record and archive our events and programs. Did you miss one of our past events and want to check it out? Now you can!

As an added member benefit, Village members can now access our archive of past events, which include our COVID-19 Lunch & Learn Series with Dr. Karl Singer and a follow up article on the "Long Haulers" presentation by Eliza Hobson (excerpt below).

In the beginning of March 2020, Reverend Heidi Heath of Exeter, New Hampshire got a sore throat and fever. These were early days of COVID-19 in the United States, soon to be defined as a global pandemic. Reverend Heath assumed she'd caught a run-of-the-mill bug. Within a week, she felt ready to resume her work at Phillips Exeter Academy as interim chaplain and Director of Religious and Spiritual Life. She looked forward to putting on her running shoes again to get back to regular exercise.

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But this vibrant 37-year-old was in for an unwelcome surprise. Just days after her illness appeared to end, she was suddenly slammed by profound exhaustion. "It was like nothing I'd ever experienced before," she recalls. "It was overwhelming."

You can read the full article, and find recordings of our past events, in the Event Archives section of the Village website (under the Events tab). We'll continue to add program materials and recordings, so be sure to check the Event Archives if you aren't able to join a program live.

Help Each Other Out: Volunteering

Meet New People and Help Build Our Village

Do you like to talk to new people and learn about them? Are you passionate about the Village and want to help broaden our support network? Then you'd make a perfect Member Application Team member.

Join our Member Application Team and you can help respond to Member Interest Forms and conduct application interviews with prospective members.

If you are interested in becoming a member application volunteer, please contact us at 603-373-8429. You can also learn about other current volunteer opportunities and sign up there.

Village Member Stories

Denny Chasteen, Lee

Retired physical chemist, UNH Marine Docent, avid gardener, metal worker, inventor and scuba diving enthusiast, Dennie Chasteen defies categorization.

Wanting to continue living in the home and community he and his wife Lori have grown to love since moving to the Seacoast in 1972, Dennie was drawn to the Village concept as a way to connect with the support they'll need to stay in their home.

"The success of the organization depends on people becoming engaged," notes Chasteen. "If you want to stay in your home, you must step forward. The Village offers a people-to-people connection."

Read more of Denny's story in the Member Stories section of the Village's website.

