



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

Village News

February 2023

The start of 2023 has been focused on getting to know one another better and hearing firsthand from members across the Village about what's important to them. Thank you to the 43 of you who joined us at the Members' brunch on January 15. We were all in agreement that we should gather at least quarterly. Volunteers are in the process of identifying venues where we could host these kinds of social events periodically throughout the year.

Thank you also for attending your neighborhood cluster meeting. These conversations yielded ideas for member services and events. Just as importantly, several people volunteered to work on advancing and implementing these ideas.

Please be sure to join us for one of the great events we have planned in February! Of particular note are two "Get Smart" opportunities to learn more about the newly available over-the-counter hearing aids on February 21 (open to all), and to review and better understand your health insurance on February 22 and 28 (for Village members only). See the Upcoming Events section for more details.

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).

Good Company with Books

Members-only event

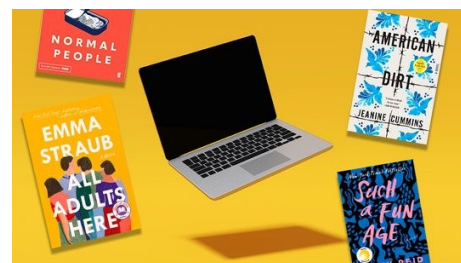
Monday, February 6, 10:00-11:30am

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 moderate 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.



Turn the page for more events...

Upcoming Events Continued...

The Thistlegorm Expedition: The Discovery of an Iconic WWII Wreck in the Red Sea

Wednesday, February 8, 4:00pm

via Zoom

In 1995, Village member Denny Chasteen took part in an Israeli expedition to explore and document a recently discovered WWII British shipwreck, the SS Thistlegorm, in the Red Sea. Through his photographs, Denny will discuss the tragic history of the Thistlegorm and its role in the war and will share his personal experiences diving this now world-famous wreck.



About the Speaker

Former UNH chemistry professor, Denny Chasteen, has been SCUBA diving since 1956 and continues to dive whenever he can. He has traveled throughout the world photographing and witnessing the behavior of marine life. Of late, he has focused on the Gulf of Maine and has prepared educational videos for use by the UNH Marine Docent Program, the Seacoast Science Center and the Blue Ocean Society. He is currently working with the Piscataqua Region Estuaries Partnership (PREP) surveying the size and health of eelgrass meadows along coastal New Hampshire and southern Maine.

This program is free and open to members of Seacoast Village Project and the Active Retirement Association.

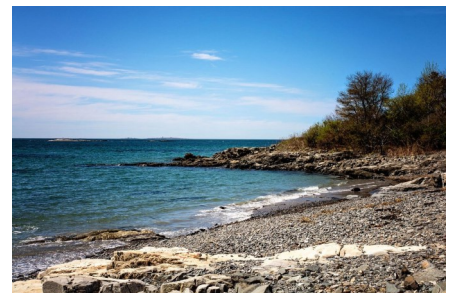
Members-only event

Valentine's Day Hike at Fort Foster

Tuesday, February 14, 10:00am

Gerrish Island, 76 Pocahontas Rd, Kittery, ME

This is an easy, very picturesque coastal walk along a flat trail with historical markers. We will do a loop that is approximately two miles. Afterwards, for those inclined, we can treat ourselves to a bite to eat at one of the bakeries in Kittery.



Prospective Member Info Sessions

Tuesday, February 14, 10:00am

Thursday, February 16, 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...

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Upcoming Events Continued...

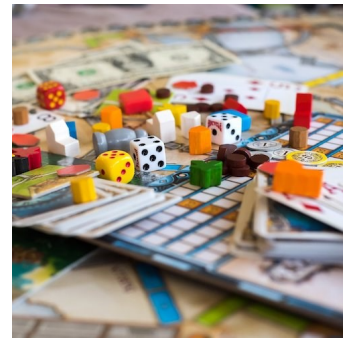
Members-only event

Time to Play Games

Thursday, February 16, 2:00pm

Portsmouth Library, Hilton Garden Room

Winter is a great time to play games—and to get together with other Village members. This will be quite informal. Feel free to bring a game that others can play. It is an opportunity to learn a new game (like cribbage). When you register, add a comment about what you would like to play. If there is sustained interest, we can schedule this on a more regular basis—or even offer games at members' houses.



Lunch & Learn—Listen Up! What To Know About OTC Hearing Aids

Tuesday, February 21, 12:00-1:00pm

via Zoom

We all know that hearing loss is a problem with communication and that a degree of hearing loss is very common as we age.

There is also a very high correlation between the progression of hearing loss and, for example, the risk of falls, depression, dementia and overall brain function. Although the use of amplification (hearing aids) has been the primary strategy for improving auditory reception, the number of individuals using hearing aid(s) has been nowhere close to the number that could benefit from this type of remediation. With the recent (2022) FDA ruling on OTC hearing aids it is expected more will take advantage of some sort of amplification due to greater accessibility.



Whether considering going with traditional hearing aid(s) or a less expensive OTC device, there are a number of issues to keep in mind. Presenter Tom Hutchison will discuss the types of “hearing aids,” types of hearing losses, issues to consider prior to using amplification, some electro-acoustical features available, and some limitations relative to expectations.

About the Speaker

Tom Hutchison is an audiologist (now retired). During his career he was involved in direct patient care as well as program administration in a variety of settings: hospital based and private medical practices, speech and hearing clinics, hearing aid practices, and industrial environments.

***Thank you to our
2023 Lunch & Learn Sponsor!***

SeniorSAFE
Aging In Place Advisors

Lunch & Learn programs occur on the third Tuesday of each month. Recordings of past Lunch & Learn presentations are archived on the Village website under the 'Events' tab.

Turn the page for more events...

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Upcoming Events Continued...

Members-only event

What's in Your Wallet? Understanding Your Health Insurance

TWO SESSIONS—Space is limited to 8 participants per session
Register early!

Wednesday, February 22, 1:00-2:00pm

Carey Cottage, Portsmouth

Tuesday, February 28, 1:00-2:00pm

Durham Public Library



Your health insurance is one of your most important assets, and one that may not be fully understood until you try to use it for something new. We are constantly being solicited to sign up for “better” health insurance plans. But are they?

Join us to learn more about what you have and some common misconceptions about plans that are being aggressively marketed right now. We will also share information about options for buying costly prescription medications that insurance may not cover well. If you have specific questions about your options, bring your insurance cards and medication list with you!

About the Speakers

Dr. Alan Bennett, a retired academic surgeon, was involved in healthcare policy at a national level throughout his career. He is interested in helping seniors negotiate the healthcare system and utilizing other options to purchase Tier 2 or greater drugs that are either not or minimally covered by Part D of Medicare.

Nancy Euchner is a nurse and eldercare consultant with special expertise in geriatrics and care coordination. She often works with clients to navigate murky insurance waters and advocate for the benefits they are entitled to.

Visit the website and register for the session you'd like to attend.

Members-only event

Beginner-Level Exercise

Saturday, February 25 & March 11, 10:30-11:45am

YMCA of Seacoast, Peverly Road, Portsmouth

Seacoast Village members and guests—Ken is back by popular demand! This is 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).



Sign up for one or both classes!

Turn the page for more events...

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Upcoming Events Continued...

North Village Luncheon Meet-up

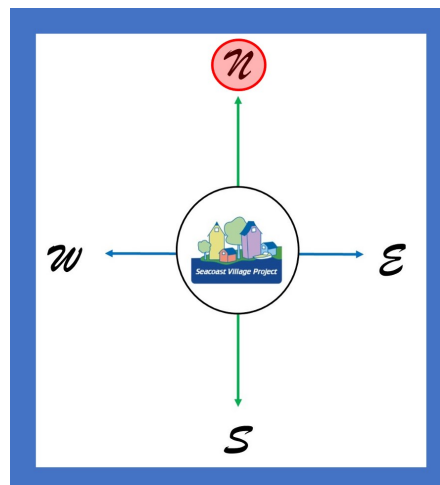
Tuesday, February 28, 11:30am

Newick's Lobster House, Dover

Calling all members and non-members in Durham, Dover, Lee, Madbury and Newmarket!

Join us for "Taco Tuesday" at Newick's Lobster House on the shore of the Piscataqua River. Catch up with old friends and meet new ones.

Please register by February 27.



Get Connected

Sign up for Storm Alerts

It's finally feeling like winter! You can be more prepared for storms and to request help by signing up for Eversource Storm Alerts (available to anyone regardless of who your supplier is). You can then sign up to receive storm alerts by phone, email or text.

Eversource also has an app that you can download onto your phone or tablet. You can view outage maps and report outages without having to log in. To find out more, visit [Eversource.com](https://www.eversource.com).



For all suppliers, it's a good idea to either access your account online or call your supplier and check to make sure your phone and email contact information is correct so that any storm alerts that are sent reach you. If you are a Village member and you'd like help getting your alert with Eversource set up, call or email us. We're here to help!

Yoga Class Open to All

Tuesdays, February 7, 14, & 21, 9:00–10:15am

New Castle Recreation Building, 301 Wentworth Road, New Castle

Yoga is a wonderful way to start your day! As part of a healthy living series, New Castle Public Library is sponsoring yoga classes with a certified yoga instructor who teaches Vinyasa style yoga. There is no fee, and you do not have to attend all sessions. The classes are open to all, not just New Castle residents. Bring a yoga mat, water bottle, and a small towel. Wear comfortable clothing.

If interested pre-registration is required. Contact Christine Collins, New Castle Librarian at (603) 431-6773.

Helping Each Other Out

Member Health Support Volunteer Meeting

One outgrowth of the recent neighborhood cluster meetings was the interest in developing a Member Health Support Team, comprised of Village member-volunteers who will be ready to support other members during times of medical incidents. Types of activities would include taking or picking up a member from a procedure and helping with a transition back home.

Wednesday, February 8, 10:00am-12:00pm

Carey Cottage, Portsmouth

A volunteer meeting will be held for those who have already expressed interest in being part of this developing team to review service guidelines and volunteer training recommendations.

If you would like to volunteer to be part of this team, please contact Nancy Euchner at nancy@seacoastvillageproject.org to learn more.



Member Stories: Cathy and Rich DiPentima, Portsmouth

Cathy and Rich originally moved to Lee in 1981 when Rich was in the Air Force. Both loved the area and they wanted to stay.

Rich later joined the Air National Guard and became the Assistant Director of Public Health for New Hampshire and the couple ultimately moved to Portsmouth.

Rich is an epidemiologist working in public health and served two terms in the New Hampshire Legislature. Cathy, an RN with an MBA, served as the executive director in home health visiting nurse and hospice organizations. She also taught health and business courses for Granite State College.



Nowadays, both belong to several community groups and are very active. Cathy is an artist whose landscape paintings can be found in two local galleries. Rich is a fabulous cook and loves boating and fishing.

Cathy and Rich want to stay in their home in Portsmouth as long as possible. They value the Village because it promotes independence, helps people stay connected and may offer some type of short-term assistance for them, their neighbors, and their friends in the future.

Read more Member Stories on the Village website.