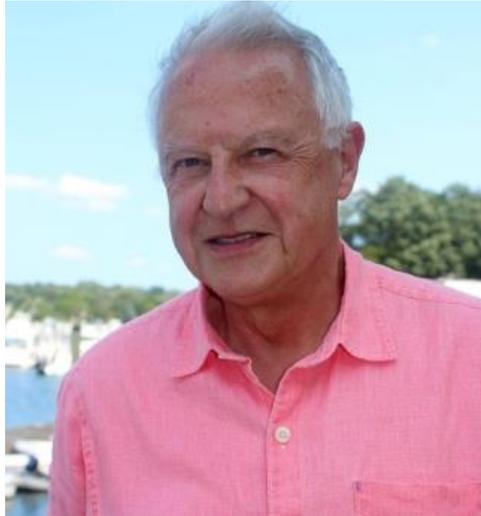


Village Founder Celebrated as Volunteer

Hugh Kelleher, one of the founding board members of the Greater Newburyport Village, has just been named the Difference Maker of the Week by the New England Patriots Foundation. The Foundation's mission is to team up with nonprofit organizations to educate the public about the need for volunteering, highlight deserving volunteers from across the region, and inspire others to become lifelong volunteers.

Kelleher, a resident of Newburyport, was selected for his volunteer efforts at Family Services of the Merrimack Valley, a role in which he has continued to mentor boys without a father figure through the Big Friends Little Friends program. Hugh has also played a critical role in recruiting other volunteers and has been one of the organization's top donors and fundraisers. "The world is a great place, but there are a lot of ways any one of us could help make it a little bit better," said Hugh. "Family Services is one of those organizations that is out there helping to make things better."

As one of the founding board members of our Village, Hugh has similarly worked tirelessly from the beginning to help build our nonprofit



community for the benefit of members, volunteers, and the community as a whole. Paul Harrington, President of the Village, says about him, "Hugh really does make a difference in many ways. Among other things he served on the City's Charter Commission and Tree Commission, and when he saw the need for helping folks age in place, he envisioned a Village. He is still with us making a difference."

To honor Hugh, the Patriots have invited him to a special in-game ceremony at the Patriots final regular season home game against the New York Jets on Sunday, Dec. 31.

More on Upcoming Village Events

Mark your calendar for the Dec. 4 **Village Members and Volunteers Talk** on nutrition and mindful eating for healthy aging. In addition to understanding what to eat, it's also important to understand how to eat. Topics will include lifestyle changes, mindful eating, balanced meals, exercise, sleep, vitamins, hydration, Omega 3 foods, and label reading tips. Space is limited to 25 people. Please remember to RSVP.

Recently the Village co-sponsored a free two-hour **iPad class with Mike Olson**. The class filled rapidly, and attendees afterwards spoke enthusiastically about how much they learned. On Dec. 6 Mike returns for a second iPad hands-on session about email (your iPad must be already set up to receive email)—but you need to act fast to reserve one of the spaces saved for Village members. Call the Senior/Community Center directly at 978-462-0430 to register.

Upcoming Events

See Website for more info!

Village Talks & Open to the Public:

Nov 15, 1 pm, Newburyport Senior/Community Center

"Nature in Our Back Yard" with Bill Gette, former Sanctuary Director of Mass Audubon's Joppa Flats Education Center in Newburyport.

Dec 6, 9-11 am, Newburyport Senior/Community Center

"What Your iPad Can Do for You!" with Mike Olson (class part 2).

Dec 20, 1 pm, Newburyport Senior/Community Center

Singalong with Barry Spiro.

Greater Newburyport Village Members & Volunteers Only:

Nov 16, 6 pm, Member and

Volunteer Dinner: Loretta, 15 Pleasant Street, Newburyport. RSVP by Nov 13.

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. RSVP by Nov. 26.

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

Bill Gette Returns for Another Village Talk



Bill Gette was for some 20 years the Sanctuary Director of Mass Audubon's Joppa Flats Education Center in Newburyport. Since 1985, Bill has led natural history travel programs throughout the United States and to all seven continents. His talks and nature/birding walks have been very popular Village events, and on Nov. 15 we are fortunate to have him back again for a Village Talk. This time he takes us on a photographic tour to show us plants and animals we can encounter in our own back yards or just down the street. Learn about wildlife aids to field identification and the interrelationships among species.

Newburyport Village Now on Facebook

The Greater Newburyport Village now has a Facebook Page. New Village member Christine Green, a professional social media consultant, volunteered to set up the Facebook page for us and is currently the administrator of the page. We now have a great way to stay in touch with the Village and each other online between Village events and get-togethers.

If you have a Facebook account, simply search for Greater Newburyport Village or use the live link in the how-to guide on our website. (That link will also work without a Facebook account, but then you can't interact with the page on Facebook.)

On the Village page, click the "Like" button right below the banner image. Then you'll see posts from the Village page in your own Facebook newsfeed. Please interact with the posts: click LIKE, leave a COMMENT, and click SHARE to repost onto your own timeline. We also have a tutorial for using our Village Facebook page on our website: click "Facebook Page Guide" under the "About Us" tab.



The page now includes photos and links to other content such as the Village newsletters, and in the future you will be able to check here to find out more about what's happening with our Village. As we move forward, we will be exploring more ways that Facebook might help Village members stay connected.

Ever Think About House Sharing?

Remember that TV show with Betty White, "The Golden Girls," where four older women share a big house? The National Village-to-Village Network is sharing a concept that may become of interest to some of us who wish to stay indefinitely in our homes. A fundamental idea of Villages is to help older adults remain in their homes by offering support services. Still, we may feel our house is too large or too costly to maintain—or we may just want to share and interact more with others and stay in our home, but not live alone. Home sharing through renting space to a like-minded person can offer both financial and social benefits to a homeowner with extra room, as well as to their housemate(s).

A sponsor of the 2017 National Village Gathering, the Silvernest company (Silvernest.com), describes itself as an "online roommate-matching service for boomers and empty nesters." While we do not explicitly endorse this company, we think house sharing may be appealing and appropriate for some as we age. Silvernest can help with their housemate-matching services, background checks, and more. Could there be a "Golden Girls (or Guys)" episode in your future?

Need Leaves Raked?

Local Boy Scouts again this fall will offer free leaf raking for a limited number of Village members on Nov. 18. First come, first served. Call the Village Concierge at 978-206-1821.

Scam Alert!

A Village member has alerted us to two types of scams being directed at older adults—serious things to watch out for. Details are posted on the Village website; click the "See Scam Alerts" button on the home page. And let us know if you hear of other scams that we should all watch out for!

Village Singalong

Join us for some holiday cheer on Dec. 20 at the Senior/Community Center. Barry Spiro is a singer-song writer and guitarist who plays both his own songs and covers of 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 including the WUMB summer music camp and the Boston Folk festival. He has written many family ballads, wedding songs, tributes to friends, and anthems for clubs and organizations.

Volunteers Needed

Our Village has grown significantly and will surely continue to expand in 2018. With more new members have come more requests for member services, which are met by the Village's Good Neighbor Volunteers. Please think of joining this volunteer team and helping out from time to time. It's a great way to meet others and feel good while doing good. Particularly needed are drivers who can provide rides such as to doctors' appointments.

Our Mission

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