



Seacoast Village Project

Get Smart. Get Connected. Help Each Other Out.

May 2021 News & Events

Village News

The Village's central goal is to support our members as we grow older so that we can stay in the homes and communities where we are connected.

Better outcomes for all of us start with educating ourselves about what situations we may face in the future and putting plans in place that help us navigate them successfully.

Our monthly Lunch & Learn medical decision making series is an easy way to learn what we don't know, assess what questions we still need answered and to reflect as individuals on what pieces of our plan still need to be put in place.

In the coming months we'll be looking at Palliative Care, Powers of Attorney, Paying for Care, Taming the Medical Paperwork Tiger, Veterans Benefits, and Medicare and Medicare Part B. More details about this can be found below.

If you are wondering when is the right time to become a member, the answer is: now! As of June 1, the event archive will only be available by members and we will begin offering additional members-only programming. To start the membership application all you need to do is fill out the Member Interest Form on the Village website under the Membership tab and we'll call you to take you through the rest of the process.

Together, we can get smart, get connected and help each other out.



Prospective Member Information Sessions (via Zoom) Wednesday, May 5 at 4:00 pm and Monday, May 17 at 11:00 am

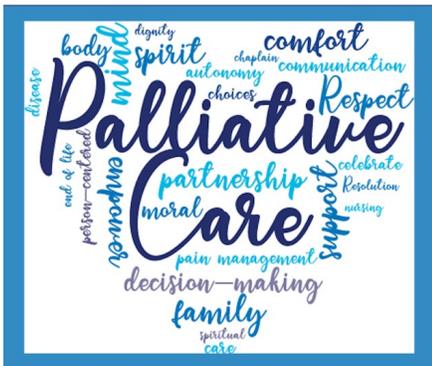
Find out all that Seacoast Village has to offer and ask any questions that you may have about becoming a member.



Upcoming Events: Get Smart, Get Connected

PLEASE NOTE: All events require advance registration. Deadline to register is the day before an event.

For more event details or to register for an upcoming event, visit www.SeacoastVillageProject.org and click on the “Events” tab or email rsvp@seacoastvillageproject.org.



Lunch & Learn Session

"Palliative Care—Understanding Choices in the Face of Advanced Illness"

With Dr. Sarah MacDuffie

Tuesday, May 4 @ noon via Zoom

Following on the heels of April’s Lunch & Learn program with Kate DeBartolo of The Conversation Project, this presentation and discussion with Dr. Sarah MacDuffie goes into more depth about the kinds of decisions that you or your loved ones may encounter should you become seriously ill. You will learn more about how the expertise of a palliative care team can help you articulate your wishes and make a plan.

The Lunch & Learn May 4 program is open to all interested participants. Anyone not able to attend the April Lunch & Learn program featuring The Conversation Project can access the recording and presentation materials under the Events tab on the Seacoast Village’s website on the Event Archive page.

The program is part of Seacoast Village Project’s monthly Lunch & Learn medical decision making series. Upcoming Lunch & Learn topics include “Powers of Attorney—Choosing Wisely” in June; “Paying for Care” in July; “Taming the Health Insurance Paper Tiger—Statements, EOBs and Appeals, Oh My!” in August; “Demystifying Medicare and Medicare Supplements” in September; and “Utilizing Veterans Benefits to Pay for Care” in October. Visit the events calendar on the Village website for dates and descriptions.

Adapting Your Living Environment So You Can Remain in Your Home As Long As You Wish —An Informative Cocktail Hour

Thursday, May 13, 5:30 pm via Zoom

As we age, we face increasing physical limitations that make it difficult to remain in our own homes. The presenters will offer ideas, tips and tricks for what we can do to adapt our homes to create an environment that supports our freedom and safety.

This will be an interactive get together, so grab your cocktail, bring questions and pictures of problem areas in your home, and we will explore ways to adapt our home environments to support us.



More Upcoming Events on next page...



Dover/Durham Meet-up

Tuesday, May 18 at 11:00 am via Zoom

Join others in your area for this month's meet-up. This is a chance to make new connections, and if you aren't already a member, learn more about taking the next step.

Seacoast Bird Migration

Thursday, May 27, 10:30-11:30 am via Zoom

Expert ornithologist Rich Aaronian will explain annual spring bird migration, tell us which birds come first, where they have been, and which land and water birds to watch for at this time of year. He will share illustrations and stories of interesting bird behavior.



Save the Date

JOIN US!
JUNE 8-9TH
5PM-5PM
 NHGIVES.ORG #NHGIVES

Do you miss an event?

Check out the Events Archive under the Events tab on the Village website for recordings of past programs held on Zoom!

Preferred Provider Database: Landscapers



As spring continues to unfold and we return to our yards and gardens, are you feeling that the job is getting bigger or feels a bit more overwhelming? Who do you call for a little back up?

If you have a landscaper or yard care professional that you work with and would recommend, submit a referral to our Preferred Provider Database. It's easy to refer someone—just go to the Village website's

Resource tab to find the form. You'll be helping your fellow Village members connect with a valuable resource.

Volunteering: Drivers Wanted



As we look towards summer and more members become fully vaccinated, we are ready to expand our network of drivers who can transport Village members to and from appointments or to the bus station, or who can run errands.

Do you love to drive, have a valid driver's license and your own vehicle? Then this is the volunteer position for you!

The Village carries insurance that covers our member volunteer drivers and their personal vehicles used to provide rides to other members. In addition to the formal interviewing, background checks and training that all direct service volunteers undergo, volunteers who drive require additional credential checks. Interested drivers should be prepared to provide copies of their current driver's license, car registration, car inspection certificate and the declarations page from their personal auto insurance.

To get started complete the Volunteer Interest Form on our website or call the office at 603-373-8429.

Village Member Stories

Kathy Donovan, Stratham

After retiring from Piscataqua Savings Bank where she served as Certified Trust & Fiduciary Advisor and Trust Officer, Kathy was inspired by the Village concept and joined the founding board. In her role as secretary and treasurer she's been instrumental in helping the Seacoast Village Project with back-office tasks like organizing the Village's 501(c)(3) application and approval process, setting up the bookkeeping functions and handling the internal record keeping.



"We live in an area made up of small towns and limited access to public resources, often leaving seniors on their own to make connections, access transportation and figure out what helpful options exist. I like that each Village [across the country] is its own grassroots organization able to complement existing resources, not conflict with them.

Seniors could remain in their homes, feel valued by sharing their own talents, and feel supported when asking for help or joining in social connections. Sometimes help with simple ladder chores or a ride to an appointment was all it took to provide the missing link."

Read more of Kathy's story in the Member Stories section of the Village's website.