

Where can I find help at home to allow me to age in place?

We can help you with tasks so you can remain in your home.

VILLAGE  
to village  
network



## Seacoast Village Project

a NH 501(c) (3) non-profit organization

# The Village Vibe

## We're on a Roll...

**N**ow we are into a new year! Thanks to all of you, we are getting closer to launching the Seacoast Village Project (SVP)—which means formally accepting volunteers and members. None of this would be possible without the time and talent of our Village Builder volunteers and the generosity of individuals in our community.

We have exciting news that is helping us move forward.

## Why a Village?

Seacoast Village Project is about **ALL of US** — whether you are giving or receiving assistance. Our services will build on other available resources in order to create a stronger sense of community — and a goal of keeping older adults engaged and involved in our NH seacoast towns.

- We've been awarded a **\$10,000 Tufts Momentum Fund Grant** to support us in developing an engaged and sustainable volunteer program. Villages are run by volunteers who do all kinds of work – from managing an office and call center to organizing a calendar of programs and events to helping members with daily requests. Investing in volunteer training and management will help us deliver the best when it comes to volunteer experience.

- We were also accepted into the **HIVE (High Impact Volunteer Engagement) Program** offered through the NH Center for Nonprofits. In November our team joined those from 9 other non-profit organizations across New Hampshire to learn about best practices and get down to work. With hands-on help from their volunteers and coaches, we will focus on the part of our volunteer program that is responsible for direct member services.

- We also received a **\$500 grant from The Rosamund Thaxter Foundation** that will help us begin to develop a binder on healthy aging that will be given to members. This will be based on information conveyed by speakers addressing subjects such as: legal, financial, end-of-life planning, fraud, housing options, and emergency preparedness.

## Helping our community

Over 200 villages around the country are already helping older adults stay in their homes as they age. As part of this “Village to Village” network, we are able to provide help in our own local community such as...

**Rides** Not just to medical appointments and shopping, but also to social and recreational events.



## Handyman tasks

Ladder tasks and seasonal chores.

## Technology help

with computers, phones, and such.

## Social connection

to reduce isolation.

## Featured Interview

**Dr. Karl Singer** practiced as a family physician in Exeter for 46 years. Although he stopped his office practice a few years ago, he continues to see patients half a day a week at the county nursing home in Brentwood where he has worked since 1975. He also serves as medical director there.

See page 4.

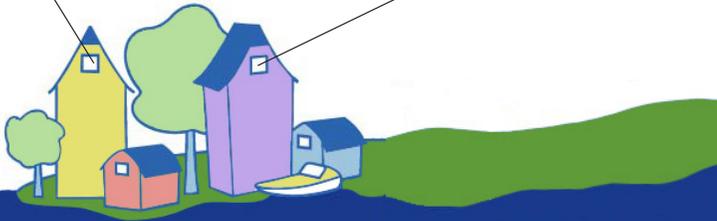
# *Downsizing Tips*

*These are a few of the helpful tips that came from the Downsizing and Rightsizing workshop we convened in the fall with Kristin Pacelli.*

([www.TheRightTransition.com](http://www.TheRightTransition.com))

*I have waaaay too much stuff.*

*Use some of the helpful downsizing tips listed below.*



## ***No dumpsters***

unless you have eliminated other options.

## ***Start with a block of time***

and set your timer.

## ***Pick a new area***

to work on and stick to it!

## ***Have your "tools" handy***

(zip lock bags, markers, post-its)

## ***Color code items***

(green=sell, yellow=donate, blue=keep, purple=give to friends/family, etc.)



## ***Save the Date:***

**Tuesday, Feb. 25th  
4-9 p.m. at**

## ***Flatbread Pizza***

138 Congress St. Portsmouth

A percentage of every pizza sold will go to support Seacoast Village Project to help older adults remain in their own homes as they age.

Come learn about membership and volunteer opportunities.

The evening includes a ***Raffle!***

Thursday, April 23, 6-8 p.m.

## ***Sea Dog Brewing Company***

5 Water Street, Exeter

***Community Night Fundraiser  
for Seacoast Village Project***

A percentage of proceeds from lunch, dinner and takeout will go to SVP.

## ***Thank you***

Direct Printing and Graphics for their support in the printing of our newsletters.



## A Common Misconception

There is a common misconception that it doesn't make sense to build or invest in something unless you have a current need. This hasn't made sense in other areas, and it certainly doesn't make sense with aging.

Seacoast Village Project is an intentional community of people who come together with a shared purpose of remaining active and resilient, learning what they need to know about strategies for dealing with aging challenges, and increasing their chances of staying in the communities they love for as long as they choose.

As we roll out our offerings (with what we learn from our current small pilot), we will focus on building our community of members and volunteers by:

- **Getting connected** – getting to know one another and our communities
- **Getting smart** – learning about aging issues and strategies to help us feel prepared for decisions that we may face
- **Helping each other out** – by volunteering to help each other and the village in general
- **Using our collective wisdom** to develop a list of recommended vendors

Villages work because everyone feels connected and part of a caring community. Someone has your back. Single and married individuals with varied interests, physical abilities and talents are needed to create a viable village. Get involved now!

We invite you to join our mailing list. This spring, we'll be offering social and educational programs to bring members of our communities together to join in this process. For more information go to <https://www.seacoastvillageproject.org/>.




## Village Interest in the Dover/Durham Area

An organizing committee has recently been formed with the goal of creating a "village" which would serve the towns of Dover, Durham, Madbury, Lee, and Newmarket. The working name is Seacoast Village North (SVN). SVN is actively recruiting individuals interested in joining the email distribution list. If you are interested in receiving updates or possibly eventually being a volunteer or a service-receiving member, you can add your name to list by emailing Dennis Chasteen ([dennis.chasteen@unh.edu](mailto:dennis.chasteen@unh.edu)) with the subject line "Subscribe". There is no obligation and you can unsubscribe at any time. You will be kept informed of progress in forming SVN and upcoming activities.

## To Volunteer or Donate:

Seacoast Village Project  
P.O. Box 182  
New Castle, NH 03854

**Phone:**  
603-610-8430

**Web:**  
[SeacoastVillageProject.org](http://SeacoastVillageProject.org)

**E-mail:**  
[Info@SeacoastVillageProject.org](mailto:Info@SeacoastVillageProject.org)

## Our Board of Directors

Nancy Euchner,  
President

Kathy Rockwood,  
Vice President

Kathy Donovan,  
Treasurer

Peter Cass

Mark Sullivan



SeacoastVillageProject



## Featured Interview with Dr. Karl Singer

“I’m a primary care physician trained in internal medicine, and, after several years in practice, also passed my boards in geriatrics. I’ve been thinking about the problems of older people for more than 30 years. One of the issues is ‘where should people live as they get older?’

“When I began my career people started having issues probably in their late sixties. But now it’s more likely to be in their early eighties.

### ***“Did you know that somewhere between 82 and 87 virtually everybody needs help?”***

They have a lot of difficulty living in their own home and handling complex things. Almost nobody can live without some kind of community assistance, a child, a friend, something.

“Like if there’s a hole in their roof, finding three contractors, vetting them all, dealing with a complex problem and not getting cheated. If you live in a rural state like New Hampshire and can’t drive, it is very challenging since there is very little public transportation. And isolation and loneliness are terrible issues. I’ve been looking at all of the various possibilities and one of the things that caught my eye many years ago was the Beacon Hill project in Boston. I know that was the originator of your Seacoast Village Project.

“When my partner’s wife said to me, ‘I’d like to introduce you to Nancy Euchner, who’s working to start the Seacoast Village Project,’ I said, ‘Sign me up.’ I’m interested both professionally and personally

because I’m 77 and, I want to live in my own house while I’m still working. I don’t want to lose it and I don’t know where to move. I can’t do what I’m doing now if I’m not living in this community. On the other hand, I live in a single family, five-bedroom house at the end of a 100-yard long driveway. I know that there are some real issues, particularly if I can’t drive.

“I’m happy to provide any kind of help or advice on geriatrics that’s useful for the Seacoast Village Project and the Board. You can create your own community that helps people with the issues that are really important—making sure members can get all the help they need to stay in their own homes, whether it’s contractors who are vetted and are going to be responsive and not cheat them—or people who can help out when they need it. My hope is that it’ll have social aspects and that the volunteers will give people a sense of worth for their life. One of the things we all want to know is ‘why am I getting up this morning?’ And one of the problems when you leave your main career is ‘what direction am I going to go in next?’

### ***“I see the Seacoast Village Project as a way of saying, ‘okay, we’re all in this together.’***

We’re struggling with certain problems, let’s share our experiences, let’s help each other out.’

“You know trust is a big factor for people as they age. The whole concept of volunteers, maybe who you even know, coming into your home, I see that as a real potential benefit of the Village.

“We know that people in health-care administration are excited about this project because they know that many of the people with repeated hospitalizations are those who just don’t have the resources at home. So much of

why people get hospitalized repeatedly is because of the social determinants of disease—loneliness and frailty. The more we can build up an infrastructure, the more it helps hospitals who are now sort of on the hook for total care and re-hospitalizations.

“And one of the things we are trying to do with the hospitals is to get some funding to enroll people who cannot pay the Seacoast Village Project dues. Because very often the people who might be most in need can’t afford the membership fee. It could be a lot for a family with limited income. But by the same token, if you look at it from that standpoint of what you’d pay for a couple of taxi rides, you’re already at \$50 a month.



**Dr. Karl Singer**

“There are so many positives [to the SVP] that the real challenge is ‘how do you get it going?’

### ***“I think we just have to keep reaching out to people and saying, ‘we’re here.’***

Are there things that we can help you with?’ It has to be a constant effort. People have to constantly see this until they realize, ‘Oh, that would be wonderful!’

“I think a lot of people are not facing the fact that they’re getting older, but when you present something like this, it’s really ... in your face, right? They’re going to need these services and they don’t want to admit it ... I think that’s just the reality.”