



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

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## Village News

**March 2023**

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Village members: you asked, and this month you shall receive a printed copy of our Preferred Provider Directory! As part of our ongoing mission to create a network of knowledge and support among our members, the Preferred Provider Directory is another great way for members to share trusted information with one another.

This new printed directory contains 21 pages of contact details for vendors in health services, home repair and maintenance, homemaking, legal and financial, pet care, relocation assistance, technology, transportation, as well as key organizations and agencies. The printed directory has been prepared for members as a supplement to the online Preferred Provider Directory that can be accessed when you log on as a member. New recommendations will continue to be added to the the online directory as they are received.

Not a Village member but want access to this great members-only benefit? Sign up for one of this month's Prospective Member Info Sessions to learn more about becoming a Village member.

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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).

### Tour of Durham Historical Association

Monday, March 9, 9:30-11:30am  
*Old Town Hall, Main Street, Durham*

Join Nancy Sandberg, museum curator, for a private tour of the museum at Durham Historical Association (DHA). The Durham Historic Association, established in 1851, preserves artifacts and memories of the town's history, from the times of the indigenous peoples to the present.



The historical society interprets and shares this history with the public, often as background to current issues under discussion. Since 1961, the DHA has maintained a museum, which houses a growing collection of objects related to Durham's 400-year history, as well as archives of local and genealogical interest. You can see old photos and maps, period household implements, portraits, the 1875 town hearse, and much more.

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

## Upcoming Events Continued...

### *Members & guests event*

#### **Beginner-Level Exercise**

**Saturday, 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).



#### **Prospective Member Info Sessions**

**Tuesday, March 14, 10:00am**

**Thursday, March 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.



### *Members-only event*

#### **Time to Play Games**

**Thursday, March 16, 2:00-4:00pm**

*Portsmouth Library, Hilton Garden Room*

Last month's Time to Play Games was a lot of fun! This month's gathering will be quite informal. Feel free to bring a game that others can play. It is an opportunity to learn a new game.



#### **Lunch & Learn—Senior Driving and Preparing for the Future**

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

*via Zoom*

As we get older, it's important to be aware of and prepare for how aging impacts a central part of many of our lives: driving. Staci Frazier, occupational therapist and driver rehabilitation specialist, will discuss characteristics of the aging process and age-related changes that can affect driving as well as ways to increase older driver safety.



**Continued on the next page...**

## Upcoming Events Continued...

### Lunch & Learn: Senior Driving and Preparing for the Future continued from the previous page...

The presentation will review the reasons someone is referred to a driver rehabilitation program, how to prepare to discuss concerns related to a loved one's driving, as well as resources to keep driving longer and for after you retire from driving. This program is open to all.

#### About the Speaker

Staci Frazier OTR/L, CDI, CDRS is an occupational therapist that has worked in a variety of treatment settings. In 1999, Staci became a NH Certified Driving Instructor, and in 2000 she became a Certified Driver Rehabilitation Specialist. Since that time she has worked full-time in the driver rehabilitation industry. Staci was one of the original founders of DriveAbility and was instrumental in its original design and success. DriveAbility is a hospital-based comprehensive driver rehabilitation program. Staci does driving evaluations and training with new drivers, senior drivers, low tech and high tech drivers.

*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.*

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

**SeniorSAFE**  
Aging In Place Advisors

## Gardening in a Changing Climate

**Wednesday, March 22, 10:00-11:30am**  
Via Zoom

Later frosts in the fall, earlier planting times, heavier rain events and longer stretches of drought. Gardeners are on the front line as witnesses to the changes in climate that have been occurring in recent years.



The presentation provides a brief look at the science of climate change and the impact it has on our daily lives, while offering ideas about how we can adapt our growing strategies and habits to both reduce our impact on climate change and keep growing plants we enjoy. This program is open to all.

#### About the Speaker

Michael (Mike) Koutelis became a master gardener in 2021. With several Master Gardeners, he was involved in rebuilding the rain garden at the NH Audubon Massabesic Center in Auburn, NH. Mike has been involved in the energy/environmental field for over 30 years and considers sustainability as the key for understanding how we individually and collectively protect our ecosystems. Gardening has become part of his connection to this effort, and he continues to expand his knowledge of gardening through the UNH Extension Master Gardener Program.

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

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## Upcoming Events Continued...

### *Members event*

#### **East Cluster Meet Up: Behind the Scenes of the Carter Collections Center at Strawberry Banke Museum**

**Thursday, March 23, 10:00am-noon**

*Strawbery Banke Museum, 14 Hancock Street, Portsmouth*

Village members in the East cluster and beyond are invited to Strawberry Banke Museum for this special behind-the-scenes tour in the Carter Collections Center with museum curator Elizabeth Farish.

Visitors will tour the second and third floors of the climate-controlled facility where objects not regularly on display are stored. There will also be an opportunity to tour the Carter Center exhibit on sea level rise. This event is open to all Village members. Space is limited.



### *Members-only event*

#### **Little Harbor Loop Hike**

**Monday, March 27, 10:00am-12:00pm**

*Carey Cottage, 400 Little Harbor Road, Portsmouth*

Join us for a 2.0+ mile loop that starts and ends at Carey Cottage. The hike offers varied scenery and great vistas along Sagamore Creek, the Back Islands of the Piscataqua River, and woodland. Space is limited.



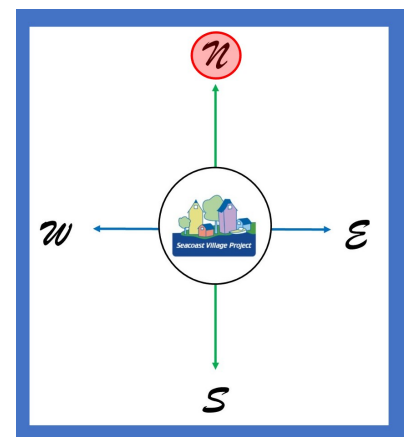
#### **North Cluster Luncheon Meet Up**

**Tuesday, March 28, 11:30am-12:30pm**

*Newick's Lobster House, 431 Dover Point Road, Dover*

Members and non-members: 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 IN ADVANCE! We must have a head count by Monday, March 27th so the restaurant will have the table and seating set up for us when we arrive.



## Get Connected

### Programs and Events at UNH

Did you know that the University of New Hampshire offers a variety of public programs and events each month, many of which are of interest to Seacoast Village members?



You can view the online calendar of events on the UNH website ([www.unh.edu/main/unh-calendar](http://www.unh.edu/main/unh-calendar)) or have upcoming news and events delivered to your email inbox by subscribing to the UNH monthly e-newsletter, "Catch," which highlights public events, news and features on the Durham campus. You can subscribe at [www.unh.edu/main/catch-subscribe](http://www.unh.edu/main/catch-subscribe).

### Save the Date: Age of Champions Health & Wellness Fair

Learn about community resources, try your hand at pickleball, and interact with students from several UNH departments as we celebrate healthy aging across the lifespan. Remember, it's never too soon to age well!

- Stay up to date on news, logistics, and other great information by liking the event Facebook page at [www.facebook.com/unhageofchampions](https://www.facebook.com/unhageofchampions) and visiting the event webpage.
- Help spread the word by forwarding this information to your friends, family, and community.

Seacoast Village Project will have a table at the fair.



Bring your family and friends. This is a multi-generational event with fun for everyone involved!

### Yoga Class Open to All

**Tuesdays, March 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

### NH State Plan on Aging Survey

Portsmouth Public Media (PPMTV) recently aired an interview with Chris Dugan, Director of Communications and Engagement for the NH State Commission on Aging, about the New Hampshire state plan on aging survey. The survey was developed by the NH Department of Health and Human Services, Bureau of Elderly and Adult Services and the NH State Plan on Aging Planning Committee.



The goal of the Planning Committee is to develop NH's State Plan on Aging, a four year plan that will help guide New Hampshire's efforts in understanding, serving, supporting and celebrating older adults across our State.

Everyone is encouraged to complete the survey and to help inform New Hampshire's planning on aging. You can watch the interview with Chris Dugan on You Tube ([youtu.be/DjPf7kO7uhM](https://youtu.be/DjPf7kO7uhM)) and complete the survey at [www.dhhs.nh.gov/programs-services/adult-aging-care/new-hampshire-state-plan-aging](http://www.dhhs.nh.gov/programs-services/adult-aging-care/new-hampshire-state-plan-aging).

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### Member Stories: Patricia Yosha, Exeter

Pat originally moved to Fremont, NH in 1998 to live with her husband, whom she had married in 1993. They commuted back and forth from the Hartford, CT area until she retired from her 30-year career as an English teacher, working primarily with the West Hartford school system.

Later, Pat and her husband were volunteer instructors on the Pine Ridge Indian Reservation and at Haskell Indian Nations University for two terms.

Pat now spends her time following political causes through community-based and church organizations. She is an avid reader and likes to listen to (and play) classical music. She loves to travel and has taken several Viking cruises with her daughter.



*"My long-term plan is to remain in my rental apartment, which I love, hiring caregivers if and when I need them.*

*My immediate family lives far away; my step family is nearby. I do not expect them to be caregivers, so Village connections are my evolving 'system' of care.*

*Friendships and vendors available through the Village are what I am gradually going to be dependent on."*

You can read Pat's full profile on the Member Stories page on the Village website.