

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.



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. **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...

Lunch & Learn: "Advocating for Yourself in Today's Stressed Healthcare System"

Tuesday, February 15, 12:00-1:00pm
Featuring Nancy Euchner
Virtual program via Zoom
Register by February 14

During this session we will discuss ways you can prepare for a medical encounter ahead of time, how to successfully understand and navigate the myriad medical professionals you'll encounter during your treatment and recovery, and strategies for troubleshooting when things don't go as planned.



The virtual program is the second in a ten-part series geared towards seniors and offered by Seacoast Village Project. Lunch & Learn, which is free and open to the public, will be held via Zoom video conference and requires advance registration.



About the Presenter

Nancy Euchner is a nurse and elder care consultant and the founder of AgeQuest, a care consulting practice in Portsmouth. She received her training as a nurse and geriatric nurse practitioner at SUNY Upstate Medical Center in Syracuse, NY and was a Pew Fellow for Advanced Health Policy Studies at Boston University. Euchner is also a founding member and volunteer with the Seacoast Village Project.

Join us for all the 2022 Lunch & Learn sessions!

The ten-part 2022 Lunch & Learn series features guest experts who provide critical information to seniors wanting to better plan and advocate for themselves as they grow older.



Lunch & Learn programs occur on the third Tuesday of each month at noon. Each session, including last month's "Maximizing Good Health," is recorded and posted after the session in the Lunch & Learn Events Archive, accessible on the website under the "Events" tab.

Future topics include:

- Adapting your home for safety and easier living
- Planning to get the help you need
- Portals, passwords and telehealth tips
- Being a good driver
- Preventing falls and minimizing damage
- Avoiding scams
- Right-sizing and housing options
- · Preparing for weather emergencies

Visit the Village's online events calendar for more details.

Thank you to our 2022 Lunch & Learn Sponsor!



Aging In Place Advisors

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 our 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.



Senior Safe Aging conducts a 240+ inspection of the interior and exterior of the 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





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 Strawbery 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