

PRESIDENT'S CORNER

In This Holiday Season

This is a holiday season like no other. Thanksgiving has passed with most of us spending the day at home, none of the traditional large family gatherings. Some may have been able to see loved ones on Zoom screens. Others may have had little opportunity to share the day with others. Unfortunately, Christmas and New Year's will be much the same. Our lives have changed so much this past year. This virus has kept us staying close to home. We may have donned our masks and ventured out for a walk or to run errands, but always keeping our social distance.



Let's look to the new year with a resolve to break out of isolation. Resolve to Zoom to the Village Chat Room, Chair Yoga sessions, and Village Talks. Resolve to talk on the phone with friends and other Villagers. Let us call you for friendly conversation. Better yet, become a volunteer to call others. Volunteering can be a great escape from the doldrums of isolation. There are several volunteering opportunities you can read about below. We will continue to stay in touch with you with the weekly update providing offerings of fun distractions.

Remember, spring will come before you know it. Nature knows no boundaries and will push forth a new cycle of its beauty. Join me in the confidence that we too will be able to come together to celebrate that new season. But for now, break out your seasonal decorations and deck your halls and celebrate the joy of this season. Remain safe, and healthy and best wishes of the season to you all!

Paul Harrington

Volunteers Needed

It takes a village to run a Village. Volunteers make it possible for the Village to exist. If you have a few extra hours per week and are able to join Zoom meetings, then please consider volunteering with one of these teams:

The Web Content team. Work behind the scenes to help manage our website, to work on communications, and to help out with the Tuesday Update email. If you are comfortable with technology, enjoy writing, and are even moderately familiar with software programs, then this is the team for you. Training and support are provided.

The Member Care team. These are the folks who send birthday, get-well, and other cards; reach out to Villagers with gift bags and friendly calls; run the Chat Room; and think up new and creative ways for Village members to keep in touch with each other.

If you want to help keep the Village strong, and would enjoy being part of a wonderful team, then these teams could use you. To express your interest or to get more information, email services@greaternewburyportvillage.org or call 978-206-1821 and let us know.

Upcoming Events

The Village has suspended traditional programs and events for now. Check the Tuesday Update email for more information.

For members and volunteers:

Village Talk on Zoom:

Weds. Dec. 2, 4-5 pm, "A History of the Post Office Through Stamps" with Henry Lukas (see page 2).

Stay tuned for January schedule.

Every Tuesday Chair Yoga 10-11 am: continuing on Zoom through December. No experience needed. Check your Tuesday Village Update email for how to enter the Zoom session.

Weekly Zoom Village Happy Hour, Fridays 5-6 pm continuing indefinitely. Please register by Tuesday if you plan to join on Friday.

Village Chat Room on Zoom, Wednesdays 4-5 pm, Nov. 30, Dec. 14, Dec. 28

To Contact the Village

For information:

call 978-206-1821

email:

info@greaternewburyportvillage.org

visit our website:

www.greaternewburyportvillage.org

For member services:

call 978-206-1821

email a service request to:

services@greaternewburyportvillage.org

Scouts Thank Village

When you put something on the Internet, you never know who might find it. A Village website page that was created to provide Villagers with informative and entertaining links while social distancing recently received kudos from a Boy Scout troop all the way across the country. Our webpage titled “Resources For This Time of Socially Distancing” provides information about grocery and pharmacy delivery services, where to get free take-out meals, contact information for local food pantries, ways to stay updated about Covid-19, how to volunteer your time to help others, and much more. The cultural offerings links connect to over 40 online museum tours, lectures, and concerts around the world.

This page found its way to John Frazier, who leads Boy Scout Troop 365 in California. In a thank-you message to the Village, Troop Leader Frazier wrote, “Our troop wanted to give the Greater Newburyport Village family a big salute. We needed a virtual field trip and tour ideas, so your cultural...recommendations here came in handy.” Tyler, one of the Scouts who is a geography buff, noticed our site did not have a tour of the Taj Mahal, so he found a link for that and sent it along to us. We quickly updated our site and sent a note of thanks to Tyler to let him know what a superstar he is.

Perhaps, like the Boy Scouts, you find yourself in need of a field trip. So check out “Resources For This Time of Socially Distancing” on the Greater Newburyport Village website. Find the page under the **About Us** tab and also directly under **Good to Know** on our home page.

Villagers Share Program

Members who do not use email may not know the Village has started a Villagers Share program. If you want to borrow something or have something to donate or lend, call the Village at 978-206-1821 and let us know. We will get the word out.

New Medical Study Shows Yoga and Meditation Reduce Chronic Pain

According to a new study in the *Journal of the American Osteopathic Association*, a mindfulness-based stress reduction course was found to benefit patients with chronic pain and depression, leading to significant improvement in participant perceptions of pain, mood and functional capacity. Most of the study respondents (89%) reported the program helped them find ways to better cope with their pain while 11% remained neutral. Read the full story here:

<https://www.sciencedaily.com/releases/2020/10/201001133227.htm>

About this study, yoga teacher and villager Chris Morton comments, “Practitioners of yoga and meditation have understood the physical and mental health benefits for thousands of years, and this study is just the latest of many to demonstrate these benefits.”

Chair Yoga and Meditation with the Village

Are you interested and want to give it a try?

On Tuesdays from 10 to 11 am, members of the Greater Newburyport Village come together on Zoom to practice meditation and chair yoga and some standing poses using the chair for balance and stability. Participants are encouraged to move only in ways that feel right, and modifications and variations for each pose are explained and demonstrated by yoga teacher Chris Morton. Gentle stretching to create more flexibility and supported strength building poses are part the hour-long class. Each class begins with a centering and ends with a relaxing meditation. Yoga and meditation help to offset the physical challenges of aging and provide skillful ways to deal with the stressors that are especially challenging during the pandemic and this time of political turmoil. Come try a class this winter, and feel free to contact Chris if you have any questions. See the Tuesday Update for how to join in on Zoom.

Our Mission

To promote living well and independently through community engagement and neighborly support.



Village Talk on Zoom:

Wednesday, December 2, 4 pm.

“Pushing the Envelope: A History of the Post Office Through Stamps.” Using images of vintage stamps, Henry Lukas, Education Director at the Spellman Museum of Stamps, explains how the U.S. mail has been carried since Colonial times. We know the Pony Express - but rockets, dog sleds, camels, mules? Henry will also talk about postal strikes, Parcel Post, special stamps, and the impact of email on the post office's financial situation..



We Want To Know

If you know a member or volunteer who is facing surgery, a loss, or an important milestone, let the Village know so we can acknowledge it appropriately and offer help as needed. Please call 978-206-1821 or email membership@greaternewburyportvillage.org