



Seacoast Village Project

Get Smart. Get Connected. Help Each Other Out.

Village News

Summer is upon us! The view from the Carey Cottage overlooking Sagamore Creek is filled with people enjoying the warmer weather and the water. We are excited that the month ahead will offer more opportunities for Village members to gather in person.

This month, the highlight will be our special members-only Summer Celebration with bluegrass music at the historic Oyster River Farm in Durham on July 7. If you haven't already RSVP'd, don't delay! Details are below.

Last month's BYO Summer Solstice picnic on the porch at Carey Cottage was a success! To take advantage of the good weather and gorgeous season, you'll find new in-person member social event dates in the Upcoming Events section below and on our online event calendar.

For those of you who are looking for ways to get involved in the Village beyond social events, we have a number of new volunteer opportunities including gardening and hospitality. Read on for more details.

We continue to welcome new members and encourage anyone considering joining the Village to get in touch with us to learn more. By getting connected, getting smart and helping each other out, we're increasing our odds of being able to stay in the homes and communities we love.

July 2021 News & Events



Upcoming Events: Get Smart, Get Connected

Prospective Member Information Sessions

Wednesday, July 7 at 11:00am

Thursday, July 22 at 4:00pm

via Zoom

Find out 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. Learn more and register by the day prior.



More upcoming events on next page...

Upcoming Events Continued...

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: Paying For Care

with Elder Care Consultant Nancy Euchner

Tuesday, July 6 @ noon via Zoom

Part of Seacoast Village Project’s monthly Lunch & Learn medical decision-making series, this presentation is focused on helping participants understand the “lay of the land” and become confident consumers of health care and health information. As a care manager, presenter Nancy Euchner has often worked with people who are navigating the healthcare system and are faced with surprises about costs and insurance limitations. Nancy will address topics as the current average cost of care in the Greater Seacoast area, and how to plan ahead and develop strategies to deal with unexpected challenges.



Join us for a Village Member

Summer Celebration

at Oyster River Farm, 14 Deer Meadow Road, Durham Point

July 7, 4-7pm

Join your fellow Seacoast Village members in the riverside fields of the historic Oyster River Farm in Durham for live bluegrass music with Drowned Valley. Pack a picnic supper, a blanket or chairs to sit on, and BYOB. Non-alcoholic beverages and dessert will be provided. This is a FREE event for members only (no guests please). Rain date is July 8. *Please note:* Village members who are not fully vaccinated are asked to wear a mask to protect themselves and others.

Members-Only Event

Mid-Week BYO Lunch on the Porch

Wednesdays

July 14, August 18, September 8 & October 13, noon-1pm

Carey Cottage, Portsmouth

Bring your lunch and join us on the porch for a mid-week meet up each month. This is an informal opportunity to meet and get to know other Village members. Please note there is no furniture on the porch, so please plan to bring a chair or blanket to sit on.



Members-Only Event

New Member Q&A

Thursday, July 16 at 11:00am-12:00pm

Thursday, July 28 at 4:30-5:30pm

via Zoom

In these sessions, Village members will have a chance to ask questions and learn more about making the most of their Village membership.

Members-Only Event

Member Mondays Potluck and Presentations on the Porch

July 19, August 9, September 27 & October 25*, 5:30-7pm

Carey Cottage, Portsmouth

Bring a dish to share and join us on the porch for dinner and a short informational presentation each month. Non-alcoholic beverages will be provided. This is a great opportunity to get connected to other Village members.

In July, we'll learn more about GoodWork Seacoast (which manages the nonprofit hub at Carey Cottage) from CEO Molly Hodgson. Please note there is no furniture on the porch, so please plan to bring a chair or blanket to sit on.



*October's Member Monday will be wine and cheese due to the earlier sunset.

Did you miss an event?

Check out the Events Archive under the Events Tab on the Village website

Members-Only Event

Fika Fridays

July 30, August 27 & September 24, 10-11am

Carey Cottage, Portsmouth

Fika (pronounced fee-ka) is a Swedish custom, a kind of social coffee break where people gather to have a cup of coffee or tea and a few nibbles. Fika is such an important part of life in Sweden

that it is both a verb and a noun. Join us on the last Friday of each month for Fika on the porch overlooking Sagamore Creek. Coffee and nibbles will be provided.



This is an informal opportunity to meet and get to know other Village members. Please note there is no furniture on the porch, so please plan to bring a chair or blanket to sit on.

Get Connected: Research Participants Wanted

A team of UNH researchers is seeking 24-30 participants for their ongoing research on eHealth readiness among older adults living



University of New Hampshire
College of Health and Human Services

in rural and suburban communities in northern New England (NH, ME, VT, and MA). Participants in the study will receive monetary compensation of a \$30 gift card to Walmart or Amazon as they prefer.

This study explores "eHealth readiness among older adults," but participants do not need to have any previous experience/knowledge/skills related to eHealth. The researchers want to learn about older adults' thoughts, perspectives, and experiences related to using the internet for healthcare. eHealth, for the purposes of this study includes any health care, health management tools, and physical, behavioral, or mental health care related information that is received or accessed through the Internet.

Who is eligible for this study?

Participants must be living independently (not with a caregiver), and they must have some health care needs (e.g., chronic conditions, recent hospitalization, etc.). Participants must be over the age of 60 and cannot not have a cognitive impairment or progressive disorder that could impact the interview and survey.

What's involved?

- 30-minute survey (online or paper)
- 1-hour-interview (via Zoom or phone)

All the information collected will be confidential and will be de-identified. If you are interested in participating in this research, please contact the principal investigator Dr. BoRin Kim at BoRin.Kim@unh.edu or 603.862.0274.

Volunteering: Gardening & Hospitality

Ready to roll up your sleeves and get to work? Here are some ways you can pitch in:



Gardeners: We received permission to maintain the lovely shade garden under the Katsura tree. Currently there are hostas and lily of the valley plants but it's ready for some Village member who love to garden to work their magic.

Cottage Hospitality: You will notice that we're adding regularly scheduled gatherings on our beautiful porch! We are looking for people to help with setup, greeting and sign-in, providing food (mostly desserts or appetizers) and cleanup afterwards. Sign up to pitch in!

Interested in being a hospitality volunteer? Complete the Volunteer Interest Form on the Village website under "Volunteer" or call the office at 603.373.8429.

Once you sign up, you'll be invited to a planning session here at Carey Cottage. We'll also schedule a Zoom meeting the same week for those who are unable to attend in person.

Village Member Stories

Jane Kavanaugh, Rye

A NH native, Jane Kavanaugh is a retired teacher and school counselor who now does life coaching and has a card making business.

"I am getting older. Being part of a network is important... I know a lot of people my age. Many of them have financial wherewithal to go to a place like Riverwoods. That is not true for a lot of us. People need to know that there are other options."

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



Are you on Facebook? Make sure you "Like" the Seacoast Village Project page so our updates and news will be added to your news feed.