



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

Village News

November 2021

After a busy summer season, we're beginning the process of taking stock of the past year and looking ahead to 2022.

Programming

Thank you to those who responded to our program interest survey. You shared quite a few good ideas and provided valuable insights into our collective comfort with gathering indoors. We are actively looking for venues in all three of our service areas – Portsmouth, Exeter and Dover – that provide space to spread out as we gather, have good lighting, are easily accessible and have ample parking. Do you have a favorite local space that meets that requirement? Please email Aimee Raymond, our logistics coordinator, at aimee@seacoastvillageproject.org with suggestions to add to our venue database.



We are also looking for input on topics for next year's Lunch & Learn series. See below for the information about a brief survey.

Volunteering & Services

In just eight months the Village membership has grown from 24 members to 150 members! We are so grateful for your support and participation in the Village. The focus in November and December will be on volunteer recruitment and training for Direct Service volunteers, as well as Village Builders and Program Support volunteers. Please plan to attend one of this month's volunteer information sessions to learn more about how to get more involved (details in the events section below).

Generally the current membership is a healthy and active bunch, but remember to lean on the Village if you are anticipating elective surgery, looking at driving less during the winter months or if you have a question or concern about safety issues. We're here to help!

Partnerships

On November 9, the Village is hosting an information session for current At Home by Hunt members who want to learn more about becoming a Seacoast Village member. Not familiar with At Home by Hunt? Read on in the Get Connected section for more information on this continuing care resource.

Tip of the Month

The Seacoast Village is all about sharing what we know with others. So, we've added a new Tip of the Month section at the end of the newsletter to capture some of those smaller, but nonetheless useful, helpful hints we might all benefit from.

Happy Thanksgiving to all of you!

Turn the page for Upcoming Events...

Upcoming Events: Get Smart, Get Connected

October concluded this year's Lunch & Learn series and we are starting to plan for next year. We'd like your input!

The 2022 series seeks to challenge Village members to ask themselves:

- What do I want to learn in the coming year?
- How will I stay engaged?
- Where do I see myself in five years and how can I prepare?



Building on the information shared and learned in 2021 (and still available in the Events Archive on the Village website), we can explore a broad range of possible topics designed to help us educate ourselves and prepare for the future.

What topics are you most interested in learning more about as part of the 2022 Lunch & Learn series?

Please go to the www.seacoastvillageproject.org and click on the 'Events' tab and select "2022 Lunch & Learn Survey" to complete a brief survey that will help guide our planning.

Please respond by November 7. Thank you for your input!

Volunteer Information Sessions

Wednesday, November 3

11:00am, In person at Carey Cottage, Portsmouth

4:00pm, Virtual via Zoom

Tuesday, November 16

1:00pm, In person at Carey Cottage, Portsmouth

4:00pm, Virtual via Zoom

[Register](#)



In these information sessions, you'll get an update on the Village and volunteer opportunities we're anticipating over the fall and winter months. You'll also find out more about how we bring volunteers on board, from the initial interview through the vetting and credentialing process, orientation, training and ongoing support.

Prospective Member Information Sessions

Wednesday, November 10, 11am

Thursday, November 18, 4pm

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.



Upcoming Events continued on next page...

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Upcoming Events Continued...

Getting the Most From the Members-only Side of the Village Website

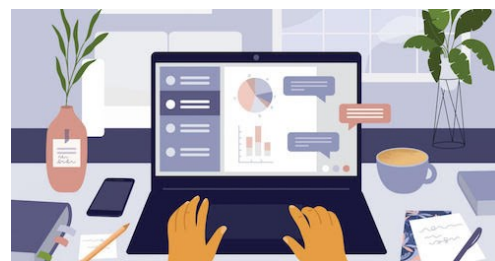
Tuesday, November 11, 5:00-6:00pm

via Zoom

If you want to learn more about the members-only features of our website, this session is for you!

The focus of the session will be determined by participant request, including but not limited to: logging on to our Helpful Village website; using the 'Village Talk' feature to connect with other members about special interests; accessing the event archive, preferred provider database and member directory; and making a direct service request. The presentation will be short and non-technical with time for hands-on demonstrations and discussion.

Register by November 8 and let us know your topic preferences.



Get Connected: At Home By Hunt

Seacoast Village Project and At Home by Hunt share the mission of wanting to support older adults as they age in their homes. While Seacoast Village Project focuses on the social, education and non-medical support needs of seniors, At Home By Hunt is a continuing care resource.

At Home By Hunt was established by Silverstone Living, the not-for-profit parent organization that operates Hunt Community and The Huntington at Nashua. The At Home By Hunt program, approved in 2011 by the New Hampshire Insurance Department, is a natural progression of Silverstone Living's mission to provide adults aged 62 and older with security, peace of mind and the freedom to be themselves in an independent, active environment. That mission now includes providing an affordable life care program for people who wish to remain in the homes they love as they age.

At Home by Hunt currently has 27 members in the Seacoast area, four of whom are also Seacoast Village members. If you are interested in learning more about At Home by Hunt, you can download their brochure from their website, <https://silverstoneliving.org/at-home-by-hunt/>.



Volunteering: Learn More by Attending an Info Session

We are now welcoming volunteers to help us serve our members! As a volunteer, you will have the chance to connect with some great people, learn a lot, and enjoy making a difference.

If you are interested in volunteering in any capacity in the coming months. Please plan to attend one of the in-person or virtual information sessions offered this month.

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Volunteering Continued...

Volunteering is a great way to become more engaged with the Village.

Because of the way we work together, our volunteers will have the most up-to-date information as we develop resources for our members, including the event calendar, vendor database and member education modules.

We look forward to see you at one of the info sessions!



Village Member Stories

ML Hannay, Portsmouth

A resident of New Hampshire since 1977, ML has a wide network of friends, family and former colleagues around the Seacoast. Yet, she recognizes the important role that Seacoast Village Project can play in her life as she grows older in her home.

"I know I will need services in the future. I have friends in places like Riverwoods, but I am used to being in a neighborhood where there is diversity and lots of kids. I sometimes look for a condo that is a separate entity but prefer to stay put in my little home a half mile from downtown Portsmouth. I need property management services that includes inside and outside. I want to make my home into a place that I don't have to worry about getting things done. In my case, it's a bit hard being single—my husband did so many things—a great gardener, fix it guy, snow blower, bookkeeper, etc.—and I need help creating a simpler yard plan—I like mowing and doing the leaves, but can't keep green things alive very easily. And I need tech help, so I don't bug my grown kids too much.

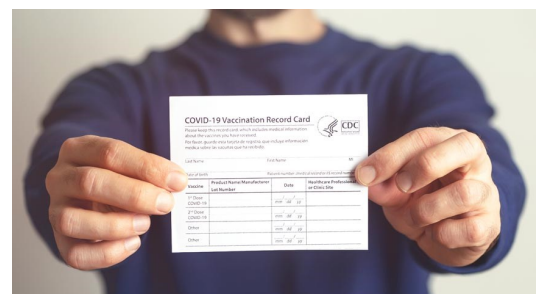
Right now, I can offer assistance in many ways, but soon, I will need the kind of help they provide. It is a great organization and a valuable addition to the Seacoast."

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



Tip of the Month

Proof of COVID-19 vaccination is increasingly required for performance venues around the Seacoast. Go further afield and you may be required to show proof of vaccination to eat indoors, attend a sporting event or see live music. Protect this important document with a plastic sleeve (but don't laminate it), make photocopies of both sides of your card for your files and take photos on your smart phone of the front and back.



But what happens if you can't find or lose your original card? Those who received their vaccinations at one of NH's state vaccination sites can request a replacement card by emailing the Department of Health and Human Services at covidvaccinescheduling@dhhs.nh.gov or by calling 211. Replacement cards have been quick to arrive.