



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

Village News

April 2022

Dear Friends and Members,

In March, I had the opportunity to visit fellow Village to Village Network member, Lancaster Downtowners. Purely by coincidence, their Village was one of several recently profiled in the *New York Times* article about the Village to Village network.

Lancaster Downtowners have a 10-year head start on the Seacoast Village Project. It was inspiring to see firsthand the traction their organization has gained over their 14 year existence. One example of this was the board meeting I was invited to attend. They have an 11-member board of directors who meet monthly along with their part-time executive director and an elder law attorney who serves in an ex officio advisory capacity. Their larger board meant that there was more energy and ideas at the table and more hands to share in the work of leading and growing a successful Village.



As the Seacoast Village membership base continues to increase (200 and counting!), so too do the opportunities for members to lend their expertise and time to the Village. If you are ready to increase your involvement as a board member or volunteer in the Village, please contact us so that we can work together to find the right role for you.

This visit and the Downtowners' warm hospitality and generosity reminded me that we are part of something much larger — a national movement to promote real aging in place. If you are traveling this summer, consider making a visit or two yourself. You can locate Villages in areas you might be visiting (or that are on the way) by visiting www.vtvnetwork.org and clicking on the "find a Village" button.

Together, we are building our future and it's an exciting one.

Nancy Luchner

President
Board of Directors

Turn the page for Upcoming Events ...

Upcoming Events: Get Smart

The Beautiful & Ugly About Gardening

Wednesday, April 6, 3:00-4:00pm

via Zoom

Space is limited to 15. Register by April 5



Two years ago Bedrock Gardens started a cutting garden. Diana Anderson will share her journey, challenges and insights in cultivating the cutting garden. This year she is starting the plants from seed. Brenda Reynolds will talk about ugly, invasive jumping worms, which a lot of people don't know about. During the summer a field trip will be offered to Bedrock Gardens for members who have never been there.

Diana Anderson works at Bedrock Gardens in Lee. She was the Volunteer Coordinator but now is the Head Gardener for the cutting gardens. Brenda Reynolds is a Master Gardener who lives in New Castle. As a volunteer she helps maintain gardens at Bedrock Gardens among other community gardens.

Carey Cottage Tour

Thursday, April 7, 10:00am

Carey Cottage, Portsmouth

Space is limited to 8. Register by April 6



Village member Kathy Rockwood will provide a brief historical overview of this beautiful property, followed by a tour of Carey Cottage. An optional short walk along part of the Little Harbor loop trail will be available for anyone who is interested.

Members-only Event

Chair Yoga

Wednesdays, April 6, 13, 20, 27

10:00-11:30am

Carey Cottage, Portsmouth

Register by the day prior



Chair yoga is a combination of yoga and exercise. Integrated into this session is breathing, meditation, joint/muscle warm-ups (at the beginning and at the end), and mind-body connection. Chair Yoga will be offered as a six-session series during March and April, but it is not necessary to attend the whole series. **Participants can sign up for individual sessions. Advance registration required.**

The instructor, Amelia Mckenney, has a background in nursing. She was Kripalu-trained as a yoga teacher. She has been teaching yoga for 35 years, chair yoga for 20 years, and had her own studio. She is certified in Herbert-Benson relaxation response.

Upcoming Events continued on next page...

Seacoast Village Project April 2022, Page 2

Upcoming Events Continued...

Prospective Member Information Sessions

Tuesday, April 12, 11:00am

Thursday, April 21, 4:00pm

via Zoom

Monday, April 18, 11:00am

In-person, Carey Cottage Meeting Room

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. During the session, you will learn about the Village's preferred providers and resources, members-only social and educational events, our network of trusted volunteers and how you can support other Village members through volunteerism.

Members-only event

New Member Q&A

Wednesday, April 13, 4:30pm

Thursday, April 21, 11:00am

via Zoom

Thursday, April 28, 4:00pm

In-person, Carey Cottage Meeting Room

Ask questions and learn more about making the most of your Village membership. Visit the website and select the session you'd like to attend and **register by the day before**.

Lunch & Learn: "Planning to Get the Help You May Need— Your Team Includes the Village!"

Tuesday, April 19, 12:00-1:00pm

Featuring Carey Fitzgerald

via Zoom

Register by April 18

Home care is one service that many of us will need over the course of our lifetimes—either short-term (after an illness or injury) or for a longer period of time as we choose to age in place. The array of providers and payment strategies can be confusing. In this session, home care expert Carey Fitzgerald will share information on how to build a home care team for both situations. She'll share information on the Medicare home care benefit, and how we can tap into skilled services from nurses and therapists when we're at home. She'll also talk about private duty home care - the scope of the work they do and some tips for choosing the right provider. And finally, she'll briefly review Medicare's hospice benefit, a strategy that many choose when they have decided to opt for more comfort-oriented care.

More about the presenter and the Lunch & Learn series on the next page...



Upcoming Events Continued...

Lunch & Learn: "Planning to Get the Help You May Need" continued...

About the Presenter

Carey Fitzgerald is a senior account executive at Amedisys Home Health. Fitzgerald has worked in the home care industry for 13 years, previously at Home Instead Senior Care of Seacoast & Southern New Hampshire. For the past 12 years, Fitzgerald has been the facilitator of Seacoast Senior/Healthcare Provider Networking Group. Her areas of expertise include local medical and non-medical home care options, funding sources/grants for home care, durable medical equipment, providers, hospice, palliative care, in-home dementia experts, senior support groups, talk therapy for aging adults, homeless resources, drug and alcohol dependence resources, solving bed bugs, and relationships with local skilled nursing facilities and assisted living facilities.

As a caregiver herself, Fitzgerald knows and understands firsthand the struggles of caring for a loved one and the importance of proper planning. She holds a Bachelor of Business Administration from Bryant University and is currently working towards her Master of Healthcare Administration at Boston College.

This virtual program is the fourth in a ten-part series geared towards seniors and offered by Seacoast Village Project. Lunch & Learn sessions, which are free and open to the public, are held via Zoom video conference and require advance registration.

Join us for the complete series. Future programs include:

- May 17: Portals, Passwords and Telehealth Tips
- June 21: Being a Good Driver
- July 19: Preventing Falls, Minimizing Damage
- August 16: Avoiding Scams
- Sept. 20: Rightsizing Your House
- October 18: Preparing for Weather Emergencies



Members-only Event

Book Sharing

Monday, April 25, 10:00-11:30am

via Zoom

Register by the day prior



Share a favorite book that you have read and add to your reading list by hearing other recommendations. Be prepared to give us the book title, author, publication date, a brief description, and why you liked the book (3-5 minutes). A question and answer and discussion with Jennifer Lee will follow the book sharing.

Jennifer Lee is a retired professor of writing and literature from UNH, and has led book discussions all over New Hampshire. She currently leads Zoom discussions from the Durham Library.

Upcoming Events continued on next page...

Seacoast Village Project April 2022, Page 4

Upcoming Events Continued...

Plein Air Sketching

Friday, April 29, 10:30-12:30pm

via Zoom

Space is limited to 12. Register by April 24



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

Phyllis Stibler will lead this session. She holds a BFA from Syracuse University School of Art and has been a practicing designer for 45 years. Now in retirement, she illustrates children’s books and keeps a sketch journal about town and travels around the world.

Save the Date!

May 19, 2:00-3:30pm for “**History of Imperial Fabergé Easter Eggs**” in the Carey Cottage Music Room
Sponsored by NH Humanities

Get Connected: Age-Friendly Community Survey

The population of the United States is rapidly aging. By 2030, one of every five people in the U.S. will be 65 or older. By 2035, the number of adults older than 65 will be greater than the number of children under 18. The question is how will communities respond proactively?



As part of the AARP Foundation's Livable Communities initiative to build a network of age-friendly states and communities, the Rockingham Planning Commission, in partnership with organizations around the Seacoast like Portsmouth Senior Activity Center, is undertaking a survey within our region to identify the current and future needs of older adults.

This is an important initiative for us to participate in and we encourage all Village members to take the Age-Friendly Community Survey for Portsmouth area communities.

You can find the survey at: <https://publicinput.com/AgeFriendlyPortsmouth>. The survey will take 10-15 minutes and **the deadline for completion is April 30.**

The survey findings will be shared with Seacoast Village Project and will include insights about individual communities’ current resources and needs (such as housing, transportation, walkable neighborhoods, support and health services, means of communication, etc.) for older adults.

We appreciate you taking the time to complete the survey! Contact Brinn Sullivan at the Portsmouth Senior Activity Center at bsullivan@cityorportsmouth.com if you have questions.

Helping Each Other Out: Member Outreach

In the coming weeks, Village Member Service Volunteers will be contacting Village members by phone to check in to say hello and make sure you have what you need to make the most of your Village membership.

Volunteers will leave you a message if they don't reach you directly and we ask that you respond either by phone or email.

A big part of being a member of the Seacoast Village is making connections. We hope you enjoy the chance to meet and speak with another Village member in your local area.



Village Member Stories

Kathy Rockwood, New Castle

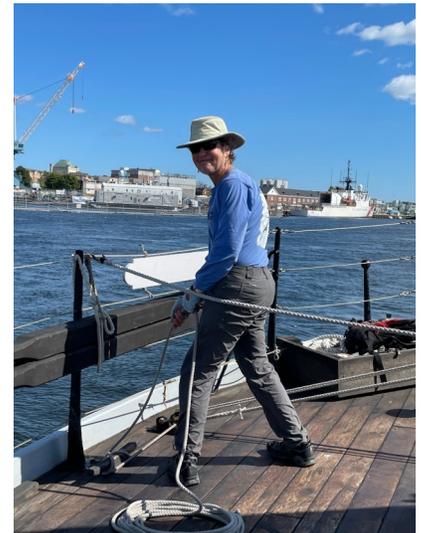
Village member Kathy Rockwood currently serves as vice president on the board. After moving to NH ten years ago, Kathy was able to fully embrace her love of the outdoors in all seasons and got involved in a variety of organizations in the community. In addition to her involvement with the Seacoast Village Project, she is a UNH Marine Docent, volunteer deckhand aboard the gundalow PISCATAQUA, and leads tours on Star and Appledore Islands.

As a co-founder of the Village, Kathy has worn many hats. She is currently playing a lead role in planning programs and events.

"We are trying to respond to our members' diverse interests through the program offerings. My hope is that more members will participate and get involved to support those programs. We need ongoing feedback from members to make sure we are being responsive in addressing their interests and needs."

Kathy is leading a tour of Carey Cottage on April 7. Learn more on the website and join her!

You can read Kathy's full member story on the Village website under the Member tab.



**Do you have an interest or expertise you would like to share with your fellow Village members and have an idea for a Member program? Let us know by contacting:
info@seacoastvillageproject.org or calling the office at (603) 373-8429**