



**Get Smart.
Get Connected.
Help Each Other Out.**

Village News

September 2021

The Village is growing by leaps and bounds (130 members and counting!) and we are actively recruiting Village members and not-yet-members to join our board of directors. Read on for more details about how to express your interest in helping us lead and develop our Seacoast Village.

This month, we are excited to be hosting a members-only group outing aboard the gundalow. We're also in the homestretch of our 2021 Lunch & Learn series with our second to last session focusing on planning for the upcoming Medicare open enrollment. Details and registration links can be found in the Upcoming Events section.

As summer draws to a close, we encourage everyone to take advantage of this month's on the porch member events while the weather still affords us access to this spectacular outdoor setting.



Upcoming Events: Get Smart, Get Connected

Lunch & Learn Series

"Demystifying Medicare and Medicare Supplements"

A discussion with Patricia Bennett of Longevity Planning

Tuesday, September 7, noon via Zoom

Since 1965, Medicare has been providing health insurance for all Americans over 65 and some younger people with disabilities. It's so prevalent that a lot of us take it for granted. In this session, Pat Bennett will clarify the components of Medicare and talk about the important role (and the yearly challenge of choosing) Medicare Supplements and Prescription Drug Plans. Open enrollment (the period during which we can review and change our plans) is typically from mid-October through the first week of December. Learn how you can plan now for this important review. This program is free and open to all. **Register by September 6.**



Turn the page for more upcoming events...

Upcoming Events continued...

Dover Area Meet-up

Wednesday, September 15 at noon

Castaway's Dining & Lodge, Dover

For this month's Dover/Durham meet-up, we'll be dining outside at Castaway's overlooking the Coheco River. The restaurant will keep separate tabs for our orders.

This is a chance to make new connections, and if you aren't already a member, learn more about taking the next step. Space is limited to 12. **Register by September 13.**



Prospective Member Information Sessions

Thursday, September 16, 4:00pm

Wednesday, September 29, 11:00am

via Zoom

Find out how Seacoast Village can help you maintain control over your life, stay in your home and actively participate in the community you love for years to come.

Register by the day before.



Members-Only Events

Members-only events are wonderful opportunities to meet and get to know other Village members. For events held at Carey Cottage, please note there is no furniture on the porch, so you should plan to bring a chair or blanket to sit on. **Please let us know you are coming by the day before** by registering on the website or by calling the office at 603-373-8429.

New Member Welcome & Q&A, BYO Lunch on the Porch

Wednesday, September 8, noon-1pm

Carey Cottage, Portsmouth

This month, join us on the porch for a new member welcome and Q&A. Bring your lunch, a chair and your member handbook.

This is a chance to meet your fellow Village members and to learn how to get the most out of your Village membership.



Upcoming events continued on next page...

Upcoming Events continued...

Cruise on the gundalow PISCATAQUA

Monday, September 13, 2-4pm

\$20 per person

Join us for a two-hour Village members-only cruise down the Piscataqua River and out to the mouth of the river aboard Portsmouth's own gundalow PISCATAQUA. Along the way sights will be pointed out and the crew members will share the story of the critical role gundalows played in the development of the Seacoast region.



A ride aboard the gundalow, a vessel unique to this area, provides a leisurely and comfortable way to see familiar sights along the New Hampshire and Maine shoreline from a new perspective. While on board you cannot help but imagine what times were like in the past.

Light refreshments will be provided. Space is limited to 39 people. **Deadline to register is September 8.**

Fika Fridays

September 24, 10:00-11:00am

Carey Cottage, Portsmouth

Join us for the last Fika Friday on the porch for coffee and nibbles overlooking Sagamore Creek. Refreshments are provided.



Member Mondays Potluck and Presentation on the Porch

Monday, September 27, 5:30-7pm

Carey Cottage, Portsmouth

Bring a dish to share and join us on the porch for dinner and a short presentation. Non-alcoholic beverages will be provided.

Stay tuned for more information on this month's presenter.



Get Connected: Free Technology Training

The Occupational Therapy Program at the University of New Hampshire is offering a free technology training program for seniors to promote their independence at home and in the community.

Through this program, UNH students are paired with individuals 65 and above in the NH Seacoast region. Students will provide training either by visiting their assigned community member or through online Zoom sessions on one of the following:

- Day-to-day technologies such as computers, smart phones, tablets, smart watches and applications to support active aging; or
- Home assessment and automation devices for independence, safety, and fall prevention; or
- Technology to support care giving for those with family members experiencing Alzheimer's disease or related dementia



The program gives priority to people who:

- Are 75 years old or above; or
- Live alone; or
- Have a chronic health condition or disability; or
- Are primary caretakers of a family member with a chronic health condition or disability

Training will take place September to December 2021. The training is offered free of cost as an opportunity for our students to engage with the community.

There will be an information session held on September 10 from 11am-noon at the Portsmouth Public Library in the Levenson room. You can register for the information session online, or call the Village office at 603-373-8429 or email info@seacoastvillageproject.org to express your interest.

Volunteering: Join the Village Board

The Village is at an exciting time in its growth. Having expanded our membership to 130 (and counting!) in a short period of time, we are ready to also grow our board from its current five members to include an additional 4-5 members. Together, we are building this Village. Please consider becoming more involved!

WANTED: Individuals who are strong supporters of our mission – growing old in our homes in a mutually supportive community – with expertise in fundraising, grant writing, strategic planning, or with corporate connections.

Continued on the next page...

Volunteering: Join the Village Board continued...

Do you or someone you know have the energy, ideas and passion to help the Village grow in this exciting new phase?

If you are ready to throw in your hat to serve—or have recommendations of individuals you know who may not yet be a Village member but who would be a good fit—please contact us by sending an email to: Boardofdirectors@seacoastvillageproject.org.

A current member of the board will respond with more information and to answer any questions you may have about becoming a Village board member.



Village Member Stories

Mike & Cynthia Harvell, Portsmouth

Michael and Cynthia have lived in NH and Maine seacoast communities for over 30 years.

Cynthia has a master's in social work and worked at RMC Research Corporation as an educational consultant prior to retirement in 2011. Michael was a US Navy submariner for four years and a practicing attorney at Sheehan, Phinney, Bass and Green in Manchester until retirement in 2017. Originally attracted to one another because of their shared love of traveling, the couple bought and traveled by RV immediately after retirement and continue to develop their bucket list of destinations.



"Our philosophy during retirement has been that we have to stay active and involved in the community. If you don't stay active, you fall apart. Having a dog makes a difference during retirement. Another thing that is important is to have a sense of community. Strawberry Banke and The Music Hall have been major community connections for us, but some of that has been lost during the pandemic. Now Seacoast Village provides another way to stay connected."

Cynthia has been volunteering doing new member interviews. "I describe the potential services, personal benefits, social and educational events. Even though a number of members have family in the area, they don't want to burden them."

Read more of Michael and Cynthia's story in the Member Stories section of the Village's website.