



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

Village News

February 2022



We are excited to announce the publication of our first Annual Report. Members, donors and partners can expect to receive a copy in the mail and you can also find it on our website under the About tab.

As we head into 2022, we are eager to build upon the successes of 2021—the growth of our membership, the opening of our new office, and the development of our operations—in order to more fully engage and support Village members and our community.

How can you be a part of this? If you are already a member, consider volunteering. We need many hands to plan events, support members, and grow the organization from the inside out.

If you are not yet a member, join us at one of the upcoming prospective member information sessions to learn how the Seacoast Village can support you as you grow older in your home.

Businesses can invest in the work of the Village as sponsors and donors. Contact us to find out how you can support our mission to help seniors get smart, get connected and help each other out.

Celebrating
20 YEARS
VILLAGE
movement

Seniors across the globe are actively engaged in reframing what aging means.

Seacoast Village Project is proud to be part of the 250+ strong Village-to-Village Network across the U.S. that aims to educate, connect, and support older adults as they age in the homes and communities they love.

You can learn more about the Village-to-Village Network at www.vtvnetwork.org.

Turn the page for Upcoming Events...

Upcoming Events: Get Smart

Info Session: UNH Technology Training Program for Aging in Place

Wednesday, February 2 at 11am

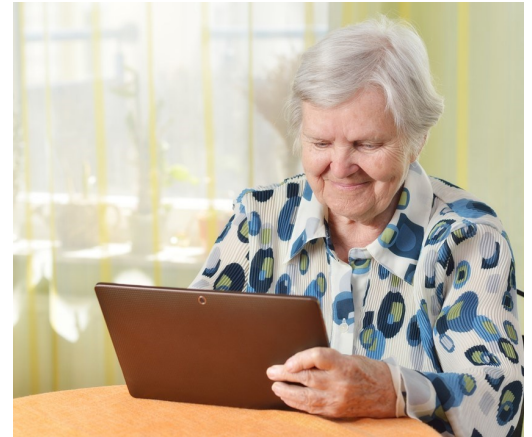
Wednesday, February 23 at 10am

via Zoom

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 February-May 2022. The training is offered free of cost as an opportunity for UNH students to engage with the community.

You can register for the information session on the Village website, call the Village office at 603-373-8429 or email info@seacoastvillageproject.org to express your interest.

Prospective Member Information Sessions

Tuesday, February 8, 11am

Thursday, February 17, 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. **RSVP by the day before.**





Upcoming Events Continued...



New Member Q&A

Wednesday, February 9 at 4:30pm

Thursday, February 17 at 11:00am

via Zoom

Ask questions and learn more about making the most of your Village membership. Visit the website and select the session you'd like to attend and register by the day before.



Virtual New Member Welcome

Thursday, February 10 at 5:00-6:00pm

via Zoom

RSVP

Join us via Zoom to meet your fellow Village members and to learn how to get the most out of your Village membership. We will transition to in-person meetings when it is safe to do so.

Get Connected: Sponsor Spotlight

Senior Safe Aging, this year's Lunch & Learn series sponsor, is comprised of a team of aging in place specialists that work with seniors and their families to assess home safety. Senior Safe Aging's founder and CEO, Kris Rench, is a licensed Occupational Therapist and certified senior home safety specialist.

SeniorSAFE
Aging In Place Advisors

Senior Safe Aging conducts a 240+ inspection of the interior and exterior of your home looking for safety and fall risks. They provide a detailed report of findings with recommendations for immediate, short, and long-term solutions. The goal is continued independence to remain in the home of your choice for as long as possible.

Helping Each Other Out: Member Service Highlight

Winter can be a challenging time for all of us, particularly when bad weather is predicted. The Village is here to help!

Please let us know if you'd like some support with:

- Phone check-in by one of our volunteers
- Errands to prepare for the storm
- Help moving outside decorative items or light furniture to a safer place
- Check in after the storm about possible needs
- Other support



Tell us how we can help by calling the Member Service number.

Village Member Stories

Addie Tarbell, Newmarket

The Seacoast Village Project is pleased to welcome member Addie Tarbell to its Board of Directors.

Addie was raised in the Lakes Region of NH, did her undergraduate and graduate work at the University of Oregon and ultimately returned to NH. She was a resident of Rye for 30 years before moving to Newmarket in March of 2020.

Addie spent her career as an entrepreneur and small business owner, starting and running a variety of enterprises on the Seacoast before shifting her focus to nonprofit work. Addie has volunteered with a number of organizations including the Community Childcare Center, and supporting fundraising events for Gather, and Strawberry Banke.



She is a past board member of Exchange City and currently serves on the Missions Board of the Newmarket Community Church and is actively involved in their community outreach and fundraising activities.

"My greatest joy is helping others. I have been so fortunate in my life to have the support, education and health to accomplish many goals. I am most certainly a grateful person for everything I've been given."

~Addie Tarbell
