

## Village Members: Need a Ride to Vote?

Attention, Voters!

The Village has a limited number of drivers available to give members a ride to and from their ward's polling place on Election Day, Tuesday, November 6.

To request a ride, please contact the Concierge at 978-206-1821 or via email at [services@greaternewburyportvillage.org](mailto:services@greaternewburyportvillage.org).

See you on Election Day!

## Village Going Deeper

The new Greater Newburyport Village Going Deeper Series is being designed to offer in-depth explorations of issues and concerns on the minds of Village members. The Series Sessions will occur at varying times throughout the year and address a wide variety of topics. Session One: Looking at End of Life Issues.

End of life is something we will all encounter, but most of the time we don't like to think about it. In this meeting, information will be shared on helpful ways to prepare for end of life, and time will be given for questions and answers and to share thoughts and feelings about "looking at end of life." The meeting will be facilitated by Rev. Joel Grossman, Director of Spiritual Services; Molly Fowler, Social Worker; and Loretta Mangano, Bereavement Coordinator. The three are from Constellation Hospice, Newburyport.

At this session we will be asking attendees to let us know what issues they would like to go deeper into in the future. Member input and participation is heartily welcomed!

Registration is required: Please RSVP by Monday, October 29. Space will be limited. Please let us know if you register but then are unable to attend, so we can open a space for another participant.

## Meet Volunteer Annette Keane



Annette is a dedicated volunteer and advocate for the Village. She heard about the Village early on and came to a meeting. She had just retired and had time to volunteer, and she immediately joined the Program and Events team. She also became a member when the Village opened, as did her husband Henry, and she's been an active volunteer ever since.

Annette has been working with and helping others her whole life, first as a gerontological nurse and then as a social worker specializing in end of life care. Born and educated in Scotland, she came to the US in the 1960s, working for decades on a green card and then becoming a US citizen.

Every two or three months, Annette walks some eight miles around Newburyport posting flyers about Village events at about 40 different businesses and public sites. "I was always an outdoors person and a walker," she says, "and I love to talk with people." At first it took a full day to post the flyers because everyone wanted to hear more about the Village. "I never would've dreamt we'd be where we are already so soon—all the services given so many people!" As she enthusiastically spreads the word, she hears excitement from others as well who are looking to grow their community. "The Village is just a great way to connect with people," she says. "And we have a lot of fun too!"

## Upcoming Events

See Website for more info!

**Village Talks Open to the Public at Newburyport Senior/Community Center:**

**November 14, 1-2 pm**, "Nautical Newburyport and the Coast Guard" with Dyke Hendrickson, local author and historian. (See page 2 for more detail.)

**December 19, 1-2 pm**, Greater Newburyport Children's Chorus.

**For Village Members:**

**November 1, 4-5:30 pm** at Newburyport Senior Center, Village Going Deeper, Series Introduction. (See story at left.)

**December 12, 6-8 pm** at Newburyport Senior Center, Holiday BBQ.

**For Village Members and Volunteers (and guests):**

**November 13, 6-7:30 pm**, Village Dinner at The Grog, Newburyport. (Separate checks as usual.) RSVP by Nov. 9.

**For Village Volunteers:**

**October 30, 6-8 pm**, Glenn's restaurant. Volunteer Appreciation Gathering with appetizers, beer, and wine. By invitation.

### To Contact the Village

**For information:**

call 978-206-1821

**email:**

[info@greaternewburyportvillage.org](mailto:info@greaternewburyportvillage.org)

**visit our website:**

[www.greaternewburyportvillage.org](http://www.greaternewburyportvillage.org)

**For member services:**

call 978-206-1821

**email** a service request to:

[services@greaternewburyportvillage.org](mailto:services@greaternewburyportvillage.org)



National Stress Awareness Day First Wednesday in November  
www.NationalDayCalendar.com

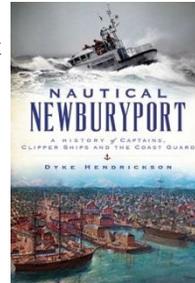
**A day to identify and reduce stress factors in your life.** How to observe: Develop a routine to help you lessen your tension. Go for a walk, do some deep breathing, get some exercise or a massage, or take a long, relaxing bath. From <https://nationaldaycalendar.com>



## Village Talk: Nautical Newburyport and the Coast Guard

Popular speaker Dyke Hendrickson returns with a new Village Talk on November 14 at the Senior/Community Center. He'll speak about Newburyport and its relationship to the Coast Guard. This talk will be of interest to new and longtime residents of Newburyport and beyond.

Dyke will give away several copies of *Nautical Newburyport* to help spread the word about the community's history. Recipients will be asked to pass along the books to family members and friends after they read it. Come and join this free event.



Dyke Hendrickson

## Health News for Seniors

It can be hard to keep up with the latest health science studies and news, so we'll share new information here when space allows. Two recent health studies are notable.

For a long time, many people thought they were supposed to take a baby aspirin everyday for heart health. But the National Institutes of Health together with the National Institute on Aging has changed this recommendation for many older adults on the basis of a large clinical trial. The study focused on the risks and benefits of daily low-dose aspirin in healthy older adults (over age 65) without previous cardiovascular events. The study found that in this group, aspirin did not prolong healthy, independent living, defined as a life free of dementia or persistent physical disability. Important to note here is that this applies only to people without a cardiovascular condition such as having had a stroke, heart attack, or other cardiovascular disease. As always, the study authors conclude, everyone should follow the advice of their own doctor about daily aspirin use. (More information at <https://www.sciencedaily.com/releases/2018/09/180916152706.htm>)

Another study has shown that eating whole grains helps prevent type 2 diabetes, a condition that becomes increasingly common with age. We've known for a long time that it's healthier to eat whole grains than processed grains such as white flour products, but now scientists confirmed their value also for prevention of type 2 diabetes. Researchers conducted a very large study over 15 years. Interestingly, they discovered it doesn't matter which whole grains you eat: rye, oats, and wheat all help prevent the disease. Substitute whole grain for white flour products to immediately start gaining the benefits. This study showed that this one change can reduce the risk of diabetes as much as a third. Drinking coffee and minimizing consumption of red meat also lowers the risk. (More information at <https://www.sciencedaily.com/releases/2018/09/180905083910.htm>)



Village members enjoying the recent potluck at the Paula Estes Gallery

## More Events Coming Save the Date!

Watch for the December newsletter for more information on the following events.

On **December 12**, 6-8 pm at the Senior/Community Center, Village members are invited to a good ol' fashioned holiday barbeque (free!) to help send you into a glorious New Year! Watch for your invitation and save the date!

On **December 19**, the 1-2 pm monthly Village Talk at the Senior/Community Center turns to song! We are pleased to invite you and your friends to enjoy the delightful voices and spirit of the Greater Newburyport Children's Chorus!

## Our Mission

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