

PRESIDENT'S CORNER

Hope to See You at Our Town Hall!

Calling all Greater Newburyport Village members and volunteers! Please mark your calendar for our Village Town Hall on Saturday, Jan 6, starting at 9 am, at the Newburyport Senior/Community Center.

More information is coming soon, and we'll ask you to RSVP (so that the caterer brings plenty of food!), but we wanted to get you thinking about this now. Food, socializing, information sharing—and most of all, we want to hear from you. Remember, this is *your* Village. All the volunteers who have been planning events and organizing member services have only one goal in mind: to make the Village what *you* want it to be. Together we can do that, but only by staying in touch with all our members and volunteers.

This will NOT be the sort of meeting where you sit passively and listen to a few people telling you things. In fact, we shouldn't call it a "meeting" at all. Sure, some board members and volunteers want to bring you up to speed with new developments in the Village and review our mission and goals, but what we're really looking forward to is an open conversation

among us all. Maybe we should call this a "village hall gathering"?

We'll be starting out with coffee/tea and light refreshments and some social time, and a little later we'll break again for more refreshments and conversation. In two short "working sessions," members and volunteers will have opportunities to talk informally in small groups and in a large open conversation about your interests. Again, we want to hear from you, what you enjoy (or not) about our Village now and what directions you think we should move in.

We have lots of new members and volunteers this year, and we hope to see you all on the 6th. And you "old-timers," we're expecting to see you too, and I'm sure you'll want to meet the new folks as well. I know it sounds clichéd to say it, but it really does take a Village....

Paul Harrington, President
Greater Newburyport Village



Performance and Singalong with Barry Spiro

Join us at the Senior/Community Center at 1 pm on Dec, 20 to hear singer-songwriter-guitarist Barry Spiro (who happens also to be a Village volunteer). Barry plays both his own songs and covers of contemporary folk singers such as Bob Dylan, Tom Rush, Joni Mitchell, and Peter Paul and Mary. He has performed for years at open mics, house parties, restaurants, and other venues such as the WUMB summer music camp and the Boston

Folk festival. He began studying guitar in 1965 at age 15. He has written many family ballads, wedding songs, tributes to friends, and anthems for clubs and organizations.



Upcoming Events See Website for more info!

Village Talks & Open to the Public:

Dec 6, 9-11 am, Newburyport Senior/Community Center
"What Your iPad Can Do for You!" with Mike Olson (class part 2). Requires preregistration.

Dec 20, 1 pm, Newburyport Senior/Community Center
Performance and Singalong with Singer-Songwriter-Guitarist Barry Spiro.

Greater Newburyport Village Members & Volunteers Only:

Dec 4, 6:30-8:30 pm, Newburyport Senior/Community Center
"Nutrition and Mindful Eating for Healthy Aging," with Skylar Griggs, Registered Dietitian Nutritionist, and Chris Morton, Yoga Teacher/Trainer and Expert on Mindful Eating.

Jan 6, 9:00 to 11:00 am (or so), Newburyport Senior/Community Center, Greater Newburyport Village Town Hall.

Village Dinners return in January – watch for next newsletter

How to Contact the Village For member services and RSVPs:

call 978-206-1821
or email a service request or RSVP to:
services@greaternewburyportvillage.org

For information:

call number above or email:
info@greaternewburyportvillage.org
or visit our website:
www.greaternewburyportvillage.org

Washington Post: Why Baby Boomers Are Joining Villages

On Nov. 29 the *Washington Post* ran an interesting article under the headline “Baby Boomers Join ‘Aging-At-Home Villages’ for Yoga, Happy Hour and Biking.” The writer interviewed many people in Villages across the country and in the Village to Village national organization.

The article points out how most Villages began with the goal of people

helping each other out as they age at home—the many services Villages such as ours provide their members who need a little extra help. As Villages have grown, however, more and more of the “active 50-plus set” are joining for reasons other than needing services. A Village in Washington, D.C. calls these members NextGen 2.0.

Activities within Villages are many, including hiking, wine tasting, potluck dining, playing cards, walking, going to movies, book clubs—and much more. You can read this article online from the link under News on our website. As our own Village grows, we too plan to add new activities and events. Come to the Town Hall to tell us your interests!

Meet Member Christine Green

Christine Green of Amesbury joined our Village in 2017 and brings a wide range of personal interests and professional experiences to our community. You might recall her name from a previous newsletter article: Christine volunteered to set up and manage our Village’s Facebook page and help us with social media.

Starting out studying filmmaking at the University of Maryland, Christine is an artist in many media, including photography, painting, graphic design, and video production. She admits to being rather geeky and is much at home in today’s tech world. Significantly, her company, Christine Green Consulting, allows her to explore personal creativity while working with her clients on web design, video marketing, social media marketing strategies, and business photography services. Check out her website, christinegreen.com, for more information and to view many examples of her fine art photography.

Community involvement is also very important to Christine. With an early involvement in Zen Buddhism, she says she has always been part of communities with a spiritual dimension including meditation, self-awareness, and sustainability. She is now a Quaker, after years of involvement in organizations using Quaker-based processes and practices and having a strong commitment to conscious communication and nonviolence. In the past, Christine also worked as the director of a clinical mental health program.

Asked why she joined the Greater Newburyport Village, Christine says, “Joining the Village was a no-brainer once I learned more about it. I have two dear friends who are members and then met a few more members and found them not only delightful but kindred spirits with shared values.” She goes on to say that although she

has many connections in her professional life and the geographic area, living far from her family of origin, “belonging to an ongoing community committed to helping each other was missing in my life.” And now, with the Village, it’s no longer missing!



Happy Villagers at November’s Members & Volunteers dinner

Did you know?

... that Village members can request a wide variety of volunteer services such as:

- ✓ a ride to a doctor’s appointment
- ✓ getting your holiday decorations from the attic or basement
- ✓ helping you set up a new smart TV or phone
- ✓ picking up your prescription at a local pharmacy
- ✓ giving you a ride to a social engagement or Village event
- ✓ helping you move things into storage
- ✓ checking on your home while you’re traveling
- ✓ changing your smoke detector batteries

Just call us if a volunteer might be able to help!

Remember!

Check the Village website often for more detailed news about upcoming events. (See p. 1 “How to Contact”) Meet other Village members through Village events and by browsing the Member Portal Directory.

Our Mission

To promote living well and independently for a lifetime through community engagement and a network of neighborly support.