



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

Village News

November 2022

Although it seems like COVID-19 has been with us for an eternity, we aren't out of the woods yet. As we come indoors and mask rules become more vague, it's more important than ever to protect yourself against respiratory infections, in particular seasonal flu and COVID-19.

Omicron boosters are widely available at drugstores around the Seacoast area and getting a booster is an important tool in keeping yourself and those around you healthy. Vaccines are easy to schedule and you can get your flu shot and COVID-19 booster during the same visit.

To find a vaccination site near you, use the CDC's vaccine finder at www.vaccines.gov to link directly with pharmacies scheduling websites. Let's all stay healthy this winter!

Upcoming Events

Visit www.seacoastvillageproject.org and click on the "Event" tab for more information on any event and to register by the day before (unless otherwise noted).

Everyday Nutrition

Thursday, November 10, 10:00-11:00am

Carey Cottage Training Room

Also available via Zoom

There is so much information conveyed about nutrition, but this talk and discussion will focus on how to make healthy nutritional choices every day. Presenter Ken Currier will go over current dietary trends. He will then focus on common foods we eat (such as bread, pasta, peanut butter), highlighting how to identify the healthiest options. He will offer helpful information to individuals who have chronic illness. While there will be handouts, participants should also bring paper and pencil.



Please note: This live presentation will also be available via Zoom. Advance registration is required for both events. Please be sure to select the correct event on the website calendar before registering.

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Upcoming Events Continued...

Doe Farm Hike

Monday, November 14, 10:00am

Doe Farm, Bennett Road, Durham

Doe Farm's lovely hiking trails combine both woodland and a picturesque trail along the Lamprey River. Join Village member Kathy Rockwood on a 3-mile slow/moderate hike on generally flat terrain.



Prospective Member Info Sessions

Wednesday, November 16, 10:00am

Thursday, November 17, 4:00pm

via Zoom

Considering Village membership? Join us to learn more about 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. Visit the website and select the session you'd like to attend and RSVP.



Taking the Measure of Nature: A Kayak Adventure in Glacier Bay

Wednesday, November 16, 3:00pm

Durham Public Library

Also available via Zoom

In the summer of 2021, Walter and Emma Rous took an extended kayak trip by themselves in the wilderness of Alaska's Glacier Bay. In this program, they will share their journey and "take the measure of nature" through photography, their personal perspectives, and the writings of Barry Lopez, John Muir, Annie Dillard, Robert McFarland, and Ed Yong.



Please note: This live presentation will also be available via Zoom. Advance registration is required for both the in-person and virtual events. Please be sure to select the correct event on the website calendar before registering.



About the Speakers

Walter has an architecture degree from MIT, has designed many projects on the Seacoast, and enjoys photography. Emma taught environmental literature in the Oyster River High School English Department. Walter and Emma are observers and explorers of the natural world and have canoed, kayaked, and hiked together for 50 years. Read more about Emma and Walter below in the Member Stories section.

Upcoming Events Continued...

Members-only Event

Good Company with Books

Monday, November 21, 10:00-11:30 am

via Zoom

Describe a favorite book, and add to your winter reading list by hearing other recommendations. Tell us the book title, author, and publication date, and why you recommend it. Please bring a copy of the book with you, if possible. Sharing will be followed by a discussion of the books' subjects and how books have been good company in a changing world, past and present. And there may be a quiz!



Retired UNH writing and literature professor Jennifer Lee will facilitate the sharing and discussion. Space is limited.

Save the Date!

Portsmouth Symphony Orchestra Family Holiday Pops!

Saturday, December 17, 7:30pm

Sunday, December 18, 3:00pm

Portsmouth High School

Senior tickets: \$25 less 10% Village member discount

The Portsmouth Symphony Orchestra is offering Village members a 10% discount at their annual Family Holiday Pops concerts. This year's performances will feature the Portsmouth High School Concert Choir and Percussion Ensemble and promise to "delight audiences of all ages with a seasonal blend of music from beloved movies and classic Christmas favorites." Members will receive a special email containing the discount code.



Get Connected: Medicare Open Enrollment is Here!

Medicare Open Enrollment is here and will continue through December 7th. This is the time of year to evaluate your Medicare Supplement plan, if you have one.

The first important thing to know is that **Medicare WILL NOT reach out by phone to you to update your plan (beware of scammers!)**. We are all being inundated with marketing by mail, on TV and sometimes by phone. To size up your options, go to the recommended sources.

The Medicare.gov has improved a lot over recent years. Go to their homepage and click on the "Find Plans" button in the upper left corner to find the best plan for you. Continue reading on next page...

Get Connected continued...

In New Hampshire, our ServiceLink (www.servicelink.nh.gov/medicare/index.htm) offices also provide assistance, though you should plan to get help early. They get swamped with requests for appointments after the middle of November.

In addition to providing your name, address, date of birth and phone number when researching your options, you'll be asked about your providers (doctors and hospitals) and medications you take and it pays to compile those ahead of time and have them in front of you when you make a call or visit Medicare's website.

Looking for a refresher on Medicare? You can view Pat Bennet's September 2021 Lunch & Learn session, "Demystifying Medicare and Medicare Supplements" and her follow-up "Medicare 101" presentation slides on the Village website by clicking on "Lunch & Learn Event Archive" under the Event tab on the homepage.



Helping Each Other Out: CarFit Takeaways

On October 11, seven Village members met with UNH Professor John Wilcox and a team of trained occupational therapy students for a special CarFit event. During the two hour session, each participant rotated through a series of stations to evaluate different aspects of their car's "fit."



Here's what a few of the participants had to say about their experience:

"I found the event very beneficial and am glad I participated. I really like this 'hands on' event and the students were so personable and helpful."

"I learned that I could adjust my seatbelt strap lower so it wouldn't scrape my chin and neck and be irritating, especially when driving with light weight clothing in the summer. I was also reminded about the steering wheel adjustment, which I'd forgotten about!"

"Probably the most valuable experience for me was checking the lines of vision, beginning with the placement of the steering wheel vis-a-vis the airbag and then checking the sign line of the rear view mirrors."

"The students showed me how to measure my tire tread with a quarter!"

The Village extends a big 'thank you' to Professor Wilcox and his students for a great event.

Member Stories

Walter and Emma Rous, Durham

Walter and Emma Rous have lived on the Seacoast for forty years and built their house in Durham thirty-five years ago. Emma taught English at Oyster River High School, then served eight years in the NH House, four of those as chair of the Education Committee. During that time, Walter worked as an architectural designer/ builder, then as a designer and has not yet quite retired. They have a daughter and son and four grandchildren to keep them busy with visits.



Walter and Emma like to travel, especially to natural areas. They hike, cross country ski, and kayak. They participate in book groups and enjoy photography, sketching, and painting. Walter plays tennis and is the cellist in, what they like to call, “The Alzheimer’s Prevention Quartet.”

Being a Village member has enabled them to meet new friends and participate in new, interesting activities—connections that help them get out of their usual routines. In particular, they have found the resources from the Lunch & Learn series (that are archived on the website) helpful for thinking about aging-in-place and end of life issues.

Both appreciate being connected to other people thinking about similar issues and find it reassuring to have a place to turn for advice when need arises.

You can learn more about the Rous' kayaking adventures on November 16 when they present "Taking the Measure of Nature: A Kayak Adventure in Glacier Bay" at the Durham Public Library and via Zoom.

DID YOU KNOW?



The Lunch & Learn event archive is accessible on the Village website! Located under the Events tab, the archive contains the recordings and support materials from all of the 2022 and 2021 sessions.

Topics include Preparing for Weather Emergencies, Avoiding Financial Scams, Strategies for Maintaining Your Cognitive Edge, Preventing Falls, Adapting Your Home for Safety and Easier Living, and many other topics related to aging well in your home and community. Check it out!