

PRESIDENT'S CORNER

Village Town Hall Rescheduled for Saturday, January 13, at Library

Due to the recent Blizzard of 2018 and following freezing temperatures, the Village Town Hall for members and volunteers had to be rescheduled. Fortunately we have secured the Newburyport Public Library Program Room for this coming Saturday, Jan 13, starting at 9 am until about 11:30 am. We realize this change comes on short notice but we're hopeful we'll see you there! So that we have enough refreshments brought in, please register online via our website or contact us by email or telephone (below, right).

Just a reminder: our goal in this Town Hall is to share information and hear from you about your interests. We

want to know what you enjoy (or not) about our Village now and what directions you think we should move in.

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. So come talk with us!

Paul Harrington, President
Greater Newburyport Village



More on What's Happening in the Village

Last month's evening presentation, "Nutrition and Mindful Eating for Healthy Aging," with Skylar Griggs, Registered Dietitian Nutritionist, and Chris Morton, Yoga Teacher/Trainer and Expert on Mindful Eating, was a big hit. More than two dozen Village members and volunteers gathered to learn more about how diet and eating habits affect one's health—and one's aging—in a wide-ranging discussion. We talked about how the multi-billion-dollar processed food industry works so

hard to influence our eating habits for their profit, and how we can be healthier through accepted principles of good nutrition and mindful eating. The crowd was enthusiastic and expressed a desire for more such events in the future.

Speaking of Chris Morton, who happens to be a Village member and volunteer, you should have received an email about a special **10% discount on her yoga and meditation classes** for Village members and volunteers. Learn more at anahatatraining.com or contact Chris at cmortonyoga@comcast.net

For iPad users, there is still room to register for the latest in our **popular series of public classes** for improving your iPad skills. Please do not contact the Village, but register through the Senior/Community Center at 978-462-0430.

Remember to **LIKE us on Facebook** and get more info!



Upcoming Events

See Website for more info!

Village Talks & More Open to the Public:

Jan 17, 1 pm, Newburyport Senior/Community Center

"Discovering Newburyport through the Historic American Buildings Survey" with Reginald W. Bacon.

Jan 17, 9 to 11 am, Newburyport Senior/Community Center

"iPad For Beginners: Photography" Must register through the Center.

Feb 21, 1 pm, Newburyport Senior/Community Center

"The History of Newburyport's South End" with Tom Horth.

March 21, 1 pm, Newburyport Senior/Community Center

"Rounder Records Part 3: The Studio" with Marian Leighton Levy and Ken Irwin.

Greater Newburyport Village Members & Volunteers Only:

Jan 13, 9 to 11:30 am, Newburyport Library, Greater Newburyport Village Town Hall.

Jan 17, 6 pm, Village Dinner, Sea Level Oyster Bar, Market Square, Newburyport. RSVP before Jan 12.

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

or visit us on Facebook at:

fb.com/NewburyportVillage



Chris Morton, Skylar Griggs

Photo by Barbara Dowd

Upcoming Village Talk: Discovering Newburyport

In the next Village Talk, Reginald Bacon presents “Discovering Newburyport through the Historic American Buildings Survey.” A Newburyport resident, Bacon is a museum and history professional with specialties in 17th- and 18th-century New England architecture and domestic life—as well as early 20th-

century music, vaudeville, and circus. He has worked as a journalist, editor, and publication designer but also performed as an acrobatic juggler and jazz/ragtime musician. Bacon’s 10 books include one on Newburyport’s Historic architecture. He serves on the board of directors for several history and preservation organizations and

on the “working board” of the Newburyport Preservation Trust. His talk will provide a lively look back at the federal program for architectural preservation in the 1930s using photography and elegant drawings. We’ll also learn about his more recent discoveries and curious Newburyport miscellany.

Call for Village Volunteers!

No doubt you already know something about the many Village volunteers who help members out in many ways. You may not realize how many other “behind the scenes” volunteers are also needed to help our Village function successfully. Remember: The Greater Newburyport Village has no paid staff and is entirely run by volunteers. As we have continued to grow and provide more programs and services, we have a growing need also for additional volunteers. Won’t you help out with a few hours of your time?

While we have many Good Neighbor Volunteers, we can always use more help. These are the volunteers who provide direct services to members, such as assisting with transportation, running errands, helping with household or technology issues, watering plants, and so much more. All you need, in addition to your willingness to help another from time to time, is the ability to receive and send emails when the Village Concierge is seeking a volunteer for a specific thing. Note that you need not commit to any set hours or tasks—you’d simply join a pool of volunteers who are contacted when a member requests some assistance.

The Village Concierge is the person who receives a member’s request for some assistance and then passes the word along to the Good Neighbor Volunteers to see who is available to help out. We need additional Concierge volunteers who can either regularly or occasionally help out with this function. It mostly means being available by telephone and email to receive requests and then reach out to volunteers to match up someone with that request. Good communication skills are needed along with some basic computer skills.

In addition, we need a number of volunteers to help out behind the scenes with member care, communications, marketing, and related tasks. Member care team volunteers can help grow the Village community by finding and creating ways for members to connect with each other through interest groups, informal gatherings, and more. Put your communication skills and creativity to good use! If you have some computer skills, you could help maintain content on the Village website or help coordinate emails to the group. Or you can help share important information and news via this newsletter and other means.

Overall, there’s a lot to do, and we really need your help. Volunteer as little or as much as you like and have time for, and experience the many benefits of volunteering for our very worthwhile organization. You’ll also experience the joys of being useful and building new friendships and relationships among like-minded people. Please come to the Town Hall to learn more about these many volunteer positions, or get in touch with the Village to express your interest and we’ll make sure the appropriate member contacts you with more information.



Village Volunteer Barry Spiro performing at a recent Village event

Did you know?

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

- ✓ a ride to a doctor’s appointment
- ✓ helping dispose of old junk 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.