



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

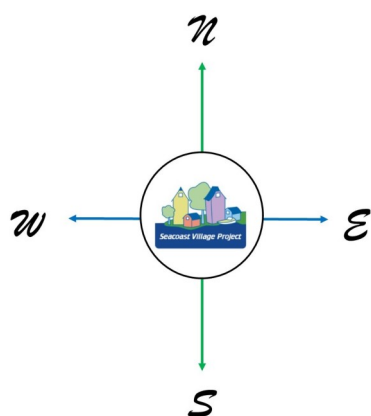
Village News

May 2022

When we talk about "Getting Connected" we are talking about two kinds of connections: connection to resources around the Seacoast that support seniors; and connections with each other based on shared interests, locations, or experiences.

Over the last few months, you may have started to notice more events hosted by Village members who want to share their expertise and connect with others who share those interests. Whether it's gardening, art, walking/hiking, history or something else that you are passionate about, there are likely other Village members who share your enthusiasm. In addition to attending one of this month's great member-led events, we invite you to submit your ideas for programs or events that you would like to organize or host through the virtual suggestion box on the website (under the "Contact" tab after you log in).

The Village recognizes that each of us is simultaneously a resident of the Seacoast and of our respective town. In an effort to help build connections based on geography, we encourage members in each of our Village "compass neighborhoods" to organize opportunities for local members to get together.



The Village "compass neighborhoods" are:

North: Dover, Durham, Madbury, Newmarket, Lee

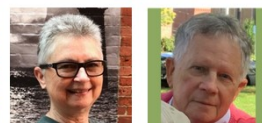
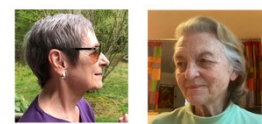
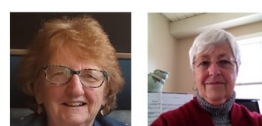
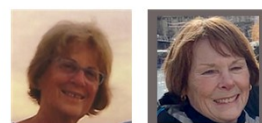
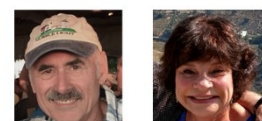
East: Portsmouth Greenland, Newington

South: New Castle, Rye, North Hampton, Hampton, Seabrook

West: Exeter, Brentwood, Stratham, Kensington

This month, there will be a member meet-up taking place in Exeter for the "West" compass neighborhood. If you live in this area, please plan to attend and to bring a friend or neighbor who would like to learn more about Village membership.

We are building this Village together and the more connections we can make, the stronger it will be.



Turn the page for Upcoming Events ...

Upcoming Events

Members-only Event

Fika Friday

Friday, May 6

9:00-10:00am

Carey Cottage, Portsmouth

Register by the day prior

Fika Fridays are back! Join your fellow Village members for coffee, treats and a chat on the porch at Carey Cottage. These informal gatherings are a chance to meet and connect with other Village members and to enjoy the gorgeous scenery of Sagamore Creek. Each Fika Friday will have a "conversation starter" topic. This month, we will discuss what type of Village event you would like to attend this summer.



Prospective Member Information Sessions

Tuesday, May 10 11:00am

Thursday, May 19, 4:00pm

via Zoom

Thursday, May 12, 1:30pm

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

Spring Walk at Marginal Way

Wednesday, May 11, 10:00-11:00am

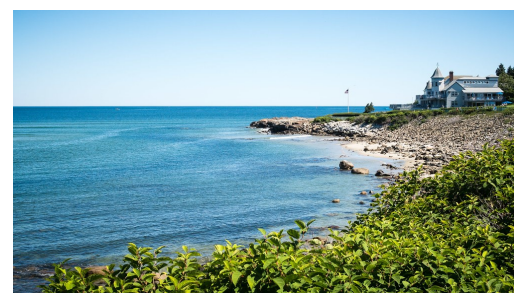
Ogunquit

Space is limited to 12.

Register by May 10

Marginal Way is a paved walking path along the oceanfront between downtown Ogunquit and Perkins Cove, with spectacular views. We will plan on a leisurely walk that should take about 1½ hours round trip. We will have an opportunity to stop in Perkins Cove for ice cream or a sandwich if interested. Wear good walking shoes and a windbreaker, and bring water. Optional: Binoculars.

Walk leaders Penny and Mike Drooker do a lot of hiking and lead weekly walks in Durham for the Active Retirement Association (ARA). If you have questions, their email address will be included in your registration confirmation. Rain date is May 12.



Upcoming Events continued on next page...

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Upcoming Events Continued...

Members-only event

New Member Q&A

Wednesday, May 11, 4:30pm

Thursday, May 19, 11:00am

via Zoom

Register by the day before

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.



**Thank you to our
2022 Lunch & Learn Sponsor!**

SeniorSAFE

Aging In Place Advisors

“Preventing Falls: Strategies to Keep You on Your Feet”

Tuesday, May 17, 12:00-1:00pm

Featuring Katie Michaud

via Zoom

Register by May 16

Falls, and the resulting injuries, are one of the most significant risks for older adults. The US Centers for Disease Control and Prevention reports that falls account for 25% of all hospital admissions among seniors and 40% of all nursing home admissions. Forty percent of those seniors admitted will never return to independent living and 25% will die within one year.



In this Lunch & Learn session, Michaud will discuss the steps individuals can take to prevent falls and minimize injuries if falls do occur. The presentation will include information about “A Matter of Balance,” a proven program designed to help people manage concerns about falls and increase physical activity. The program acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern.

About the Presenter

Katie Michaud is an occupational therapist for Cornerstone Visiting Nurses Association where she serves as Behavioral Health Team Leader and Program Director for “A Matter of Balance.” She holds a Masters of Science degree in Occupational Therapy from the University of New England and has an extensive background in behavioral health and dementia.

Upcoming Events Continued...

Carey Cottage Tour

Thursday, May 18, 10:00am

Carey Cottage, Portsmouth

Space is limited to 8. Register by May 7

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.



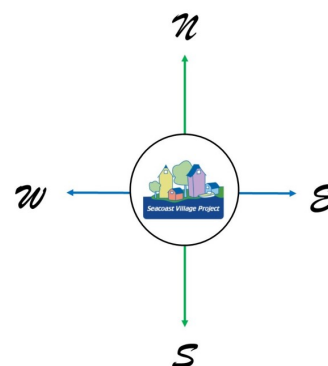
Village "West" Compass Neighborhood Meet-up

Wednesday, May 18, 9:00am

Exeter Mills Community Room

RSVP by May 17

Current Village members who live in Exeter, Brentwood, Stratham, Kensington are invited to this meet-up and are encouraged to bring a friend or neighbor who is interested in learning more about the Village membership.



Members Only Event

Volunteer Meet Up & Luncheon

Wednesday, May 18, 12:00pm

Carey Cottage, Portsmouth

Member-volunteers work in a variety of capacities to support the Village. This gathering is for current volunteers and those who may be interested in serving our Village. It's a chance to connect, find out what other volunteers are up to, and get an advanced look at the activities and events that are planned for the coming three months.

Luncheon will be served. RSVP required by Friday, May 13.



Calling All Artists, Crafters and Makers!!

Village member Sandi Cohen Holmes is organizing an outdoor artist showcase and is looking for artists, crafters and makers who are interested in showing and selling their works. The event will be open to the public and take place outside. A date and location are to be confirmed based on interest.

If you are interested in participating or learning more, please email sandracohenholmes@gmail.com or call her at (603) 749-9557. Please indicate the kind of art or craft you make.

Upcoming Events Continued...

Fabergé Imperial Easter Eggs

Thursday, May 19, 2:00-3:30pm

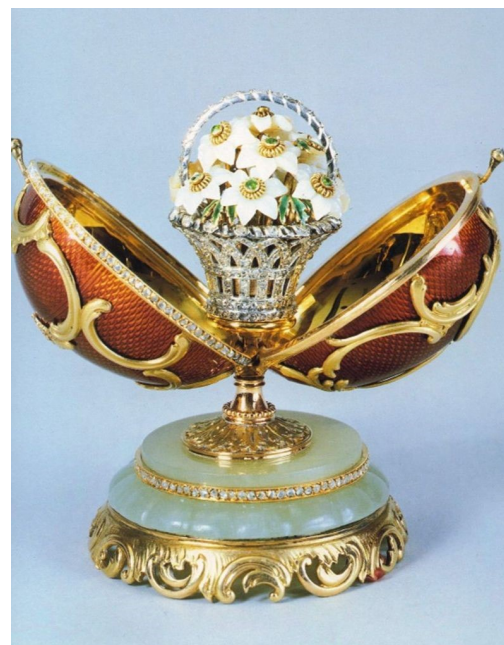
Carey Cottage Music Room

Register by May 18

This unique and beautifully illustrated presentation will focus on the life and remarkable work of master jeweler and artist Peter Carl Fabergé. This interactive program will feature a spectacular photo-tour of Fabergé collections at the famous museums and private collections around the world.

Emphasis is on the important role of egg painting in the Slavic culture and on the unique development of this major art form from a traditional craft to the level of exquisite fine art under the patronage of the tsars. The fascinating history of these eggs, and their role in the dramatic events of the last decades of the Romanov rule in Russia and the years following the Bolshevik Revolution will be discussed.

Presenter Marina Forbes is a lecturer, historian and award-winning artist who has lectured extensively on traditional arts, history and the rich tapestry of Russian culture. She is licensed with the Hermitage Museum in St. Petersburg, and is featured on the New Hampshire Humanities Council Roster as a speaker on Arts, History and Culture as well as NH Council on the Arts Rosters for Arts in Education, Traditional Arts and Arts in Healthcare. She offers between 75 and 100 presentations and workshops each year on arts, history, iconography, traditional crafts and culture throughout the New England area. She will hold an egg painting workshop in June.



Members-only

Seacoast Village Garden Day

Tuesday, May 24, 9:30-12:00pm

Carey Cottage, Portsmouth

Calling all Master Gardeners and others who like to garden! We are going to beautify our designated area at Carey Cottage. This day will involve residual cleanup (raking, digging, weeding, edging), spreading mulch, and planting. Day coordinator Brenda Reynolds will organize groups and work areas. Other Master Gardeners will provide additional support.



About the Garden Day Coordinator

Brenda Reynolds is a Master Gardener who volunteers at several community gardens in the area, including Bedrock Gardens and Strawberry Banke. Brenda is bringing wonderful support to our Garden Day by obtain-

Upcoming Events continued on next page...

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Upcoming Events Continued...

Plein Air Sketching

Friday, May 25, 10:30-12:30pm

Carey Cottage, Portsmouth

Space is limited to 12. Register by May 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.

This month's facilitator, Kathy Donovan, remarks, "I finally had time after retirement, and watercolor painting caught my attention. I signed up for classes and bought some basic supplies and found I loved it! As a novice it's fun to paint with others and to learn different techniques and styles."

Member Meeting & New Member Welcome

Thursday, May 26, 12:00-1:00pm

Carey Cottage, Portsmouth

Register by Monday, May 23



Join us at Carey Cottage to meet fellow members and welcome new people! We will enjoy lunch together, then gather in the Meeting Room for a more formal presentation of the ways that the 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.

Get Connected: Spring Cleaning

Spring is here! It's time to harness that desire to clean up and clean out the residue of winter, both inside and out.

If you could use a little help this year, look no further than the Preferred Provider Database (available to Village members). Log in to the website and click on the "Members" tab to find a list of member-recommended homemaking service providers, including house cleaners, carpet cleaners, and decluttering/organizing professionals. Under the property management section, you'll find window washers, chimney cleaners, pest control experts and gutter cleaners.



Do you have a favorite spring cleaning helper? Help them build their business by connecting them with other Village members. Completing the Preferred Provider Recommendation Form, under the "Resources" tab on the website, is easy and only takes a few minutes. We'll do the rest!

Helping Each Other Out: More Than Rides

As a result of two recent gardening programs, "What Are Gardeners Doing Now" and "The Beautiful and the Ugly About Gardening," Village gardening volunteers had the opportunity to connect with fellow Village members who needed help with the care and upkeep of their gardens. Village volunteers assessed their needs and coordinated member-volunteer help to be part of the solution.

Helping each other out means more than giving rides to medical appointments or picking up your prescriptions when you are sick. Village members have much to give to one another and this is but one example of the benefits of the network we are building.

Did you miss these terrific presentations, which were organized and hosted by Village members? Members can find the valuable resources shared in each of these presentations in the Events Archive under the "Events" tab on the member side of the website.

What could the Village help you with? Call the Village member service line and ask!



Village Member Stories

Phyllis Stibler, New Castle



You may recognize Phyllis' name from the Plein Air Sketching sessions she facilitated in months past. A retired interior designer, Phyllis often travels with a sketch journal. She has illustrated several children's books, enjoys baroque music, mediation, and going for walks and hikes.

Phyllis is also a Docent at Alnoba in Kensington where she will be leading a tour for Village members on June 29. Alnoba, a quiet 600-acre landscape of hills, streams and fields, is home to more than 100 sculptures.

You can read Phyllis' full member story on the Village website and join her on June 29 for the Alnoba Walking Tour.

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