



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

Village News

October 2022

We are thrilled to announce that as of September 26, Cari Quater has joined Seacoast Village Project as operations manager. In her new role, Cari will be a key member of our leadership team and will help to implement the vision and strategic plan established by the board of directors.

As operations manager, Cari will oversee the day-to-day operations of the Village, including the management of the office at Carey Cottage, information systems, coordinating the delivery of programs and events, and member services.

Read on for more about Cari's background and what she's excited about in her new role. We hope you will take the opportunity to introduce yourself at one of this month's events and welcome Cari to the Village.

Upcoming Events

Visit www.seacoastvillageproject.org and click on the "Event" tab for more information on any event and to register by the day before (unless otherwise noted).

Prospective Member Information Sessions

Tuesday, October 11, 11:00am

Thursday, October 27, 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.



Members & Guest Event

Portsmouth Black Heritage Trail Walk & Presentation

Wednesday, October 12, 9:45-11:30am

Portsmouth, NH

Institutional slavery in Colonial America provided immense wealth and culture to many European immigrants and their descendants in the Americas, as Portsmouth's house museums bear witness. More information on next page.

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Upcoming Events Continued...

Portsmouth Black Heritage Trail Walk & Presentation

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This private tour brings into focus an economic system dependent upon the inter-national slave trade with its constant supply of kidnapped, unpaid African workers and their descendants, who against the odds, created one of this country's oldest Black communities.

Space is limited so register early.



Members & Guest Event

Music on the Porch with Bryan Killough

Thursday, October 13, 3:00-5:00pm

Carey Cottage, Portsmouth

Come enjoy the fall weather and join us on the Carey Cottage porch for afternoon refreshments, socializing with other members, and listening to wonderful live music. If you like jazz guitar, don't miss this! Space is limited.



Lunch & Learn

"Preparing for Weather Emergencies"

with Vanessa Palange, NH Homeland Security & Emergency Management

Tuesday, October 18, noon-1:00pm

via Zoom

Weather emergencies can happen throughout the year, but particularly during fall and winter in New England. Being prepared is a critical component of being able to successfully navigate severe weather. Vanessa Palange of the NH Division of Homeland Security and Emergency Management will highlight the four steps individuals and families can and should take to prepare for weather emergencies. She will share resources that are available to help you to know what to do before, during and after a weather emergency.



About the Presenter

Vanessa Palange is the Community Outreach Coordinator for New Hampshire Homeland Security and Emergency Management. In her role with Homeland Security and Emergency Management, she is responsible for working with communities and organizations across New Hampshire to promote emergency preparedness. Prior to joining Homeland Security and Emergency Management, she spent 20 years working as a journalist in multiple newsrooms across the state of New Hampshire.

**The 2022
Lunch & Learn
Series
is sponsored by:**

SeniorSAFE
Aging In Place Advisors

Upcoming Events Continued...

Members & Guests Event **Beginner Level Exercise**

Saturday, October 15 & 29,
10:00-11:00 am
YMCA of the Seacoast, Portsmouth

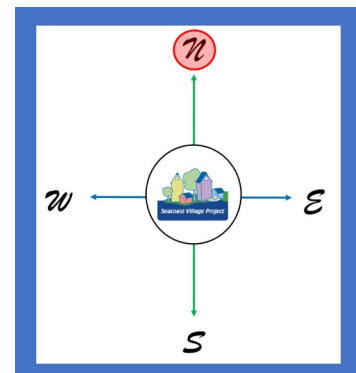
Join trainer Ken Currier for a beginner-level, functional exercise class. Focus will be placed on balance and core development. Various pieces of equipment will be used to support the exercises (balls, noodles, weights, and chairs). Space is limited.



Village "North" Neighborhood Lunch & Foliage Walk

Thursday, October 20, 12:00pm
Panzanella's Italian Restaurant, Newmarket

We will have lunch from a diverse menu of Italian and American cuisine. For those interested in walking it off afterwards (and weather permitting), we will travel 5.5 miles to the Piscassic Greenway, a SELT conservation property.



We'll take a leisurely walk on the Mraz loop trail through open fields and mature forests and along ponds and wetlands. The SELT parking lot is located on Bald Hill Rd in Newfields. Coming down Bald Hill Rd from Grant Rd, the lot is on your left. Bring walking sticks if you'd like. If you need some, let us know.

Members-only Event **Good Company with Books**

Monday, October 24, 10:00-11:30 am
via Zoom

Describe a favorite book, and add to your winter reading list by hearing other recommendations. Tell us the book title, author, and publication date, and why you recommend it. Sharing will be followed by a discussion of the books' subjects and how books have been good company in a changing world, past and present. And there may be a quiz!

Retired UNH writing and literature professor Jennifer Lee will facilitate the sharing and discussion. Space is limited.



Get Connected: Attend an Event

Are you making the most of your Village membership? Each month, you have the opportunity to "Get Connected" by meeting other Village members at one of our events and building the network that will help support you as you grow older in your home and community.

Challenge yourself to attend at least one Village event each month and help yourself "Get Connected"!



Helping Each Other Out: It Take a Village: CarFit for Driving Volunteers

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, there are changes that inevitably occur with aging. Traditional driver safety programs improve adult driver safety by addressing cognitive abilities and skills. But drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase both the driver's safety and the safety of others.

On Tuesday, October 11 from 3:00-5:00pm, UNH Professor John Wilcox will lead a CarFit event especially for Seacoast Village member-volunteers. During the event, a team of trained occupational therapy students will work with each participant at a series of stations to evaluate different aspects of their car's "fit." They will then identify vehicle adjustments and/or adaptive equipment that might enhance comfort and safety.



This event will be held in the Durham parking lot of another UNH sponsored program, Northeast Passage. There is ample parking, and we will have access to bathrooms and refreshments. The Village will have a team on hand to help driving volunteers update their credentials. A list of needed documents will be provided with your event registration reminder email.

Current Village driving volunteers, and those interested in becoming volunteer drivers, are encouraged to RSVP early, as our capacity is limited to 12 vehicles.

Village Stories

Meet Cari Quater, Operations Manager

Cari comes to Seacoast Village Project having most recently served as the Old Berwick Historical Society's executive director since 2016. She brings with her a wealth of operations, volunteer and program management experience.

"The operations manager position is a great new challenge for me professionally. I was looking for a job that would focus more on the development and growth of an organization," said Cari.

"I have been working primarily with senior volunteers for many years now, and felt pulled towards this organization, which supports aging gracefully. I think my organizational skills, creative ideas, and nonprofit experience will be an asset to the Village as it continues to grow."



Cari is looking forward to getting out into the Seacoast Village communities and meeting more members. She commented, "I've met some board members and volunteers already, and am impressed with their hard work and their enthusiasm for our mission."

On the personal side, Cari and her husband will be celebrating their 20th anniversary next year. Together they have two sons, ages 12 and 16, who keep her busy with soccer and lacrosse. Cari is a reader, gardener, keeper of chickens, and loves a good road trip. She is a graduate of UNH and lives in South Berwick, ME.

DID YOU KNOW?

The Seacoast Village Project, which was founded in 2018, is based on the national Village Movement model of neighbors-helping-neighbors.

The idea of a "village" started in 1999, when a few Boston Beacon Hill neighbors sought a membership connection to help them remain independent as needs increased with age.



The Village to Village Network, a national organization, was formed in 2010 to build on their model and share guidance, resources and support with new members. There are now over 250 Villages across the country with another 100 in the works.

You can learn more about the national Village movement and other Villages around the country at www.vtvnetwork.org.