



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

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## Village News

*January 2023*

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**Happy New Year!** As we head into 2023, and the Village's fifth year as a 501(c)(3) nonprofit, we are committed to further deepening our understanding of what Village members need and want as they grow older in their homes; and just as importantly, the barriers to asking for help when they need it.



Last month's program, "Asking for help: What are the roadblocks?", was the beginning of a deeper exploration that the Village will continue in the coming year. Members can view the recorded session by logging into the website and going to the Member Events Archive page under the Events tab.

The cluster model, which organizes the Seacoast Village into smaller "neighborhoods" of towns that are in close proximity to one another, will serve as an important forum for continuing and expanding this discussion and in our work to quantify the impact of Village membership. Please make sure your upcoming cluster meeting date is on your calendar (see below for details) and plan to attend.

The Village can only serve our individual needs as we grow older if we work together to build it today. We look forward to doing that with you in 2023.

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## Upcoming Events

Visit [www.seacoastvillageproject.org](http://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 Info Sessions

**Tuesday, January 10, 10:00am**

**Thursday, January 19, 4:00pm**

via Zoom

Considering Village membership? Join us to learn more about 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. Visit the website and select the session you'd like to attend and RSVP.



**Turn the page for more events...**

## Upcoming Events Continued...

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### Village Neighborhood Meet-ups and Planning Sessions

The Seacoast Village Project encompasses multiple Seacoast areas, referred to as "clusters" or compass neighborhoods. While there are programs and services that span all areas, not all clusters have the same interests and priorities. These planning sessions are an important opportunity for members who live near one another to share their thoughts and ideas for future programs and services, and to help shape the future of their Village cluster. **Please save the date and plan to attend the session for your area.**

**East Planning Session** (Portsmouth, Newington, Greenland)

**Wednesday, January 11\*, 1:30-3:00pm**

*Portsmouth Public Library*

\*Note new date

**West Planning Session** (Stratham, Exeter, Kensington, Brentwood)

**Wednesday, January 25, 10:00am-12:00pm**

*Wiggin Memorial Library, Stratham*

**North Meet-up** (Dover, Durham, Lee, Madbury, Newmarket)

**Wednesday, January 25\*, 11:30am-12:30pm**

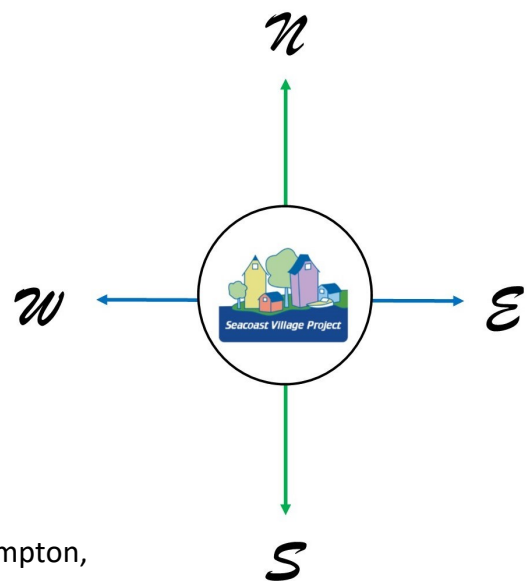
*Roost Restaurant, Dover*

\*Advance registration by Jan. 24 is required

**South Planning Session** (New Castle, Rye, Rye Beach, North Hampton, Hampton, Seabrook)

**Wednesday, February 1, 9:30-11:30am**

*Rye Public Library*



Non-members are welcome to join any of these events to learn more about the Village. Light refreshments will be served. Please visit the Village website to learn more and to register for your neighborhood meet-up.

### Post Holiday Brunch

*Members-only event*

**Sunday, January 15, 11:00am**

*Grill 28, Pease Tradeport, Portsmouth*

Let's gather to wish one another a Happy New Year and to kick off 2023 as a Village. Brunch will be provided. There will be a cash bar for drinks. We hope this will offer a relaxing time to get to know other members and reconnect with friends.



## Upcoming Events Continued...

### Oyster River Winter Hike

**Monday, January 16, 10:00am**

*Oyster River Trailhead, Mill Road & Packers Fall Road, Durham*



Oyster River trails offer a scenic variety of open fields, woods and beautiful sections of the Oyster River. We will walk approximately 3.5 miles at a slow/moderate pace.

### Lunch & Learn—Planning for the Year(s) Ahead

**Tuesday, January 17, 12:00-1:00pm**

*via Zoom*

Join presenters Dr. Karl Singer, a board-certified geriatrician and Medical Director for the Rockingham County Nursing and Rehabilitation Center, and Nancy Euchner, a nurse and elder care consultant, to discover the steps to successful aging in place. Together, we will look at the four aspects of successful aging—health, functioning, home suitability, and resources—and discuss ways to make a plan based on your preferences and personal skills. The session will cover how to size up your own strengths, address concerns that may be lurking and use the resources available through the Village to prepare for the year(s) ahead. Come with your questions and leave with ideas to take action in the coming year.



### Everyday Nutrition

**Tuesday, January 17, 3:30-4:45pm**

*Portsmouth Senior Activity Center*

There is so much information conveyed about nutrition, but this talk and discussion will focus on how to make healthy, clean nutritional choices every day. Presenter Ken Currier will go over current dietary trends. He will then focus on common foods we eat (such as bread, pasta, peanut butter), highlighting how to identify the healthiest options. He will offer helpful information to individuals who have chronic illness.



### Good Company with Books

*Members-only event*

**Monday, January 23, 10:00am**

*via Zoom*

Add to your winter reading list! Share your favorite book and hear other members' recommendations. The 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! Facilitator Jennifer Lee will facilitate the sharing and discussion. Bring your book to the Zoom session—or have information about the book title, author, and date published available to share.



## Get Connected

### Preferred Provider Directory Coming to Print

Good news! The Preferred Provider Directory, the handy resource of trusted professionals that is currently available to members on the Village website, will be printed as part of the membership directory update this March.

Do you have a trusted professional that you would recommend to your fellow Village members? Please take a few minutes to complete the simple and easy referral form on the website under the 'Resources' tab and we'll do the rest!



**The deadline for your favorite professional or vendor to be included in the 2023 print edition of the directory is January 15.**

***Please note:** Recommendations can be made throughout the year and will be posted to the online directory on a rolling basis. Printed updates will be made annually.*

### Technology Support is Just a Click Away!



As our world continues to get more technologically complicated, we all find ourselves needing a bit of guidance from time to time.

***Did you know that several area libraries and the Portsmouth Senior Activity Center offer weekly tech help session?***

You can find a list of current Technology Support Resources under the 'Resources' tab on the website.

Know of others? Let us know by emailing [info@seacoastvillageproject.org](mailto:info@seacoastvillageproject.org) and we'll add them to the list.

### Exercise Class Open to All in New Castle

Want More Exercise? The New Castle Public Library is sponsoring one-hour exercise classes on Wednesdays and Fridays (8:30-9:30am) at the New Castle Recreation Building.

The classes, which are organized as stations and led by certified trainers, are open to all interested participants regardless of residency.

It is advised that you sign up for a series of four Wednesdays or Fridays. Each session costs \$10.00 and pre-registration and payment is required. Dress in comfortable clothes, wear sneakers and bring water and a mat.

If interested, contact Christine Collins, New Castle Librarian, at (603) 431-6773.



## Helping Each Other Out

### Cluster Hosts and Helpers Needed

Are you planning to attend your upcoming cluster meet-up and planning session? Then we need your help with set-up and clean-up! Contact Cari Quater at (603) 373-8429 or [cari@seacoastvillageproject.org](mailto:cari@seacoastvillageproject.org) to sign up or with questions.

### Volunteer Driver Trainings

We are offering volunteer drivers, who wish to offer their services to other Village in the year to come, two training options in January. During these sessions we will:

- Review the types of driving and errands members request
- Discuss the steps volunteers must take to manage risks and adhere to the Village volunteer driver insurance policy
- Review driver policies, passenger policies, driver insurance requirements, and a driver's safety manual



There will be an opportunity for Q&A at the end. Materials will be provided beforehand so participants may prepare questions. Select the session that's right for you:

**Wednesday, January 18, 2:30-3:30pm**  
via Zoom

**OR Friday, January 27, 10:00-11:00am**  
Carey Cottage, Portsmouth

To sign up, visit the event calendar, select the session you'd like to attend and register by the day before.

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### Member Stories: Alan Bennett, Durham

Boston born and raised, Alan and his wife Susan returned to New England in 2014 to be closer to family.

Alan was as a combat surgeon in Vietnam and later went on to be an academic professor of surgery at Harvard, University of Pittsburgh, and Albany Medical College. He also served as the VP of Clinical Affairs of CR Bard Corporation in NJ until retirement in 2000.



Alan has served on several boards, including the Durham Town Council and the Northern Forest Canoe Trail.

He builds and repairs ship models and is active at the Portsmouth Athenaeum. He also enjoys rowing/paddling and golf. You can read more of Alan's Member Story on the Village website under the 'Member' tab.