



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

Village News

October 2021

The COVID-19 landscape continues to be fluid and ever changing. As we transition into the cooler “indoor” months, maintaining connections to one another and being able to provide the support that is at the heart of Village membership is of critical importance, as is protecting the health and safety of our members.



While 100% of Village members are fully vaccinated, current data indicates that vaccinations alone are not enough to prevent the spread of the ultra-contagious Delta variant. Therefore, as the situation dictates, and in keeping with prevailing federal, state and local guidance, you can expect to see the Village employ additional tools to protect our members during in-person interactions including wearing masks indoors, social distancing, modifying food offerings, and setting up hand sanitizing stations.

We will evaluate each situation individually and determine the appropriate and most feasible set of tools to use to ensure everyone's safety. You can find this safety plan outlined fully on our website under the Events tab. We look forward to working together to support our need for connection and interaction through the coming seasons.

In other news, nearly 40 people attended our sessions (by Zoom and in-person) with Dr. Sajay Arthanat, Professor, Department of Occupational Therapy at UNH. The response was great! His research assistant is reaching out to all who have expressed interest in receiving one-to-one technology assistance from their talented occupational therapy students. If you are interested in being added to the waiting list for the spring semester, please let us know by email: info@seacoastvillageproject.org.

Turn the page for Upcoming Events...

Upcoming Events: Get Smart, Get Connected

Lunch & Learn Series

"Utilizing Veterans Benefits to Pay for Care"

A discussion with Nancy Euchner

Tuesday, October 5, noon via Zoom

A common misconception is that you need to be retired from the military to be eligible for benefits. In this program, we'll define eligibility criteria for benefits, distinguish between benefits linked to disability and those more broadly available and introduce you to Veterans resources in New Hampshire. This program is free and open to all. **Register by October 4.**



Plein Air Sketching at Carey Cottage

Wednesday, October 6, 8:30-11:00am

Bring a sketch book, travel journal, pens, pencils, watercolors – whatever you like – and join us for an informal, fun outdoor art session. We will enjoy the visual beauty of Carey Cottage and grounds through our attentive artist eyes. All levels of experience are welcome. It is also an opportune time to meet others who are interested in art. A folding chair is recommended.



This program is free and open to all but space is limited to six. **Register by October 5.**

Prospective Member Information Sessions

Thursday, October 14, 11am

Thursday, October 28, 4pm

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.

Register by the day before.



Members-Only Events Continued on the Next Page

Members-only events are wonderful opportunities to meet and get to know other Village members. For events held at Carey Cottage, please note there is no furniture on the porch, so you should plan to bring a chair or blanket to sit on. **Please let us know you are coming by the day before** by registering on the website or by calling the office at 603-373-8429.

Upcoming **Members-Only** Events

New Member Welcome & Q&A, BYO Lunch on the Porch

Wednesday, October 13, noon-1pm

Carey Cottage, Portsmouth

This month, join us on the porch for a new member welcome and Q&A. Bring your lunch, a chair and your member handbook.

This is a chance to meet your fellow Village members and to learn how to get the most out of your Village membership.



Getting the Most From the Members-only Side of the Village Website

Tuesday, October 19, 5:00-6:00pm

via Zoom

This members-only program is designed to help Village members take full advantage of information and connection features of the members-only part of the Village website. The focus of the session will be determined by participant request. The presentation will be short and non-technical with time for hands-on demonstrations and discussion.



Do you want to know more about logging on to our Helpful Village website? Want to learn how to use the 'Village Talk' feature to connect with other members about special interests? Need a walk-through on where and how to access the event archive, preferred provider database and member directory? Ready to know more about how to make a direct service request? This session is for you!

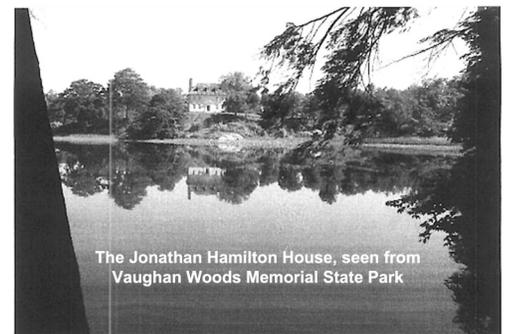
Register by October 15 and let us know your topic preferences.

Dover Area Meet-up: Hike at Vaughn Memorial State Park

Wednesday, October 20 at 10am-noon

28 Old Fields Road, South Berwick, ME

Penny and Mike Drooker invite you to meet up with your fellow Village members for a short hike at Vaughan Woods Memorial State Park. The park has broad, well-maintained trails, a covered picnic area, and scenic views of the Salmon Falls River and the historic Jonathan Hamilton House. We will walk a 1.5 mile loop under a tall forest canopy with an open under story. More details can be found on the website. Space is limited and pre-registration is required.



Member Mondays Potluck and Presentation on the Porch

Monday, October 25, 5:30-7pm

Carey Cottage, Portsmouth

Join us for a the last potluck of this season. We'll be in the Carey Cottage meeting room that looks out over the porch and Sagamore Creek! Bring a dish to share and join us for dinner and a short presentation. Non-alcoholic beverages will be provided. Stay tuned for more information on this month's presenter.



Fika Fridays

October 29, 10:00-11:00am

Carey Cottage, Portsmouth

But wait...there's more! At the request of our members, we're continuing Fika Friday on the porch this month. Wear a coat and bring blanket for your lap as we Fika al fresco on a crisp the October morning.



This is an informal opportunity to meet and get to know other Village members. Coffee and nibbles will be provided.

Get Connected: Recommend Your Chimney Sweeps & Window Washers



Crisp nights have those of us with chimneys thinking about having fires. Have you had your chimney cleaned? Who is your preferred chimney sweep?

You can share your recommendations with other Village members by completing the Preferred Provider Referral Form on the website (under the Resources tab). All you do is share their contact details and a review and we'll do the rest!



Fall is a great time to have your windows cleaned. Do you have a great window washer that you would recommend to other Village members?

Volunteering: Volunteer Administrator Needed

Our team of volunteers continues to grow and we are in need of a Volunteer Administrator.

The Volunteer Administrator is responsible for working with members who express interest in being direct service volunteers. The Administrator is responsible for managing the credentialing process and coordinating the relevant training.



The Volunteer Administrator is organized, detail-oriented and can work independently to execute the Village's volunteer intake process. Initially, the Volunteer Administrator will need to be available on a regular basis to come into the office to get oriented and comfortable in their new role. As the backlog of volunteer interest is processed, the time commitment will be weekly but flexible and variable in its length.

Interested? Want to learn more? Please contact Nancy Euchner at nancy@seacoastvillageproject.org.

Village Member Stories

Ed & May Dowlin, Dover

After selling their home outside Harrisburg, PA in 2015, the couple took the opportunity to travel extensively in Europe before coming back to the US and moving to an apartment in Dover.

Ed reports that "retirement and living in an apartment makes it possible to winter in Costa del Sol in Spain and take longer trips abroad." The couple is looking forward to a trip next year to Iceland and Greenland.



A friend suggested they consider becoming members of the Seacoast Village.

"We recognized that this would be an opportunity to volunteer and receive assistance as we aged in place. We don't want to go to a place where we would sit and look at four walls and wait for someone to visit us. We do something every day," said Ed.

"We are very independent, both in our travel and living routines. Seacoast Village seemed to offer the best opportunity to be involved and still remain independent. When we first learned about Seacoast Village, we did not realize it was social too. We love that!" added May.

Read more of Ed and May's story in the Member Stories section of the Village's website.