

Our number of members is growing!

Yes, more people are realizing that they can remain in their own homes as they age.



## Seacoast Village Project

a NH 501(c) (3) non-profit organization

# The Village Vibe

## Update from the Board President

As the reality of the COVID-19 pandemic set in, the isolation so many of us felt served to reinforce the Village model's value as a lifeline to the vital connections, services, and expertise that support healthy aging.

Seacoast Village Project adapted how we connected with and supported our members during the pandemic. We embraced virtual connections, developed a calendar of online programming (including our monthly Lunch & Learn Series featured on page 3) and supported each other in learning how to access information and social connection in this new format. We conducted regular phone check-ins to our members and provided a local errand service with no-contact delivery.

In January of this year, we opened our first organizational office in the newly renovated Carey Cottage in Portsmouth, NH and focused our efforts on building our membership base. At the time of this writing, we have crossed the 100-member milestone and are looking forward to growing this number through the second half of 2021. What began as conversations

among small groups of friends and neighbors in different parts of the Seacoast, has coalesced into a far-reaching Village of older adults working together to improve our odds of being able to grow old in the homes and communities we love.

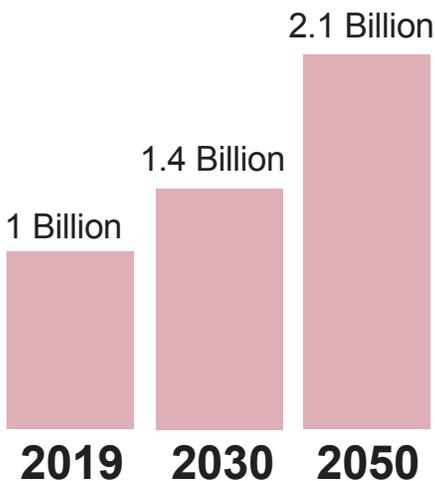
Nancy Euchner  
Village Member and President,  
Seacoast Village Project  
Board of Directors

Benchmark Indicators	2020	Q1 & Q2 2021
<b>Members</b>	26	100
<b>Programs &amp; Events</b>	In-Person: 4 Virtual: 10 Total Attendees: data incomplete	In-Person: 6 Virtual: 48 Total Attendees: 349
<b>Volunteer Hours</b>	Village Builders: 865 Direct Service: 70 Program Support: data incomplete	Village Builders: 837 Direct Service: 10 Program Support: 345
<b>Direct Service</b>	Rides: 2 Phone check-ins: 44 Errands: 18	Rides: 1 Phone check-ins: 0 Errands: 1

# The United Nations, the World Health Organization and the Village Model— Embarking on The Decade of Healthy Aging

**Seniors across the globe are actively engaged in re-framing what aging means.** We are living longer, healthier lives than the generations that came before us. Globally the number of people aged 60 and over—and the proportion of the total population that this age group represents—is increasing like never before in human history.

## Estimated World Population Growth (people over 60)



**Between 2015 and 2050, the proportion of the world's population over 60 will nearly double from 12% to 22%.** In 2019, 1 billion people were over the age of 60, by 2030 this number will be 1.4 billion, and by 2050 it is projected to reach 2.1 billion. Every day in the U.S. 11,000 baby boomers turn 65.

**This historically significant change in the global population requires adaptations to the way societies are structured,** from transportation to healthcare and housing. To bring focus to the growing need for change, the United Nations General Assembly has declared 2021-2030 as The United Nations Decade of Healthy Aging and has tasked the World Health Organization (WHO) to manage a global collaboration focused on healthy aging. Hoping to galvanize international action in order to improve the lives of older people, their families and communities, the WHO has created an online platform for sharing knowledge and strategies across countries.

In the United States, the Village Movement, of which Seacoast Village Project is a part, is a grassroots response that promotes better health, fosters an active lifestyle and fights social isolation among the large and growing 60+ demographic. The first Village formed in Beacon Hill in Boston and ultimately established the roadmap for a more economically efficient model for aging. Today, more than 250 local Villages connect members to a full range of practical support services to help with non-medical household

tasks, services, programs and transportation.

Also important is the Village model's ability to serve seniors who don't qualify for public assistance, but who are unable to pay for expensive services. Villages' peer-to-peer programs and services create networks among older adults that help them remain connected to their community, to one another, and to the supports they need in order to age well in the places they already call home.

**Together, with the support of businesses and other organizations who understand the importance of healthy aging, Seacoast Village members are building a network** of connection that will encourage and support their healthy and successful aging for the Decade of Healthy Aging and beyond.

## Learn more:

UN's Decade of Healthy Aging Initiative:  
[www.decadeofhealthyaging.org](http://www.decadeofhealthyaging.org)

World Health Organization's Work on Aging:  
[www.who.int/health-topics/aging](http://www.who.int/health-topics/aging)

National Village Movement:  
[www.vtvnetwork.org](http://www.vtvnetwork.org)

# *Medical Decision-Making: Empowering seniors with knowledge*

**In order to better empower seniors to prepare and advocate for themselves in healthcare**



**situations,** the Seacoast Village Project is offering a series of educational “Lunch & Learn” presentations between April and October that explore topics related to medical decision-making.

**The first presentation of the series, moderated by geriatrician Dr. Karl Singer and featuring Kate DeBartolo of The Conversation Project,** emphasized the importance of planning ahead. During the discussion, DeBartolo acknowledged it’s common for families to avoid talking about advance medical planning.

“The goal [of The Conversation Project],” she explained, “is to help everyone get comfortable talking about their wishes for care, so those wishes can be understood, respected, and acted upon in the event it becomes necessary.”

It took an outstanding communications professional to get The Conversation Project off the ground. When Pulitzer Prize-winning columnist Ellen Goodman lost her mother, she had never discussed with her what she wanted in the final chapter of her life. “In her last years, my mom was no longer able to decide what she wanted

for dinner, let alone for medical treatment. So, I was faced with cascading decisions for which I was wholly unprepared.”

Goodman reached out to the Institute for Healthcare Improvement, and with them, co-founded The Conversation Project. “Discussions about one’s wishes for medical care—how much would be too little or too much—need to be normalized,” says DeBartolo. “All families should regard them as ‘kitchen table’ matters that can actually bring people closer together.”

**Breaking the ice with reticent family members is important,** so that all can participate in identifying wishes and making them known. Making plans while you are still in good health and of sound mind is strongly recommended—anytime from the ages of 18-20 or older is an appropriate time to think about and discuss these issues.

**The Conversation Project presentation set the stage** for the other topics in the Lunch & Learn series, with each subsequent presentation designed to take a more in-depth look at what’s involved in advance medical decision-making.

In May, the series explored palliative care and the choices one has in the face of advanced illness with local palliative specialist Dr. Sarah MacDuffie. “What do patients want as they face the end of life?” she asked. “The essence of palliative care,” MacDuffie stressed, “is a doctor who focuses on who you are and what you want.”

**MacDuffie strongly advised being prepared in advance with paperwork** such as current Living Wills, Durable Powers of Attorney, Do Not Resuscitate forms and the like. “Reflect on your values and how you want to spend your remaining time before you die,” she emphasized. “Make sure these are reflected in your documents.”

Documents were explored in the June Lunch & Learn, “Powers of Attorney—Choosing Wisely,” with Attorney Andrea Sennott. From July through October, series topics include: “Paying for Care” in July; “Statements, EOBs and Appeals—Oh My! Taming the Health Insurance Paper Tiger” in August; “Demystifying Medicare and Medicare Supplements” in September; and “Utilizing Veterans Benefits to Pay for Care” in October.

**Program recordings are available  
online at:**

**[www.seacoastvillageproject.org](http://www.seacoastvillageproject.org)  
under Events/Events Archive**

# Member Voices



“We live in an area made up of small towns and limited access to public resources, often leaving seniors on their own to make connections. Seniors could remain in their homes, feel valued by sharing their own talents, and feel supported when asking for help or joining in social connections. Sometimes help with simple ladder chores or a ride to an appointment was all it took to provide the missing link.”

– Kathy Donovan

“We all know that isolation is bad, especially for older people, and lots of people don’t have the skills to reach out. Seacoast Village Project provides an opportunity to break that isolation for others.”

– Janet Tucker

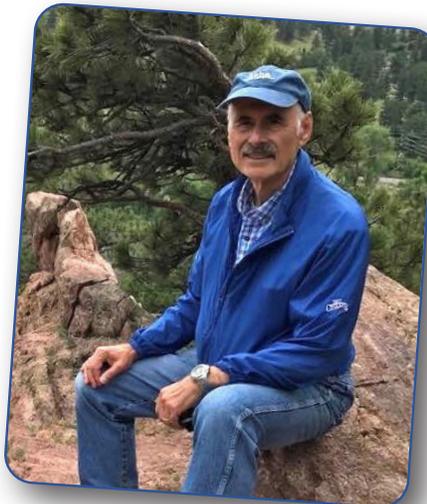
**Cynthia Harvell, a member/volunteer, interviews a new member via ZOOM.**



“As I age, I want to live independently. My neighbors are great; we are always there for each other. But the aim of the Seacoast Village is to provide more extensive services than neighbors can.”



– Steve Smith



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

– Denny Chasteen



Capacity Building and COVID-19 related activities in 2020 were supported by grant funding from:

- Tufts Momentum Fund
- COVID Relief Fund (CDFA)
- Connections for Health—COVID-19 Emergency Relief Funds

Contact us about how you can make a financial investment in growing the Seacoast Village. (603) 373-8429 or at

[info@seacoastvillageproject.org](mailto:info@seacoastvillageproject.org)

## Join us!

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## Our Board of Directors

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