



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

Village News

April 2023

This month, Seacoast Village Project is excited to be participating in UNH's Age of Champions event on April 22. At the Village, we know it's never too early to start aging well. And that means getting smart about the issues facing all of us as we age and getting connected to the resources in our communities that can support us as we grow older. **The Age of Champions is a great one-stop-shop opportunity to expand your knowledge about resources in our region and to make additional connections.**

We work throughout the year in partnership with UNH and their enthusiastic and knowledgeable students who are pursuing course work in the health and human services fields. This event is also a great chance to meet other blossoming young professionals who are passionate about supporting the aging process. We look forward to seeing you there!

In other news: the new Preferred Provider Directory and the 2023 Membership Directory are ready and will be delivered by volunteers in the coming week. If you will be in Portsmouth and would like to pick up your copies at the office, please contact the office to let us know when you will be coming by.

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).

Members & guests event

Initial Men's Discussion Group Meeting

Tuesday, April 4, 10:00-11:30am
Wiggin Memorial Library, Stratham

Village Members Dick Siener, Chris Brett and John Woodard will be hosting an initial Seacoast Village Men's Discussion Group. This group is open to all men: Seacoast Village members and non-members. Members are encouraged to bring a friend who may not be a member.



The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives. At this first meeting the plan is to identify topics that will be of most interest as well as discuss ground rules and convenient times and locations for future meetings.

Turn the page for more events...

Upcoming Events Continued...

Prospective Member Info Sessions

Tuesday, April 11, 10:00am

Thursday, April 20, 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.



Choices and Changes: Managing Transitions in Our Lives

Tuesday, April 11, 3:00-4:00pm

with ML Hannay

via Zoom

Change is constant in our lives. Good things happen as well as bad. Some are beyond our control, some by our own design or decisions. No matter what, we can make choices about how we adapt to whatever comes our way and how we process and deal with the inevitable changes.

Village member ML Hannay will facilitate a discussion about the many different transitions that we experience—downsizing/moving, retiring, health changes that decrease our ability to do what we've always done, adjusting to our own or our partner's new needs, death of a loved one, etc. We will focus on how people can and are responding in positive ways as they manage some of these chosen or unchosen transitions. This uplifting program will leave you with new insights and strategies for living life on life's terms.



Members-only event

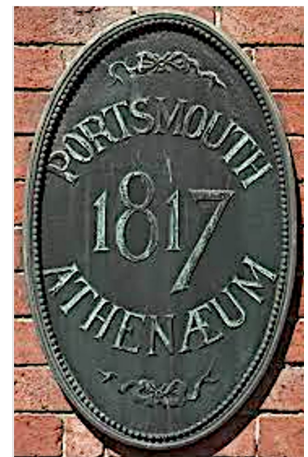
Portsmouth Athenaeum Tour

Thursday, April 13, 11:00am-12:00pm

Portsmouth Athenaeum, 9 Market Sq., Portsmouth

Join us for a special tour of the Portsmouth Athenaeum, a private subscriber library that dates back to 1817. One of the oldest organizations in Portsmouth, its original location was the corner of Penhallow and Daniel Street at what was the first Customs House. The Athenaeum also functions as a museum and a gallery.

The Athenaeum's collections number over 40,000 volumes and an archive of over 12,000 photographs, many of which are available online



Turn the page for more events...

Upcoming Events Continued...

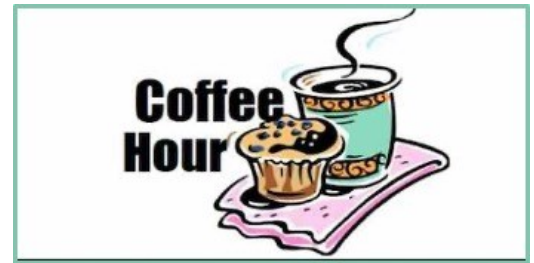
Members-only event

New Member Coffee

Friday, April 14, 10:00am-11:00am

Private Member Home in Hampton

Do you consider yourself new to the Seacoast Village Project, or to the Seacoast in general? Join us for coffee and treats, and mingle and meet other members of the Village.



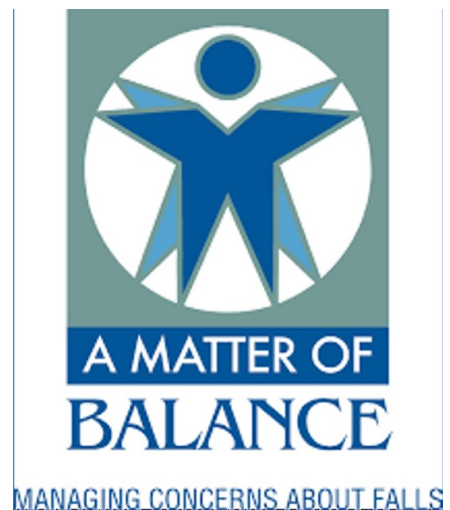
A Matter of Balance

Mondays, April 17-June 12 9:30-11:30am

Portsmouth Senior Activity Center

This is an eight session program that will take place weekly on Mondays beginning on April 17 (no class on Memorial Day). It is important that you can commit to at least five of the eight sessions.

'A Matter of Balance' is a proven program that will provide individuals with strategies they can use 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.



Falls and resulting injuries are one of the most significant risks for older adults. The US Centers for Disease Control and Prevention reports that falls account for 25% of all hospital admissions among seniors and 40% of all nursing home admissions. Forty percent of those seniors admitted will never return to independent living, and 25% will die within one year.

Lunch & Learn—End of Life Choices: Palliative Care or Hospice?

Tuesday, April 18, 12:00-1:00pm

With Dr. Susan Porter

via Zoom

Dr. Porter will provide information about end-of-life care options such as palliative care and hospice. As a hospice medical director, she will give advice on when to consider hospice and what services are included in hospice care.



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Upcoming Events Continued...

Lunch & Learn: End of Life Choices: Palliative Care or Hospice?

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About the Speaker

Dr. Susan Porter is a graduate of McGill University medical school in Montreal. She completed her family practice residency at University of Connecticut and has been on the staff at Exeter Hospital since 1993.

Dr. Porter started her hospice work in 2010 and is now the hospice medical director at RVNA&Hospice, an affiliate of Exeter Hospital and Core Physicians.

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

Members-only event

Time to Play Games

Thursday, April 19, 2:00-4:00pm

Portsmouth Library, Hilton Garden Room

Get together with other Seacoast Village members to play games. The last couple of months have been a lot of fun! It is quite informal: Feel free to bring a game that others can play, or take the opportunity to learn a new game. We will continue to schedule this event on a regular basis.



Members-only event

Piscassic Greenway Hike

Thursday, April 20, 10:00-12:00pm

SELT Piscassic Greenway, Newfields

We will meet at the parking area at the SELT Piscassic Greenway gate entrance and do a 3.5 mile loop that offers varied terrain of meadows, forest, wetland, and river. There is a good bird watching platform.



Turn the page for more events...

Upcoming Events Continued...

Active Shooter & Emergency Situation Workshop

Wednesday, April 26, 3:00-5:30pm

with Steve Cooper, NH Homeland Security & Emergency Management
Lee Safety Complex, Lee

This workshop is based on the Civilian Response to Active Shooter Event (CRASE), which provides practical information on how to respond to a shooter situation. Much of the information is also applicable to fire and weather emergencies.

Using slides and videos, Steve will discuss the lessons learned from previous shooter events. While this can be a difficult topic, it is an important one to address in these times. During the workshop, there will be time for discussion, followed by time for Q & A at the end. The workshop is being presented to state and university employees throughout New Hampshire. Village members Denny Chasteen and Mike Drooker have attended the CRASE workshop and highly recommend it to anyone interested in being prepared for the unexpected.

The Seacoast Village Project, Active Retirement Association (ARA), and the Lee Police Department are offering this workshop especially for Seacoast Village and Active Retirement Association members, but all are welcome!



Get Connected

You Are Invited! Age of Champions Health & Wellness Fair

Saturday, April 22, 10:00am-1:00pm

UNH Lundholm Gymnasium, Durham

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.

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

Seacoast Village Project will have a table at the fair. Stop by for the chance to win a door prize!



Helping Each Other Out

Volunteer Driver Orientation

Wednesday, April 12, 10:00-11:00am
via Zoom



We are pleased to be welcoming member-volunteer drivers to serve the Village in the coming months. Materials will be provided beforehand so participants may prepare questions. In addition to explaining the types of drives and errands we anticipate, we will also discuss the steps we need to take to manage risks and adhere to our Village volunteer driver insurance. We plan to review: driver policies, driver insurance requirements, and a driver's safety manual.

Volunteers Needed for Phone Survey

Are you interested in getting to know more members— and giving back to our Seacoast Village community? We need 10-12 Village members to conduct short phone interviews. This pilot project will help us obtain feedback from members about our events and services, which in turn will inform future planning. This will be fun—and your involvement will help us build our community.

More information will follow about online training date(s) in May. If interested, please contact Cari@seacoastvillageproject.org.

Member Stories: Dan and Karen Waitroob, Hampton

Dan and Karen Waitroob are no strangers to New Hampshire, having raised their two sons in Merrimack before relocating to the Maryland/DC area for work. When Dan received a job offer in 2006 that came with relocation to anywhere in the US, the couple decided to return to New Hampshire.

Karen has 30 years of landscape design and Dan worked for a variety of engineering/consulting firms in the US and abroad supporting energy efficiency programs that electric utilities and governments offer their customers. Dan still works part-time as an adjunct teacher for SNHU's business school and does occasional consulting work. Nowadays, Karen enjoys gardening and consulting on garden designs. Dan helps garden, skis and plays tennis. Both Karen and Dan enjoy various social events such as wine tastings.



The Waitroob's joined the Village because they liked the concept of neighbors helping neighbors. They see it as a means to grow their local network and are excited to participate in the social events, including the New Member Coffee that they are hosting on April 14th!

You can read Karen and Dan's full profile on the Member Stories page on the Village website or RSVP for the coffee through the event calendar listing.