



## Seacoast Village Project

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

### March 2021 News & Events

#### Village News



We've moved into our new space at Carey Cottage in Portsmouth and we're loving it! The beautiful scenes of the harbor and surrounding woods can be delightfully distracting. All of our supplies are in one place and we've been able to work in very small groups (2-3 people), staying masked and distanced. Thanks to the COVID-19 grants we've received in 2020, we have the supplies we need to stay safe. Feel free to come by (400 Little Harbor Road), park your car and explore the Carey Cottage grounds on your own.

In the office, our volunteers are working on assembling Member Blue Books (reference books for our Village members) and mailings for potential members.

Becoming a member is the best way to take full advantage of all the Village has to offer. If you are not yet an official dues paying Village member, now is a great time to take that next step in your involvement. The first step in formal membership is completing the Member Interest Form under the "Members" tab on our website.

We hope you've at least scheduled an appointment for your COVID-19 vaccine. As we've compared notes, we've noticed that some of the scheduling by phone and computer has been tricky. If you'd like help getting signed up, please give us a call at 603-373-8429. We'd be happy to share what we've learned and help you through the process.



*Turn the page for Upcoming Events*

## Upcoming Events:

### Get Smart, Get Connected

**PLEASE NOTE:** All events require advance registration.

For more event details or to register for an upcoming event, visit [www.SeacoastVillageProject.org](http://www.SeacoastVillageProject.org) and click on the “Events” tab or email [rsvp@seacoastvillageproject.org](mailto:rsvp@seacoastvillageproject.org).

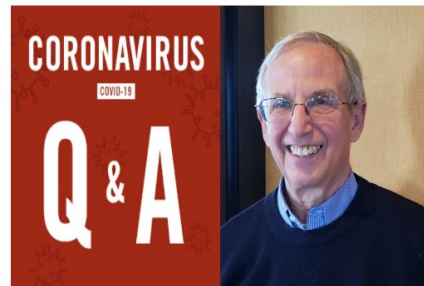
### Get Smart! Lunch & Learn Session

#### "COVID-19 Update & Outlook"

**Tuesday, March 2 @ noon**

**via Zoom**

The COVID-19 landscape is changing. This session will provide an update and discuss the delicate dance that we are all trying to learn – how to navigate vaccine status, testing, expanding our personal bubbles, and (do we dare dream) travel.



#### Chair Yoga

**Thursday, March 11, 10:30-11:30pm**

**via Zoom**

Join yoga Instructor (RYT) Sue Bielski, for a class that brings the best of yoga practice to those who require or prefer the support of a chair. Put on some comfortable clothes, find a sturdy chair without arms, and join us!

### Right Sizing Made Easy

**Thursday, March 25, 5-6pm**

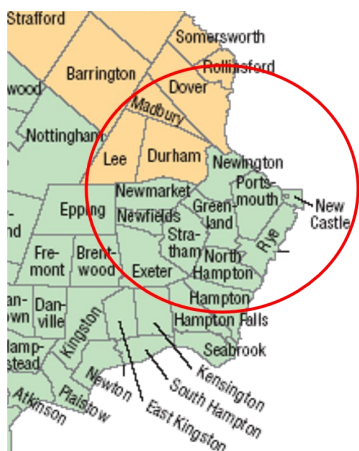
**via Zoom**

The thought of moving, downsizing or reorganizing your home for simpler living can be daunting. Join Kristin Pacelli, professional Senior Move Manager, for tips about how to take control of your space and possessions as you think about reducing your living space, donating your books and selling your mother-in-law's silver.



**More Upcoming Events on next page...**

## Local Group Meet-ups



Join other Village members and prospective members in your area for this month's meet-up on Zoom. This is a great opportunity to make new connections, and if you aren't already a member, learn more about taking the next step. Join us and invite a friend!

- Exeter Area Group Meet-up: March 3, April 7
- Portsmouth Area Group Meet-up: March 10, April 14
- Dover/Durham Area Group Meet-up: March 17, April 20
- Tidewatch Group Meet-up (Portsmouth): March 24

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## Get Connected: Preferred Provider Resources

After a year of COVID-19 restrictions and crash courses in Zoom, it seems to be a good time to share the very best of what we know.

Who has helped you with the technology in your home? If there are professional tech support people or services you have used with positive results that you'd like to recommend, please add them to our preferred provider database. Recommending your contact or company to other Village members is easy! Simply fill out the provider referral on the Village website (located under the "Resources" tab) and we'll handle the rest!



How did you do with Zoom or other virtual meeting platforms? What questions are still unanswered? We have some tech savvy volunteers who are also available to help you by phone – we're just a call away.

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## Help Each Other Out: Volunteering



### Be Part of Our New Member Services Team!

We are building our Member Services Team. These important Village Builder volunteers will work with the Member Service Manager to: welcome and orient new members once their application has been completed and received; respond to ongoing member questions or inquiries; and help to maintain member files.

**Continued on next page...**

## Volunteering continued from page 3...

If you are a Village member and are interested in joining this new team, please contact us at [info@seacoastvillageproject.org](mailto:info@seacoastvillageproject.org) or by calling the office at (603) 373-8429.



Member Service Volunteer training will be held in March by Zoom.

Training will consist of two group sessions (one is orientation, one is an introduction to member services) and two additional 1:1 training sessions on our technology.

Member Service Volunteers should feel comfortable using technology and have access to a desktop/laptop and mobile technology. During the trainings, we will help you learn to navigate our volunteer request and resource data systems.

If you are interested in becoming a Member Service volunteer and would like information on the upcoming training, please contact us. You can also learn about other current volunteer opportunities and sign up on the Village website under the "Volunteer" tab.

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## Village Member Stories



### Monika Parker, Lee

In 1945, Monika Parker was a small child in Germany when soldiers from the Soviet Union invaded her home city of Breslau. She and her mother were forced to flee on foot to seek a new home far away.

As a young adult in Coburg, Germany after the war, she met and married an American army officer and moved to the United States to raise a family. She has enjoyed and contributed to the Seacoast community for many years.

You can read more of Monika's story in the "Member Stories" section under the "Member" tab on the Village's website.