



# 2022 Annual Report

**GET SMART, GET CONNECTED,  
HELP EACH OTHER OUT**

## A MESSAGE FROM THE PRESIDENT

The Seacoast Village Project's focus in 2022 was to more fully engage, support and positively impact our members and community.

Building on the growth of our membership and the investments made in our office and organizational development last year, we made progress on this front in several ways: we expanded and diversified our calendar of educational and social offerings; expanded our roster of member-volunteers; and hired our first operations manager, whose primary focus is supporting members.

Financially, the Village continues our work to expand our base of support beyond membership dues. It truly does take a village to build a Village and we're so grateful for all the investments that have been made this year in our growth.

Together, we are building a better future for seniors on the Seacoast. Thank you for being part of our success.



*Nancy Euchner*

Nancy Euchner  
President, Board of Directors



### Highlights from 2022:

- ▶ Held a planning retreat that yielded a consensus and commitment to hiring the Village's first employee
- ▶ Developed and executed a recruitment, interview and hiring process to secure a part-time (24 hours/week) operations manager
- ▶ Participated in Lonza Biologic's annual Harvest Open Charity Golf Tournament and received a \$37,486.93 donation
- ▶ Expanded board membership from six to ten members
- ▶ Renewed 119 members and welcomed 69 new members
- ▶ Expanded and deepened member-volunteer capacity building efforts
- ▶ Diversified program offering locations and topics

# Program report: Getting smart, getting connected

In 2022, the Village offered an array of educational programs and social opportunities where members could expand their knowledge and build relationships with their fellow members.

Under the continued leadership of Village member Dr. Karl Singer, the 2022 Lunch & Learn series focused on tangible steps we could all take to promote healthier and more independent aging. The virtual series was sponsored by Senior Safe and the program videos are archived on the Village's website.

Topics included:

- ▶ Advocating for yourself in today's stressed healthcare system
- ▶ Avoiding financial scams
- ▶ Planning for the help you may need
- ▶ Adapting your home to age in place
- ▶ Preparing for weather emergencies
- ▶ Strategies for maintaining your cognitive edge
- ▶ Preventing falls and strategies for staying on your feet

The 2022 program calendar also included member-led activities including an artist showcase, nature walks and hikes, kayaking, art and history tours, book reviews, as well as member presentations on gardening, the Portsmouth Peace Treaty, and travel experiences in Glacier Bay.

The Seacoast Village is one organization that encompasses many individual towns within NH's Seacoast. Four "cluster" areas within the broader Village have been defined in order to further foster local connections between members and to provide programs and services that meet local needs and priorities. In 2022, increased focus was placed on developing cluster leadership that could help identify and plan programming and services. This work will continue as a primary focus in 2023.

## 2022 VILLAGE PROGRAMS

EDUCATIONAL/  
ENRICHMENT

40

SOCIAL

14

MEMBER  
OUTINGS

14

NEIGHBORHOOD/  
AREA MEET-UPS

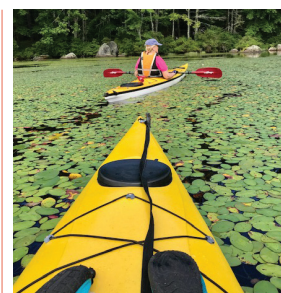
8

PROSPECTIVE AND  
NEW MEMBER  
INFO SESSIONS

28

VOLUNTEER  
TRAININGS

2



# Member-volunteers: Expanding the foundation upon which we are built

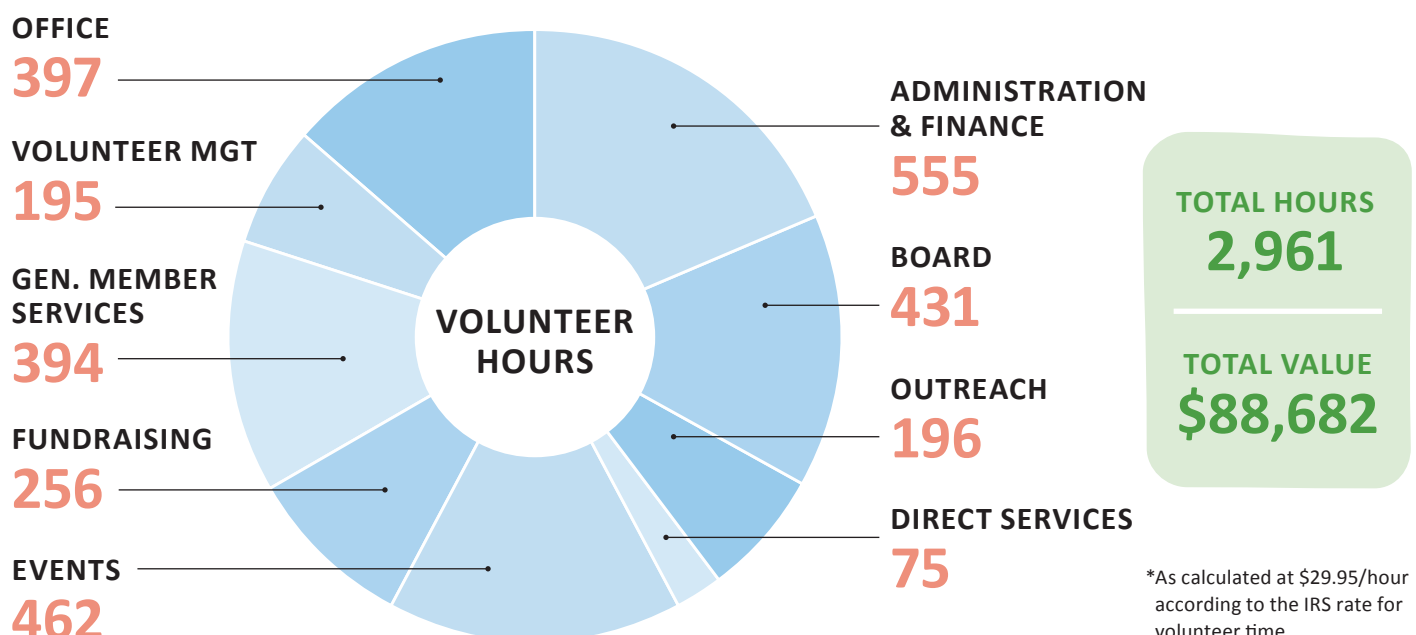
In this early stage of the Village's growth, volunteers continue to play a central role in building the capacity of the organization. In 2022, the number of volunteers providing support across the Village expanded. These hours represent the equivalent of \$88,682 in offset human resource expenses.

Village volunteers served on the board of directors, took on key roles in the office as part of our membership team, and helped to develop our operational processes. Our roster of program volunteers who helped to develop and host both our virtual and in-person social and educational events also expanded.

Volunteers are supplemented with select contractors who provide support for communications and outreach, member services, events, and administration. This year, this team was expanded to include the Village's first employee—a part-time operations manager—to oversee the day-to-day operations of the Village, including the management of the office at Carey Cottage; information systems; coordinating volunteers; the delivery of programs and events; and member services.



## SEACOAST VILLAGE TOTAL VOLUNTEER HOURS 2022





# Member services report:

## Making connections that provide support

The Village offers support services to its members in two ways: 1) directly through member-volunteers who offer practical help with errands, grocery shopping, rides, etc. and 2) through connections with existing resources in the broader community, such as information referrals, recommendations for trusted providers and vendors, or facilitating the provision of no-cost programs designed specifically for seniors.

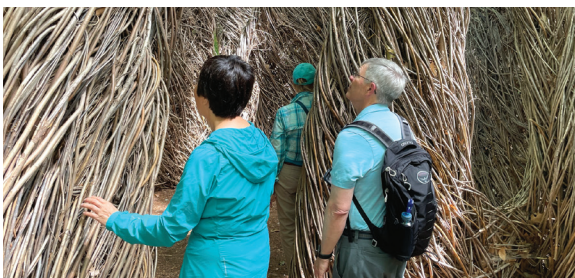
One example of how the Village helped its members get connected in 2022 is reflected in our ongoing partnership with the University of New Hampshire Occupational Therapy Department. In the spring, interested Village members participated in a one-on-one technology training program under the guidance of Professor Sajay Arthanat. In October, a special CarFit event was hosted for Village members by Professor John Wilcox and a team of trained occupational therapy students. During the assessment program, members' cars were properly adjusted for them, thereby improving their safety as well as the safety of others.

### Here's what Village members had to say about their UNH-partnership program experiences:

*"I found the event very beneficial and am glad I participated. I really like this 'hands on' event and the students were so personable and helpful."*

*"Probably the most valuable experience for me was checking the lines of vision, beginning with the placement of the steering wheel vis-a-vis the airbag and then checking the sight line of the rear-view mirrors."*

*"I found the two UNH students who came to my home to be extremely helpful, enthusiastic and willing to help with any and all things technical. In my case, we started on my iPad, then got "Alexa" connected and operating. I learned to program this device to set up reminders and so forth. I hope this program continues and potentially benefits many more members of the Seacoast Village community."*



### The case for supporting seniors:

- ▶ Every day in the U.S. 11,000 baby boomers turn 65.
- ▶ 25.6% of the New Hampshire population is aged 60 or over; 11.4% of seniors aged 65+ live alone.
- ▶ 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.

This historically significant change in the global population requires adaptations to the way societies support and engage seniors, such as the connections offered by Seacoast Village Project.

# Thank you to our generous 2022 donors

## INDIVIDUAL GIFTS

Anonymous  
Susan & Richard Arnold  
Nancy & David Borden  
Kathy Borsh  
Bill Bradley  
Katharine Brown  
Irene & John Bush  
Mara Witzling & Peter Cass  
Lori Lavac & Dennis Chasteen  
Donna Sanders & Mike Chubrich, Esq.  
Maria Costello  
Linda Cunningham  
Kathryn & Richard Danford  
Denise & Charles Doleac  
Kathy & Dennis Donovan  
Marie Downing  
Marion & David Ellis  
Susan & Roger Epstein  
Amy Felgar  
Sally & Alan Gayer  
MaryPat & Jay Gibson  
Nancy Hammond  
Cynthia & Mike Harvell

Joan & John Henson  
Johanna & Burch Hindle  
JoAnne Holman & Lance Hellman  
Dr. & Mrs. AJ Homicz  
Darcy Horgan & Dennis Kleinman  
Barbara & Jeffrey Hughes  
Nancy Jackson  
Jane Kavanaugh  
Jennifer Lee  
Gail Mapel  
Cindy Martin  
Jane & Michael Lannon  
Barbara Lehocky & Sam Marwit  
Sue Mast  
Amelia & Dick McKenney  
Sally & Sugden Murphy  
Jane Nelson  
Terie & Allen Norelli  
Calvin & Joannie Peterka  
Randy Raymond  
Carole Renselaer  
Brenda & Gordon Reynolds  
Jane & Fred Reynolds

Peter Rice  
Mary Ann & Ted Robbins  
Kathy Rockwood & Ron Pascale  
Judy Sabin  
Carole & Paul Schepis  
Linda Schier  
Rev. & Mrs. Richard Siener  
Dr. Stephen Smith  
Anne & William Smith  
Sally Smyser  
Margaret Sofio & Jim Zuckerman  
Phyllis Stibler  
June Sullivan  
Irene & Bill Sutherland  
Joan & Bob Sweeney  
Barbara Sweet  
Dick Swett  
Addie Tarbell  
Janet Tucker  
Vicki Walters  
MaryBeth Weathersby  
Gisela Wemple  
Patricia Wood  
Pat Yosha

## With additional gratitude to:

- ▶ Professionals who shared their expertise in our Lunch & Learn series at no charge
- ▶ Venues that offered space at no charge
- ▶ Neighborhood leaders who hosted events and engaged new people
- ▶ Volunteers who worked in the office, participated in retreats, and helped to welcome new members and support existing members
- ▶ Countless other individuals who shared their time and talents and serve as advocates for the Village

## CORPORATE DONORS

Lonza Biologics  
Microsoft Corporation  
Senior Safe  
AgeQuest LLC  
Piscataqua Savings Bank  
Old Navy—Epping  
Robinson, Boesch, Sennott & Daly PA

## LONZA HARVEST OPEN CHARITY GOLF TOURNAMENT AUCTION BUSINESS\* DONORS

Atlantic Aquasport	Portsmouth Marina
BG's Boathouse	Seacoast Repertory Theater
Eastern Mountain Sport	Seaport Fish Market
Elements Massage	Strawbery Banke Museum
Granite State Whale Watch and Island Cruises	The Carriage House
Gundalow Company	The Dance Hall
Lil's Cafe	The Islander Cafe
Portsmouth Aikido	The Music Hall
Portsmouth Harbor Cruises	The Water Street Inn

\*Individual auction donors are included in the list above.



# Year-end financials

The Village's financial picture reflects ongoing efforts to diversify our funding sources and to grow the membership at an affordable rate. We secured our first event sponsorship for the year-long Lunch & Learn series, and plan to expand it in the coming year.

Of special note was the almost \$37,500 donation Seacoast Village Project received from Lonza Biologics Inc. The donation was a result of the Village applying for and being selected as one of two recipients for Lonza's annual Harvest Open Charity Golf Tournament. The two organizations were responsible for soliciting auction item donations and we are grateful to the many generous individuals and businesses (listed on page 5) who contributed enticing items on behalf of the Village. Lonza's one-time gift provided a reserve to support the hiring of our first part-time employee and will support member programs and services (including a driver training program) in 2023.



*Thank you Lonza!*

## THREE-YEAR OVERVIEW

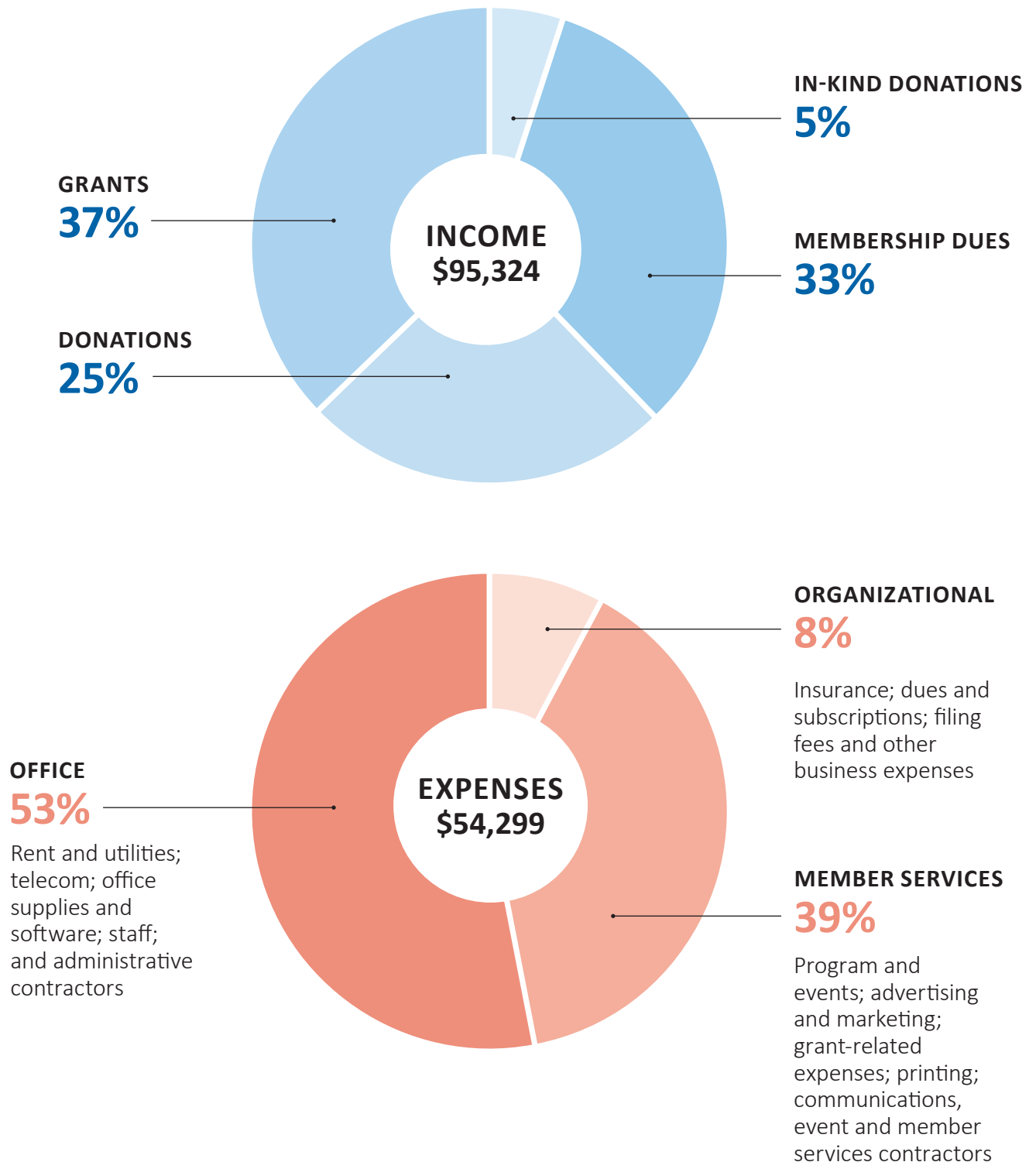
	2022	2021	2020
<b>DONATIONS</b>	<b>\$24,912</b>	<b>\$20,337</b>	<b>\$25,430</b>
INDIVIDUAL	\$22,780	\$20,309	\$24,750
CORPORATE	\$2,132	\$28	\$680
# OF GIFTS	91	82	59
<b>GRANTS &amp; UNIQUE GIFTS</b>	<b>\$37,487</b>	<b>\$848</b>	<b>\$8,503</b>
<b>MEMBER DUES</b>	<b>\$32,925</b>	<b>\$27,025</b>	<b>\$800</b>
# OF MEMBERS	188	190	29
<b>TOTAL INCOME</b>	<b>\$95,324</b>	<b>\$48,210</b>	<b>\$34,733</b>
<b>IN KIND DONATIONS—VALUE</b>	<b>\$5,044</b>	<b>\$2,356</b>	<b>\$266</b>
# OF IN-KIND GIFTS	25	3	1

2022 BEGINNING FUND BALANCE

**\$21,582**

2022 ENDING FUND BALANCE

**\$62,607**



# Looking ahead to 2023

An important part of what Seacoast Village Project is contributing as an organization is a deeper knowledge of the support, education and interventions that really matter to people and what impacts their ability to age in place. Research highlights the great need for certain services—transportation, connection and interaction, caregiver supports, etc.—but in many instances when these services become available, real-life demand is low.

Seacoast Village is in a unique position to delve more deeply into understanding the demand side of this equation. We began this conversation with members in December 2022 in a program exploring the barriers to asking for help. Further deepening our understanding of what people need, and the barriers to asking for support, will allow the Village to better tailor its offerings for the greatest impact in the years to come. As we head into 2023, the cluster model will serve as an important forum for continuing and expanding this discussion and in our work to quantify the impact of Village membership.

## MISSION

The mission of the Seacoast Village Project is to create a community of older adults who work together to improve their odds of being able to grow older in their homes and communities by getting connected, getting smart and helping each other out.

The Seacoast Village Project is part of the nationwide Village-to-Village Network (now more than 233 strong), a grassroots response that aims to educate, connect and support older adults as they age.

### Seacoast Village Project

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[www.seacoastvillageproject.org](http://www.seacoastvillageproject.org)

## 2022 BOARD OF DIRECTORS

### Officers

#### President

- ▶ Nancy Euchner, New Castle, NH

#### Vice President

- ▶ Kathy Rockwood, New Castle, NH

#### Treasurer / Secretary

- ▶ Kathy Donovan, Stratham, NH

### Members

- ▶ Peter Cass, Portsmouth, NH
- ▶ Sam Marwit, Dover, NH
- ▶ Addie Tarbell, Newmarket, NH

### Incoming members for 2023

- ▶ Katharine Brown, Portsmouth, NH
- ▶ Dennis Chasteen, Lee, NH
- ▶ Susan Getman, Framingham, MA  
(soon-to-be Portsmouth resident)
- ▶ Cynthia Harvell, Portsmouth, NH

