

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

## Congratulations...

### We're Official !

Thanks to the dedication and hard work of our Board, Village Builder Volunteers and the support of our community, our "Seacoast Village Project" is now officially a NH 501(c)3 Non-Profit Organization.

## 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.

Starting a Village is no small task, but we are well on our way. Our mission is to make "aging in place" a real option. Our members and volunteers support this work by:

- **Making connections** - to each other (members and volunteers), to our community and to trusted service providers.
- **Helping each other out** - through our talented volunteer pool.
- **Getting smart** - finding out what we need to know about aging and navigating the health care and social service systems in which we may find ourselves.
- **Speaking up** - we have a stronger voice when we stand together.

### What kind of help can you expect?

Villages are super-local, so the services offered are defined by the members and volunteers in the village. When we surveyed those who attended our community outreach meetings last year, high priorities included:

- **Rides** - not just to medical appointments and shopping, but to social and recreational events.

- **Handyman** and ladder tasks in the home, as well as seasonal help (screens and storm windows, air conditioners, patio and porch furniture)

- **Help with technology** - computers, tablets, phones, remotes.

- **Connections to reduce isolation** - social and educational events, outings, meet-ups.



Across the country, over 200 villages are already serving members in communities large and small. As part of this "Village to Village" network, we are able to tap into their experience. We don't have to reinvent the wheel — we'll build on the wisdom of others and that of our own community.

# *Our “Pilot Program” means help at home for older adults is on the way.*

## *Do you need help with...*

- Rides?
- Handyman tasks?
- Technology?
- Social connections?

*Or...*

## *Can you provide help with...*

- Rides?
- Handyman tasks?
- Technology?
- Social connections?

*How will the “test pilots” find each other?*

*Just go to one of the meetings listed below.*



## *Schedule of Pilot Program Intro Meetings*

We are planning two working sessions to gather those who are interested (both members and volunteers), answer their questions and help them take the next step.

### Session 1:

9/25/19 from 10-12 in the New Castle Parish Hall.

### Session 2:

9/30/19 from 3-5 at the Portsmouth Public Library.

Please RSVP to [RSVP@SeacoastVillageProject.org](mailto:RSVP@SeacoastVillageProject.org) or leave a message at 603-610-8430 to let us know which session you plan to attend. If you are unable to attend, just let us know you are interested (by e-mail or voicemail) and we will get back to you to get you more information.



*If we connect helpful neighbors and existing community resources, we can make “aging in place” a real option.*

## What's Happening Next?

We're looking for test pilots. Not really flying test pilots, but a few people to help us test out our SVP systems. We'd like to engage 25 members and 25 member service volunteers for a pilot that will start at the end of October. Details are outlined below. We also need more Village Builders — the volunteers who work behind the scenes to make things run smoothly. These include volunteers who set up our programs, curate our calendar and help out in the office. If you are interested, please contact us! You can call the office (603-610-8430) or send an e-mail to [info@seacoastvillageproject.org](mailto:info@seacoastvillageproject.org). Thank you!

## More Information about Pilot Program

Our Village Builder volunteers have donated hundreds of hours of their time to help build the foundation of the Seacoast Village Project. Now it's time to take it out for a test drive. We would like to recruit 25 members and 25 member service volunteers this fall.

## Ideal Members for our pilot program:

- Reside in New Castle or adjoining neighborhoods in Portsmouth
- Willingness to go through our application process
- Have a current need for assistance (see categories of help listed on previous page)
- Commitment to attend all four of our meetings to give feedback as the pilot program progresses
- Sense of humor, flexibility and willingness to work with us to make the program better

Investment will be \$50 for the three-month pilot (to offset the cost of vetting a volunteer)



## Ideal Volunteers for our pilot program:

- Ability to volunteer in the New Castle / Portsmouth area
- Willingness to undergo screening process
- Basic e-mail and cell phone skills
- Flexibility, curiosity and a can-do attitude
- Commitment to attend all four of our feedback meetings so that we can learn together

## 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

Kathy Borsh

Peter Cass

Rob Daisy

Mark Sullivan



SeacoastVillageProject



Everything starts with an idea, and that's precisely what drew Janet Tucker, Catherine and Brad Greeley and Jan Olmstead to the Seacoast Village Project. The idea of community, of connection, of independence inspired these active Seacoast residents to support our non-profit and spread the word about SVP.

**Janet Tucker** says, "I value the concept of the Village. Community is, for me, the most important dimension of Seacoast Village." A resident of Exeter for 52 years, Tucker has volunteered with organizations ranging from the town's recreation and conservation commissions to the American Independence Museum and The Music Hall. She's now active on SVP's Program and Events Committee, and notes, "My volunteerism has paralleled my life." Five years ago when Tucker packed up and moved a half mile down the road, she left the neighborhood that she had called home for over forty years.

"When I moved here, I felt isolated. All my services had remained, but my new community felt sterile. We all know that isolation is not good, especially for older people, and lots of people don't have the skills to reach out. Seacoast Village Project provides an opportunity to break that isolation for others who seek connection." And now that she finally feels at

home, Tucker hopes to stay put. "I'm old. I'm healthy. I'm independent. I want to die in my sleep *here*." And that's another reason she's a fan of Seacoast Village Project. "We're helping people whose philosophy we support — people who want to remain independent and stay at home. That's what we want for ourselves."

**The Greeleys** agree wholeheartedly. According to Catherine, she and her husband, Brad, embraced SVP because "We want to stay here in our house, and we discovered we're not always going to be able to do what we used to." Today, however, she's thrilled that she can cross her knees again, a monumental achievement after battling an autoimmune disease that "knocked me for a loop."

Catherine's health scare led the New Castle couple to view SVP as a vital link to maintaining their independence. By creating a "whole network program" Brad explains, Seacoast Village Project strengthens community connections and develops a trusted go-to list for resources. "There's a ton of need," Catherine says. "Not just meals, not just transportation, not just safety visits — there's huge potential for relationship building."

**Jan Olmstead** of Rye was drawn to the Seacoast Village Project, "out of my own personal interest. I'm a senior who'd love to age in place." She's passionate, she says, about keeping her "nooks and crannies, those spaces that we all have in our homes — to write, think, paint; places where we can

take a deep breath and exhale comfortably. The notion of no longer having them brings tears to my eyes. I think if I were removed from my special space, how lonely I would be." Loneliness also comes when neighbors leave, as Olmstead discovered three years ago when an antibiotic poisoned her neurological system and she couldn't walk without help.

"I couldn't walk across to the ocean that I saw out the window." And when friends and neighbors went south for the winter, she felt isolated. "For me, SVP will be able to connect me to other community support organizations, opportunities and education."



**Brad and Catherine Greeley**

Olmstead is presently bringing her fundraising experience to the Village Project, and although she worked as a critical care nurse, moved into industry, then became a consultant, she laments, "People assume seniors can't contribute. We're marginalized, especially women, and that fact pisses me off." She's hopeful, though, that Seacoast Village Project can change that aging experience. "I think we all thrive when we're connected. When we're connected, we grow."