

The Joys of Volunteering

Excerpted from the blog of Dr. Jonas Nguh, PhD in Public Health

We see people volunteering all the time, whether they're visiting the elderly, delivering meals, stuffing envelopes, or more. It's obvious that volunteering helps an individual, group or organization. But let's face it—volunteering also helps volunteers themselves. When asked the question "Why do you volunteer?" many people refer to the old adage, "Doing good is its own reward." Many state the main reason they volunteer is because it makes them feel good. They speak of giving back for all the blessings they've been given in life. Some volunteer because they are able to, and they want to help people less able. Others speak of paying it forward—doing good things so that if they are in need, someone might help them. Other more insightful and philosophical reasons are: giving hope and inspiration to those in need; showing people that there are others who care about them; and showing that there can be something good that comes out of an unfortunate situation. Volunteering gives you a lot in return. It is all about the joy of making a difference on the one side, while receiving immense value on the other from the experience of volunteering, meeting people and learning something new. This brings to mind the words of Gandhi, who said, "The best way to find yourself is to lose yourself in the service of others."

Please consider volunteering with the Greater Newburyport Village. We are run entirely by volunteers, and your help is needed in any of many possible roles. Perhaps your own greatest joy would be to help others who have needs such as a ride to a doctor's appointment or assist with something around their home, or maybe you're happiest working "behind the scenes" to help the Village function most effectively and bring our services to those in need. Come find yourself with us!

Meet Volunteer Kerri Glynn

Kerri first heard about our Village about a year ago, and soon became a volunteer. She had always been close with her grandparents and understood the needs of seniors, and as her children grew, she spent less time with school volunteering and had more time to share. Her first Village volunteer experiences included giving members rides, helping out with dog walks, and assisting in members' homes. Recently she has been a Village Concierge, fielding service requests from members and organizing volunteers to provide those services.

"I really enjoy helping seniors," she says, "and it's very rewarding knowing I'm helping someone maintain their quality of life as they stay in their own homes. The sense of community, which can be lacking for some, is also really important in the Village. I just get a lot out of it."

While her 9-year-old daughter and 14-year-old son are in school, Kerri is often engaged in her volunteer activities. But one of the great things about volunteering with the Village, she says, is the time flexibility—you're not locked into a fixed schedule. This flexibility, she believes, will allow more younger parents, like her, to experience the often surprising joys of volunteering where it really makes a difference.



Upcoming Events

See Website for more info!

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

June 20, 1-2 pm "Twenty-five years: Greater Newburyport/Bura Alliance" with Joanna Hammond and Ted Van Nahl.

July 18, 1-2 pm "101 Days Across America: The Joys of Retirement Camping" with Kate Derrick and Tom Lochhaas.

Greater Newburyport Village Members Only:

June 13, 5:30 – 7:30 pm, Village Appetizer Potluck, Dalton House, 95 State Street, Newburyport. Drinks provided. Come join the fun! Check your email for details. Please RSVP no later than Monday, June 11.

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 or RSVP online at

www.greaternewburyportvillage.org (click Event Calendar, double-click the date, and click registration button)

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

Greater Newburyport Village Interest Groups

The Greater Newburyport Village has recently piloted an Interest Group that walks together on Thursdays from 5:30 to 6:30 pm. The original members of the Village Walking Group, those who specifically noted their walking interest, now extend an invitation to other members to join the group. To walk with the group, call 978-206-1821 or email membership@greaternewburyportvillage.org.

How did this original walking group get together? Do you remember being asked to note your interests when you joined the Village? Your interests are listed in the Member Portal so that members can identify and connect with others of similar interests. Villagers can form groups based on their own

interests, and we've developed a process to help with this effort but we need help to do this.

Could you be an Interest Group Coordinator? To facilitate the development of Interest Groups that will serve our members, we need an Interest Group Coordinator, someone who can help get the ball rolling and provide support as needed. If you are a Villager (member or volunteer) who would like to help with an Interest Group start-up or learn more about the role, email membership@greaternewburyportvillage.org or call 978-206-1821.

To review or update your currently selected interests:

1. Log into the Member Portal.
2. Select Profile.
3. Click Interests (under the Website section).
4. Open categories of interest (Arts/Crafts, Books/Literature, etc.).
5. Check the items of interest to you.
6. Scroll to the bottom of the page and click Save.

Note: If you do not use a computer, call 978-206-1821 to get help with your profile.

How to Age Well and Stay in Your Home

A notable new book, available in paperback and Kindle editions, offers much helpful information for all of us who want to remain happy and safe in our homes as we age—one of the goals of the Village movement. The author, Lynda Shrager, is a certified occupational therapist, a master's level social worker and a Certified Aging in Place Specialist with more than 37 years' experience in the field of geriatrics and more than 13 years working with seniors in their homes. Following is a general description from the book's Introduction:

"Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home is a step-by-step, room-by-room guide to simple and often immediate modifications that can help seniors make their homes safer and easier to navigate. AARP (formerly known as the American Association of Retired Persons) states that 'more than 90% of seniors prefer to age in place; staying in their own homes, continuing to make independent choices and maintaining control over their lives.' This book will guide those seniors, and you, their caregivers and loved one, on how best to modify their environment so that they can safely and successfully move around and access all areas of the home.

"A large segment of our senior population is quite capable of taking the advice contained herein and independently making numerous adjustments, modifications, and renovations to help themselves age in place. Although the language of this book is directed toward caregivers, it is my hope and expectation that many seniors will pick up this book as well and proactively work toward improving their own situation without bothering the 'kids.'

"That said, many of the people in this age group that I have worked with over the years are reluctant to admit that living in their home has become increasingly difficult. Most often they will not initiate any significant life changes, so it will be up to those who care for them and provide support to get the ball rolling."

Our Mission

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

Future Village Events - Save the Dates!

On **Saturday, July 22, at 4 pm**, the Village is having a casual meetup for those attending the free Theater-in-the-Open performance of *Medea* at Maudslay State Park.

On **August 15, 1 to 2 pm**, the monthly Village Talk features Professor Lois Ascher, "A Tale of Two Cities: Urban Renewal - Newburyport and Boston's West End."

Stay tuned for more information about both events, and as always, check the Event Calendar on the Village website for more detail.

Village Talk on the Greater Newburyport/Bura Alliance

The June Village Talk will feature a talk about the 25-year relationship between the greater Newburyport area and the people of Bura, Kenya. Presenters Joanna Hammond and Ted Van Nahl will describe the accomplishments of the Greater Newburyport/Bura Alliance (GNBA), a member of Sister Cities International. The presentation will include slides and a short video.

Many GNBA members have visited Bura. Joanna and Ted, first visited Bura in 1994. They were there most recently in 2017. The couple have been residents of the Newburyport area for 45 years. Joanna is a retired real estate broker and artist. Ted is a retired chief of staff for the Mayor of Haverhill.



Residents of Bura, Kenya in a past visit to Newburyport