



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

Village News

May 2023

Thank you to all of you who responded to our spring annual fund appeal. We're thrilled to report that, thanks to your generosity, we exceeded our \$10,000 goal! The annual fund plays an important role in supplementing membership dues so that we can continue to expand the ways in which we engage and support Village members. Thank you to each of you who continue to invest financially in our success.

We also owe our continued growth and development to the ever-expanding number of member-volunteers who are taking leadership roles or lending a hand in order to foster and deepen the connections among Village members in our cluster areas. Every good idea needs a support team behind it to bring it to fruition. Thank you for being part of the Village and for doing your part to build the network that will support us all as we grow older in our homes and communities.

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).

A Matter of Balance

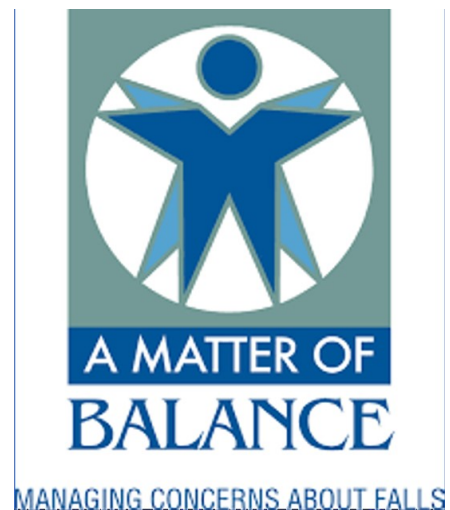
Mondays, May 1, 8, 15, 22, 9:30-11:30am

Portsmouth Senior Activity Center

This is the continuation of an eight session program that began in April for pre-registered participants.

'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.



Turn the page for more events...

Upcoming Events Continued...

Members & guests event

Men's Discussion Group Meeting

Tuesday, May 2, 10:00-11:30am
Wiggin Memorial Library, Stratham

This group is open to all men: non-members as well as Seacoast Village 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. The proposed topic at this meeting will be "how to make a meaningful day." In addition, there will be an opportunity to identify topics that will be of most interest, as well as locations for future meetings.



Prospective Member Info Sessions

Tuesday, May 9, 10:00am
Thursday, May 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.

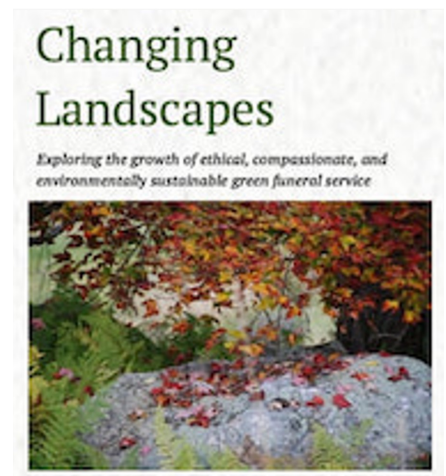


Going Out Green: Reducing Our End-of-Life Carbon Footprint

Tuesday, May 9, 7:00-9:00pm
with Lee Webster
via Zoom

Learn about the emerging movement to change the way we do death in America. With so much in the news about 'green' options, including human composting, wet cremation, and forest ash scattering, it's not easy to parse the truth.

In this informative and sometimes provocative presentation, we'll discuss the principles of sustainable after-death options, reveal some of the hidden environmental costs and benefits of 'boutique' disposition methods and products, and what we can do to plan for a truly planet-friendly ending that is affordable and meaningful for all. We will learn the latest in what's happening in the US and around the world plus what we can all do to create sustainable funeral opportunities closer to home.



Turn the page for more events...

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Upcoming Events Continued...

East Village Neighborhood Meet-Up: Tour of Point of Graves Cemetery

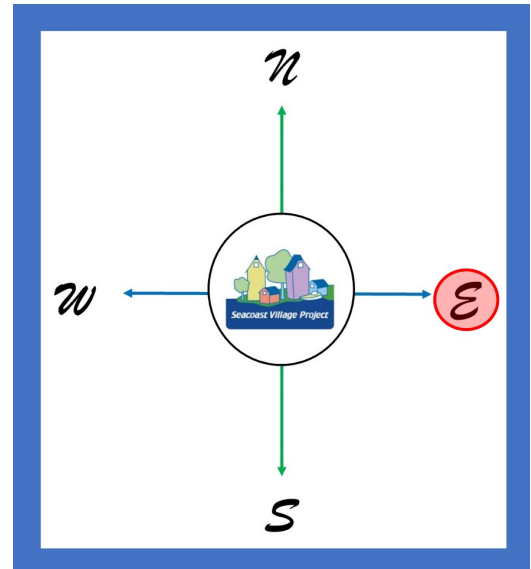
Thursday, May 11, 11:00am-12:00pm

Point of Graves Cemetery, Portsmouth

East Village and other members are invited to a one-hour narrated tour of Portsmouth's oldest cemetery. Emphasis will be on interesting interments and the evolution of gravestone styles over the centuries. Following the tour, participants are encouraged to stay for lunch together at Liberty Fare, the new Strawberry Banke cafe.

About the Presenter

Seacoast Village member and Portsmouth native, Richard Adams has long been interested in all aspects of Portsmouth history.



Lunch & Learn—Adapting the Outside of Your Home for Safety and Accessibility

Tuesday, May 16, 12:00-1:00pm

with Kris Rench

via Zoom

Presenter Kris Rench will discuss how home modifications can enhance safety and prevent falls, specifically focusing on exterior areas of the home. He'll share tips and strategies for planning ahead and increasing the chances of growing older in your home. The presentation will cover common safety improvements ranging from simple and low-cost activities like improving lighting and installing additional handrails to more extensive remodels, such as widening doors or improving access.



About the Speaker

Kris Rench is an occupational therapist skilled in geriatric care, homecare, management in various settings, certified senior home safety specialist, and Age Safe America Advisor Member. He is an expert on aging in place, providing products and services to allow senior citizens to remain in their homes for the maximum amount of time possible.

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

Turn the page for more events...

Upcoming Events Continued...

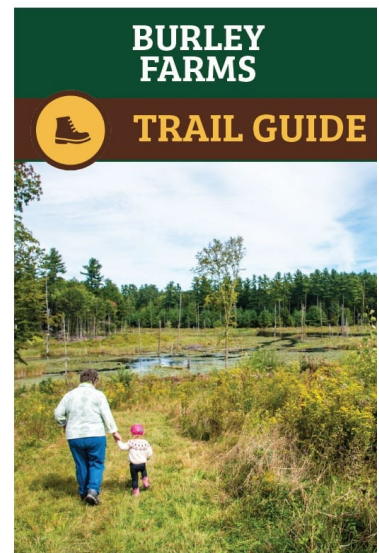
Burley Farms Walk & Presentation

Wednesday, May 17, 10:00-12:00pm

SELT Burley Farms, Epping

Burley Farms is a newer acquisition of SELT (Southeast Land Trust). We will walk on the trail around the property. It is easy terrain covering approximately 1 ½ miles of beautiful fields and woodland.

When we come back, there will be a brief presentation about Burley Farms in the SELT headquarters located on the property. We can also enjoy the setting by having a picnic outside at the picnic tables after our hike.



Tour of Woodman Museum

Wednesday, May 24, 10:00-12:00pm

Woodman Museum of Dover

Senior admission: \$8 per person

Seacoast Village members and guests are invited for a tour of the fun, eclectic and educational Woodman Museum by fellow Village members Doug and Susan MacLennan. For those interested, there will be a luncheon at a local restaurant following the tour.



The Woodman Museum is a fun, eclectic and educational trip through local history. It opened in 1916 in three houses. The Woodman House is devoted to history and natural history, as well as some unique surprises. The Damm Garrison, the oldest house in Dover, was built in 1675 during the Indian troubles. After 1725, it became a home. It gives insight into how people lived through the late 19th Century. The Hale House shows the history of the Hale family, as well as the history of industry, transportation, trade, and recreation in Dover through the early 20th Century. It also houses examples of fine furniture. The museum is a collection of collections, including another house with a gallery for art shows. It is one of Dover's lesser-known treasures and well worth a visit.

About the Presenters

Susan MacLennan is a retired Geriatric Psychiatrist who discovered the field of Geriatrics while doing rotations in med school and a subsequent internship. Since retirement, Susan has been busy as a Master Gardener, a UNH Marine Docent and now as a museum docent at the Woodman.

Doug MacLennan is a retired sales executive having worked primarily in print and TV media. After retiring he dived deeply into woodworking, and the restoration of the historic home of General John Sullivan in Durham. Doug was very involved with the UNH Marine docent program for about 10+ years. He became a docent at the Woodman Museum in 2022.

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Upcoming Events Continued...

Members-only event

Time to Play Games

Thursday, May 25, 2:00-4:00pm

Portsmouth Senior Activity Center

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 in the fall.



Calling All Artists!

Seacoast Village Project will be offering its second annual Artists and Crafters Showcase to feature the talent of Village members on July 9, 2023, from 1:00- 3:30pm at Carey Cottage in Portsmouth. We will have music on the porch with Richard Danford's blue grass group. This is not a juried show, and all are welcome to display and/or sell their work.

If you have interest in participating, contact Sandra Cohen-Holmes by phone (603-749-9557) or email (SandraCohen-Holmes@gmail.com) by May 9. In the meantime, please put July 9 on your calendar!

Get Connected

Do You Know About the Halcyon Music Festival?



The Halcyon Music Festival is a chamber music festival that features 21 world-class musicians and six unique concerts. This year's festival will take place June 15-24. All performances are at 7pm at St. John's Episcopal Church in Portsmouth.

We're excited to be able to offer Village members and guests the chance to meet-up at the Opening Night performance at a discount! Tickets for members are just \$20 per person!

To take advantage of the discount, members should register on the Village website no later than May 31.

Helping Each Other Out

Seacoast Village Project offers its members an ever-evolving selection of support services that are provided by other Village member-volunteers. Requesting a service is easy! You can call the office at (603) 686-8067 or log in to the Village website and complete a service request.

How can we help?

Local errands (e.g. grocery, pharmacy, Walmart, Home Depot)
Rides to medical, non-medical events, and errands
Outside handyman tasks and yard work (e.g. planting, weeding, seasonal cleanup)
Minor indoor ladder, moving, and handyman tasks
Outside storm preparation and recovery assistance
Phone assistance with emergency planning
Post hospital check-ins and support
Friendly in-person visits

Telephone check-ins
Short term dog walking
Computer/gadget trouble shooting for specific problems
Zoom and Village member website navigation assistance via phone & Zoom
Help navigating/finding local resources
Help with home admin tasks (e.g. mail, calendar, organizing)

Do you need something that's not listed here? Call us and ask! If we can't do it, we may know who can.

Member Stories: Chris and Mimi Brett, Stratham

Chris and Mimi moved to Stratham, NH in 2004. They have family living on the Seacoast even though they are both originally from the Midwest. They also wanted to be closer to their summer cottage in mid-coast Maine.



Chris worked in technical sales for several primarily aluminum companies and was able to work out of their new home for five years before retiring.

As a Village member, Chris has become involved in helping to coordinate the Men's Discussion Group.

Prior to retirement, Mimi was involved in Fine Arts education for her career in Massachusetts and New York.

Mimi has been enjoying participating in the exercise classes and the trail walks with other Village members. And both have enjoyed meeting new people and look forward to more activities with the Village community.



For the Bretts, the Village presents a viable option to remaining in their neighborhood that they love. They are comfortable living in their home without making too many adjustments.

You can read about the Bretts and other members on the Member Stories page on the Village website or RSVP for the next Men's Discussion Group.