



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

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## Village News

*June 2022*

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This year, we're pleased to have the opportunity to again participate in NH Gives, a powerful, statewide 24-hour online fundraising event organized by the NH Center for Nonprofits.

In addition to raising funds for the individual organizations who participate, NH Gives is designed to build community, connect donors to local non-profits and generate excitement about the nonprofit sector.

The mission of this initiative strongly reflects the mission of Seacoast Village Project — building community and making connections — and is one of the many reasons we participate.



We invite you to be part of this special initiative, which begins at 5pm on June 7, and support the nonprofits that are helping to make the Seacoast and NH a better place to live.

The Seacoast Village Project is grateful to our members and our donors for their financial investment in our mission to help increase the odds that seniors can stay in their homes and communities as they age.

Thank you!

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## Get Connected: Join us!



This month our event calendar is overflowing with opportunities to get connected to other Village members who share your interests or live near you. It's also chocablock full of changes to experience and connect with the wealth of historic and cultural resources the Seacoast has to offer.

If there was ever a month to participate in a Village sponsored event, this is it!

Check out the calendar highlights below and visit the Village website to learn more and to sign up.

***Turn the page for Upcoming Events ...***

## Upcoming Events

Visit [www.seacoastproject.org](http://www.seacoastproject.org) and click on the “Event” tab for more information on any event and to register by the day prior.

### *Members-only Event*

#### **Fika Friday**

**Friday, June 3**

10:00am

Carey Cottage, Portsmouth

Join your fellow Village members for coffee, treats and a chat on the porch at Carey Cottage.



#### **Village “West” Neighborhood Meet-up**

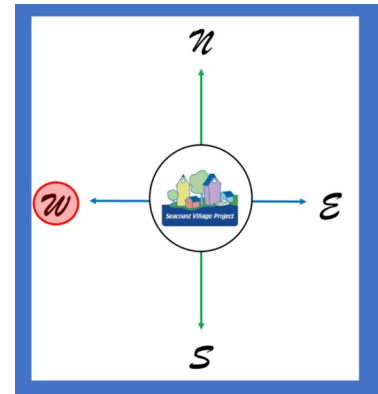
**Wednesday, June 30**

9:00am

Exeter Mills Common Room, Exeter

In an effort to help build connections based on geography current Village members who live in Exeter, Brentwood, Stratham, Kensington are invited to this meet-up.

You can help grow our Village by bringing a friend or neighbor from your town who is interested in learning more about the Village membership.



#### **A Matter of Balance**

**Series of 8 Tuesdays\***

**June 7-July 26, 10:00am-noon**

New Castle Congregational Church

Space is limited to 12.

Building off of last month's Lunch & Learn session with Occupational Therapist Katie Michaud (available in the event archive) the Village is pleased to offer an opportunity to take part in A Matter of Balance, an eight-session proven program that will provide individuals with strategies they can take to prevent falls and minimize injuries if they occur.



The program acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern.

*\*Participants should be able to commit to attending at least 5 of 8 sessions*

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

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## Upcoming Events Continued...

### *Members-only event*

#### **New Member Welcome and Q&A**

**Wednesday, June 8, 4:30pm**

via Zoom

Register by the day before

Ask questions and learn more about making the most of your Village membership.



#### **Prospective Member Information Sessions**

**Tuesday, June 14 11:00am**

**Thursday, June 23, 4:00pm**

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.



#### **Carey Cottage Tour**

**Wednesday, June 15, 10:00am**

Carey Cottage, Portsmouth

Space is limited to eight.

Village member Kathy Rockwood will provide a brief historical overview of this beautiful property, followed by a tour of Carey Cottage. An optional short walk along part of the Little Harbor loop trail will be available for anyone who is interested.



#### **Portsmouth Naval Shipyard Tour**

**Thursday, June 16, 9:30-11:30am**

Kittery, ME

Space is limited to 16.

Join your fellow Village members for this special tour of the Portsmouth Naval Shipyard. We'll travel by bus from the Kittery Lions Club onto the shipyard grounds. The tour will include the site where the Portsmouth Peace Treaty was signed; the Mall — a green space that displays strategic sailing vessels of war; and an up close drive by of the Naval Prison, a sight we all know so well from afar. We will end our tour at the interesting Shipyard Museum where models of ships are on display, as well as sea and war memorabilia.



## Upcoming Events Continued...

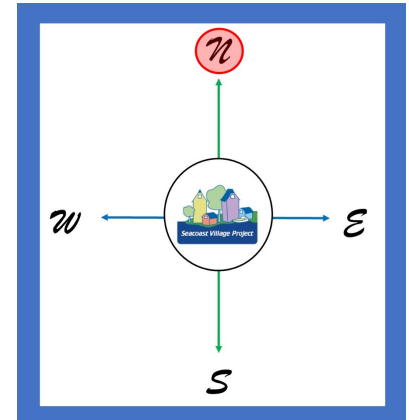
### Village "North" Neighborhood Meet-up

**Friday, June 17, 11:30am**

Lexie's Landing Restaurant at Great Bay Marina

Village members and non-members in the towns of Dover, Durham, Lee, Madbury and Newmarket are invited to dine outside on Great Bay.

It will be an opportunity for members to catch-up and for nonmembers to learn about membership. Attendees should plan to arrive before 11:30 am to be assured of parking close to the restaurant. Lexie's opens at 11:30 am.



### "Mind Your Brain: Strategies for Preserving Your Cognitive Edge"

**Tuesday, June 21, 12:00-1:00pm**

*Featuring Dr. Karl Singer*

via Zoom

In a recent issue of the Morbidity and Mortality Weekly Report, the CDC reported that their survey data has revealed "Adults with subjective cognitive decline – an early indicator of possible Alzheimer's disease or dementia – were likely to have a large number of modifiable risk factors for dementia...[including] high blood pressure, physical activity, obesity, diabetes, depression, smoking, hearing loss, and binge drinking."



Cognitive decline is a concern for many of us and this recent data reinforces that there are specific actions that individuals can take to preserve their long-term cognitive abilities. This session will discuss strategies and behaviors you can employ to try to minimize the development and progression of cognitive decline.



#### About the Presenter

Dr. Singer, a board-certified geriatrician and Medical Director for the Rockingham County Nursing and Rehabilitation Center, has a long-standing interest in how we can maximize healthy aging. During this presentation he will share the strategies he recommends to his patients and also what he uses himself.



## Lunch & Learn

*Getting Smart, Getting Connected  
& Helping Each Other Out*

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

**SeniorSAFE**  
*Aging In Place Advisors*



## Upcoming Events Continued...

### *Member Meet-Up*

#### **Tuesdays on the Terrace**

**Tuesday, June 21, 5:30-7:00pm**

*EJ Ouellette & Crazy Maggy*

**Tuesday, June 28, 5:30-7:00pm**

*Liz and Dan Faiella*

Strawbery Banke Museum, Portsmouth



Join other Seacoast Village members and enjoy an outdoor summer concert at Strawberry Banke. The concerts are free for Strawberry Banke Members or \$5.00 per person for non-members and tickets should be purchased directly from the museum. There will be a designated area for Seacoast Village members to congregate and mingle.

### *Members-only*

#### **Bedrock Gardens Walking Tour**

**Wednesday, June 22, 10:30-11:30am**

Bedrock Gardens, 19 High Road, Lee

\$15 per person

Village member, Lori Lavac, is a docent/volunteer and tour guide at Bedrock Gardens, a premier NH public garden that integrates unusual botanical specimens with over 200 sculptures in a wandering landscape of a 37-acre historical farm. This 1 ½ hour tour will include the history and highlight the features of the garden. Space is limited.



### *Members-only*

#### **New Member Welcome and Q&A**

**Thursday, June 23, 11:00am**

Grill 28, Pease Tradeport

Join us at Grill 28 to meet fellow members and welcome new people!

We will enjoy lunch together, then have a Q&A session about the ways that 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.



## Upcoming Events Continued...

### Artist Crafters and Makers Showcase

**Sunday, June 26, 1:00-3:30pm**

Great Island Common, Pavilion #3, New Castle

RSVP by June 19

The Artist Showcase provides an opportunity for members to show and sell their work in the beautiful setting of Great Island Common in New Castle. Entertainment will be provided by Village member Richard Danford and his bluegrass group, Spur of the Moment. Get to know other Village members and welcome members of the public. Learn more and let us know if you plan to attend.

***There is room for more creative Village members to be part of the event!*** Contact Sandra Cohen-Holmes (sandracohenholmes@gmail.com) by June 19.

### ***Members-only***

### Alnoba Walking Tour

**Wednesday, June 29, 10:00-11:30am**

Alnoba, 24 Cottage Road, Kensington

\$12.50 per person

Join us for a 1 1/2 hour walking tour with Village member and Alnoba docent Phyllis Stibler. Alnoba is “where Inspiration Meets Action,” with 600 acres of natural beauty and view world-class art collections throughout the grounds.

Themes of indigenous cultures, social justice and environmental sustainability are all made real by over 100 sculptures in a quiet landscape of hills, streams and fields. Space is limited to 12. Learn more on the website and register by June 21.



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## Helping Each Other Out: Party Planners Needed

Three tall ships are coming to Portsmouth Harbor on Thursday, August 11 and staying through the weekend.

Village Member Nancy Euchner would like to hold a Tall Ships Parade of Sail Viewing Party and is looking for a few Village members to help her plan the gathering. If you are interested in being part of this effort, please email Nancy@seacoastvillageproject.org.



## Village Member Stories

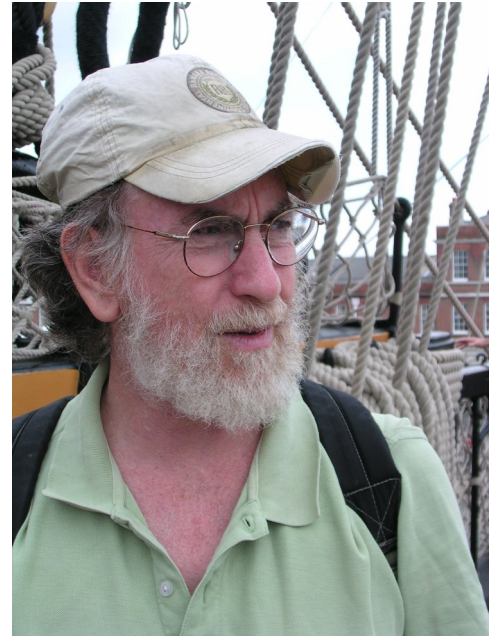
### Peter Cass, Portsmouth

#### How long lived in the Seacoast area?

I moved to Nottingham from Cambridge, MA in the mid-70s. Moved to Durham around 1985 and then down-sized to South End of Portsmouth in 2017. So, I guess I've been here for 47 years.

#### What's your professional background?

Since I was a kid, I've always been drawn towards making and fixing things—that just seems to be the way my brain works. After college (liberal arts degree in psychology and photography), I worked as a motorcycle mechanic for six years. I was then married to a musician and started my own luthier workshop building pre-Baroque stringed instruments—vielles, lutes, psalteries and such-like. (Interesting work, but it comes with a fatal flaw: it's one of the few art/craft occupations where your clientele is generally poorer than you are.) That lasted about eight years.



I then worked at UNH in a vision science lab as a lab tech and it's where I first started to program computers. I also spent a lot of time as the lab-rat, being the subject of various experiments exploring the neural mechanism of spatial vision. That allowed me to take Computer Science courses leading to a Master's degree, after which I settled into the world of commercial software engineering, the field I worked in for 25 years until I retired in 2018.

#### How do you like to spend your time now?

In summer, I spend as much time as possible in the garden or on the water—I learned to sail as a teenager and took it up again 25 years ago. I now own a 37' C&C sailboat with a couple of fellow geezers. I was an avid squash player until age took its toll. I moved on to pickleball—not my ideal sport but it keeps the body moving. I've been on a 2-year hiatus while having both hips replaced, but I hope to be back on the courts this summer.



#### What aspects of being a Village member do you find most enjoyable?

Getting involved with Seacoast Village Project is an opportunity to use my computer skills (which I still enjoy plying) to promote a cause I believe in. I like working with the volunteers in the office, and as the Village matures, I expect I'll be able to help members with techie problems.

#### If you were to encourage a friend to become a Village member, what would you tell them?

Joining the village is an opportunity to join a new community of people at a time when our natural communities are often becoming diminished—old friends move away and die, kids grow up and establish their own lives, etc.