



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

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## Village News

**March 2022**

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Throughout last year, we asked Village members what kinds of programs and events they wanted the Village to offer. Thank you to all who took the time to complete our surveys and program evaluations. We are pleased to report that our calendar of programs for 2022 is growing, thanks to your suggestions and our Program & Events team members who are working diligently to turn your ideas into reality. Check out the Upcoming Events section below for events in March and visit our website events calendar for what's planned for the coming months.

Seacoast Village Project is part of a growing network of seniors across the globe who are actively engaged in reframing what aging means. Last month, the national Village-to-Village Network celebrated its 20th anniversary with a virtual event attended by 350 people. You can watch the recorded celebration, which features videos and presentations from Boston Mayor Michelle Wu and Encore.com founder and CEO Mark Freedman, on YouTube at <https://youtu.be/pxq6rIHwcSI>.

As spring approaches, and COVID-19 cases continue to drop, we look forward to being able to gather in person and outdoors again. In the meantime, stay well!

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## Upcoming Events: Get Smart

### Prospective Member Information Sessions

**Tuesday, March 8, 11am**  
**Thursday, March 17, 4pm**  
via Zoom  
**RSVP by the day before**



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. During the session, you will learn about the Village's preferred providers and resources, members-only social and educational events, our network of trusted volunteers and how you can support other Village members through volunteerism.

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***Upcoming Events continued on the next page...***

## Upcoming Events Continued...

### *Members-only event*

#### **New Member Q&A**

**Wednesday, March 9 at 4:30pm**

**Thursday, March 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**.



### *Members-only event*

#### **What are Gardeners Doing Now?**

**Thursday, March 10, 1:00-2:30pm**

A panel discussion via Zoom

**Register by March 9**

Join a panel of experienced Master Gardeners to hear about how they are preparing for the gardening season. They will share the types of gardens they maintain, challenges they have encountered, and many helpful tips and resources.



Our panel moderator and host, Brenda Reynolds, is a Master Gardener who moved to New Castle in 2017. She is involved in a variety of community gardening activities, including maintaining gardens at Bedrock Gardens in Lee, supporting Portsmouth High School's Culinary program with seed starting, and volunteering as a gardener for Strawberry Banke Goodwin Garden.

#### **Lunch & Learn: "Adapting Your Home for Safety and Easier Living"**

**Tuesday, March 15, 12:00-1:00pm**

*Featuring Kris Rench*

via Zoom

**Register by March 14**

Presenter Kris Rench will discuss how home modifications can enhance safety and prevent falls. He'll share tips and strategies for planning ahead and increasing the chances of growing older in your home. The presentation will cover common safety improvements ranging from simple and low-cost activities like removing clutter and installing additional handrails to more extensive remodels to widen doors, modify bathrooms or improve access.



More about the presenter and the Lunch & Learn series on the next page...

## Upcoming Events Continued...

### Lunch & Learn: "Adapting Your Home For Safety & Easier Living" continued...

#### About the Presenter



Kris Rench is an occupational therapist skilled in geriatric care, homecare, and management at various levels. He is a certified senior home safety specialist and the National Director of Health and Safety Products for Age Safe America. As an expert in aging in place, his company provides products and services to enable senior citizens to remain in their homes for the maximum amount of time possible.

This virtual program is the third in a ten-part series geared towards seniors and offered by Seacoast Village Project. Lunch & Learn sessions, which are free and open to the public, are held via Zoom video conference and require advance registration.

Join us for the complete series. Future programs include:

- April 19: Planning to Get the Help You Need
- May 17: Portals, Passwords and Telehealth Tips
- June 21: Being a Good Driver
- July 19: Preventing Falls, Minimizing Damage
- August 16: Avoiding Scams
- Sept. 20: Rightsizing Your House
- October 18: Preparing for Weather Emergencies

*Thank you to our  
2022 Lunch & Learn Sponsor!*

**SeniorSAFE**  
*Aging In Place Advisors*

#### *Members-only Event*

#### Chair Yoga

**Wednesday, March 23, 10:00-11:30am**

Carey Cottage, Portsmouth

**Register by the day prior**



Chair yoga is a combination of yoga and exercise. Integrated into this session is breathing, meditation, joint/muscle warm-ups (at the beginning and at the end), and mind-body connection. Chair Yoga will be offered as a six-session series during March and April, but it is not necessary to attend the whole series. Participants can sign up for individual sessions.

Participants should wear comfortable, loose-fitting clothes and shoes that can be removed easily. Feel free to bring light weights but that is not necessary.

The instructor, Amelia Mckenney, has a background in nursing. She was Kripalu-trained as a yoga teacher. She has been teaching yoga for 35 years, chair yoga for 20 years, and had her own studio. She is certified in Herbert-Benson relaxation response. Amelia has always maintained a physically active life.

**Upcoming Events continued on next page...**

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## Upcoming Events Continued...

### *Members-only Event* Book Sharing

Monday, March 28, 10:00-11:30am

via Zoom

Register by the day prior



Share a favorite book that you have read and add to your reading list by hearing other recommendations. Be prepared to give us the book title, author, publication date, a brief description, and why you liked the book (3-5 minutes). A question and answer and discussion with Jennifer Lee will follow the book sharing.

Jennifer Lee is a retired professor of writing and literature from UNH, and has led book discussions all over New Hampshire. She currently leads Zoom discussions from the Durham Library.

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### Get Connected: Landscapers

As the first day of spring approaches, it's time to start planning your spring clean-up.

Are you looking for someone to lighten the load around the yard this year? Village members can check out the landscapers and lawn care services that other Village members have recommended in the Preferred Provider Database by logging into the member side of the website and then selecting "Preferred Providers" under the "Members" tab.



Do you have a landscaper that you love? Share your recommendation with your fellow Village members by submitting a referral form, which you can find on the website under the "Resources" tab.

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### Helping Each Other Out: Information and Referrals



Are you facing a new health challenge or issue with your home and have questions about what steps to take or who to call? Village members can start with a call to the Member Service Number!

One of the benefits of Village membership is having a source for information and referrals. Member service volunteers are available to answer questions, provide information and offer referrals (from our Preferred Provider Database, which is comprised of more than 150 member-recommended providers). Give us a call! We're here to help.

## Village Member Stories

### Valerie Gamache (North Hampton) & Brenda Reynolds (New Castle)

Valerie Gamache and Brenda Reynolds are two Village members who have been volunteering their time, energy and expertise as "Village Builders" in our office. Together, they are helping us catalog the results of surveys for ongoing follow-up and developing better ways for getting feedback in the future.



Valerie, a NH native, moved back to the state in 2017 after more than three decades living in Arlington, VA where she worked in health policy and pharmaceutical marketing, including her own consulting business. She is now retired. Valerie has two grown children who live in NYC and DC, where she visits frequently.

Her interests vary widely and include fashion sewist, indie films, reading, walking/hiking, her pets (she has two border collies and cats) and environmental advocacy. She is a member of the North Hampton Planning Board, and a Master Gardener and Natural Resource Steward.

Brenda moved to New Castle in 2017 from Massachusetts. She is a retired chief human resources officer and spent her career working at an engineering firm and General Electric. Brenda has two grown sons and her husband, Gordon, is a computer science teacher at Portsmouth High School. Brenda enjoys gardening, hiking, skiing, paddle boarding, kayaking, cooking and volunteering.



Both Valerie and Brenda are Master Mardeners, a distinction they earned by completing certification classwork at UNH that included course work in botany, soil science, and insects, among other topics. Master Gardeners must perform community service hours and continuing education hours each year to maintain their certification.

Do you share a love of gardening? Join Valerie and Brenda on March 10th via Zoom for "What are Gardeners Doing Now?"

Brenda will also be co-presenting "The Beautiful & Ugly About Gardens!" with Diane Anderson on April 6.

More details about these upcoming programs can be found at [www.seacoastvillageproject.org](http://www.seacoastvillageproject.org).

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**Do you have an interest or expertise you would like to share with your fellow Village members and have an idea for a Member program? Let us know by contacting:  
[info@seacoastvillageproject.org](mailto:info@seacoastvillageproject.org) or calling the office at (603) 373-8429**