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# NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

NEWSLETTER - August 2022

# Reimagining Retirement Party

The First Church  
Congregational  
40 Monument Avenue  
Swampscott, MA 01907

Free

Wednesday

5:30 to 7:00

Rain or Shine

Sept.  
2022  
14<sup>th</sup>

Enjoy The Rat Pack Band (a Frank Sinatra tribute band), dancing if you like, wine, soft drinks, light refreshments, and some funny retirement stories from Seaglass Village members.

Registration is requested for this event by September 7<sup>th</sup> so we can have a headcount for food. Please RSVP by signing up on the Seaglass event website [www.seaglassvillage.org](http://www.seaglassvillage.org), calling the Seaglass office at (781) 718-0401. Attendance is limited to the first 130 people to register.

Note: Seaglass Members, Volunteers, and friends of Seaglass Village are welcome. Seaglass will follow all Federal and State guidelines regarding COVID. At this time, all Seaglass members and volunteers must be vaccinated. All others must provide proof of COVID vaccine at the check-in table to enter the party.

RSVP for the party by the September 7<sup>th</sup> deadline



## Calendar of Events - August & September 2022

Please call (781-718-0401) or email ([info@seaglassvillage.org](mailto:info@seaglassvillage.org)), or go to our WEB site <https://www.seaglassvillage.org/> for more information and to sign up for events that require prior sign-up.

**\*\*\*Pickleball\*\*\* Every Tuesday 10 - noon. Swampscott Middle School, 27 Forest St., Swampscott.** Go through the parking lot to the lower parking lot and the Pickleball courts are on the far left. **Weather Permitting.**

No prior experience and no partners are needed to join us. Feel free to just drop in. We have equipment. The first 15 minutes each day will be a warmup and basic instruction about the game. This is intended to also be a social activity for us to enjoy time outside together. We have two courts and with four people on each court we will have 8 active players at a time. After each game, some people will rotate out and new players will rotate in. In our games, scorekeeping is simply a means to break up the session and rotate more players in. People have the most fun when they keep the volley going, and not by a short scoring point. You will play longer when you keep the volley going. The Swampscott Pickleball courts use the tennis court nets, so the net height is not a Pickleball regulation height. But that does not matter to us as these sessions are not a preparation for competitive play. Come join us and have

**\*\*\*Bocce\*\*\* Every Monday 3:30 - 4:30 p.m. (NEW! Begins June 27<sup>th</sup>) Swampscott Senior Center Bocce Court, 200R Essex Street, Swampscott (Behind the Swampscott Hight School). Weather Permitting.**

Bocce is held in conjunction with the Swampscott Council on Aging and Seaglass Village. No prior experience, no equipment, and no partners are needed to join us. We have equipment. The first 10 minutes each day will be a warmup and basic instruction about the game. This is intended to also be a social activity for us to enjoy time outside together. We have one court



and with four people on each end we will have up to 8 active players at a time. After each game, some people will rotate out and new players will rotate in. In our games, scorekeeping is simply a means to break up the session and rotate more players in. You are welcome to come and cheer us along during any time you have off the court.

These sessions are not a preparation for competitive play. Come join us and have some fun!

**July 20th, Wednesday, 6 - 8 p.m.. Summer Concert Series: Grupo Fantasia.** Front Lawn, First Church Congregational, 40 Monument Ave., Swampscott. Come alone or bring a friend. Bring a lawn chair, a beverage and a snack to share and join us to enjoy the concert. Okay to park in church parking lot. FREE. Members, Volunteers, and Friends.

**July 23rd, Saturday, 9 a.m. - noon. Marblehead Farmers' Market.** Behind the Veterans' School on Pleasant Street. SGV will have a booth at the Farmers' Market. Come and introduce yourselves!

**July 27th, Wednesday, 9:30 – 11:30 a.m. Learn how to navigate the Seaglass website & register for events:** First Church Congregational Library, 40 Monument Ave., Swampscott. FREE. Members, Volunteers, and Friends. Because we've had a number of people who are having difficulty getting on the Seaglass website to register for events and see the event calendar, we've decided to set up a time at First Church where Linda Garber and Lauren Shaw will be available to answer your questions and make sure you can find what you are looking for! Bring your laptop computer and let's meet to discuss how to register for Seaglass Events, how to navigate the Seaglass Website, and make sure your computer is set up to get on the site. Please register for this casual training, but you may stop by anytime during the morning hours 9:30 - 11:30 am.

**July 27th, Wednesday, 6 - 8 p.m. Summer Concert Series: Lois Lane (Daily Planets).** Front Lawn, First Church Congregational, 40 Monument Ave., Swampscott. Come alone or bring a friend. Bring a lawn chair, a beverage and a snack to share and join us to enjoy the concert. Okay to park in church parking lot. FREE. Members, Volunteers, and Friends.

**August 1st, Monday, 7 p.m. Book Club. Zoom Meeting.** *Wish You Were Here* by Jodi Picoult. Books are available at the Swampscott Library. Please RSVP to Izzi Abrams-  
iabrams131@yahoo.com.

invited to the annual meeting for Seaglass Village. The meeting will be held in the library at First Church Congregational, 40 Monument Avenue, Swampscott. At this meeting we will discuss the progress that Seaglass Village has made since December 2021 when we officially opened for business. We hope that all members will attend this meeting to share their thoughts, hopes and expectations for Seaglass in the future. See you then! Members and Volunteers only.

Please register for this event through the Seaglass website, or call the Seaglass office to register so we know there is enough space for everyone. Thank you!

**August 10th , Wednesday, 9:30 – 11:30 a.m.** Learn how to navigate the Seaglass website & register for events: First Church Congregational Library, 40 Monument Ave., Swampscott. FREE. Members, Volunteers, and Friends. Because we've had a number of people who are having difficulty getting on the Seaglass website to register for events and see the event calendar, we've decided to set up a time at First Church where Linda Garber and Lauren Shaw will be available to answer your questions and make sure you can find what you are looking for! Bring your laptop computer and let's meet to discuss how to register for Seaglass Events, how to navigate the Seaglass Website, and make sure your computer is set up to get on the site. Please register for this casual training, but you may stop by anytime during the morning hours 9:30 - 11:30 am.

**September 7, Wednesday, 5:30 - 7 p.m. Beach Campfire and S'Mores Social,** Fisherman's Beach, Humphrey Street at Greenwood St., Swampscott. Meet some new friends and/or see some old friends. Bring your own beverage and lawn chair. Find us a few short steps down the ramp by the Seaglass sign. FREE. Members and Volunteers.

**September 14th, 5:30 - 7 p.m. Reimagining Retirement Party.**



First Church Congregational, 40 Monument Ave., Swampscott. All Members, Volunteers and Friends of Seaglass Village, as well as members and friends of local Councils on Aging are invited to share an evening of music (The Rat Pack Band - a Frank Sinatra tribute band), stories, and tantalizing light refreshments. Parking available in church parking lot. **Retirement isn't what it used to be! Please join us.**

## **In a Rut?**

A recent market research survey by OnePoll indicated that 77% of seniors wished they could add more adventure to their lives. It's easy to get stuck in a rut; we all know that. Perhaps it's easiest as we age and "things" get harder (traveling, socializing, maintaining close friendships, taking care of our homes, etc., etc.) Of course anyone can drop by a friend's house or enroll in a lifelong-learning class or join a gym... well, maybe. Some people find it tough to do those things that were once so easy. Seaglass Village's Members are welcome to join in many social events. There's bocce and pickleball. Once a month, the Book Club meets to discuss that month's novel. Many times during the month there are gatherings, trips, lectures, lunch parties, and



villages in the USA, is to offer opportunities to get out of our ruts. (Photo: Seaglass Village Members having lunch together at The Landing in Marblehead in July.)

## Seaglass Village News



**Pickleball is a big hit - once a week - Tuesdays 10 a.m. - noon at the Swampscott Middle School.** 20 people

came this sunny day in early July, several are just beginning to learn the game; all are loving it!

**Seaglass Village Annual Meeting:** August 3, 2022, 7 p.m. First Church Congregational, 40 Monument Avenue, Swampscott. **All SGV Members invited.**

**Wellness Calls:** SGV Volunteers enjoy making home visits to check on a Member, just to be sociable.

**Members:** Some people who join Seaglass Village don't need services right now, but they join knowing they are helping those who need SGV's services. And, of course, they know SGV will be there when/if they need help.

**Volunteers/Tipping:** A generous Member offered to tip a SGV Volunteer recently. Our Volunteers will NEVER accept a tip; helping our neighbors is its own reward.

**Subsidized Memberships:** Seaglass Village is actively offering low-cost memberships to those who are income eligible, thanks to a recent grant. Call our office to discuss possible membership fee subsidy.

**SGV Parlor Talks:** One way to spread the news about Seaglass Village's mission to help neighbors age in their own homes is to have a Parlor Talk. If you have a few friends or neighbors who you believe should hear the Seaglass Village story, please let us know. A member of our Outreach Committee can come to your house (bringing juice and cookies) any day, any time for a



**Open:** Seaglass Village is open for business! Members are asking for services, and volunteers are meeting their needs. SGV hopes that more Members will remember to ask for services, such as:

- \*Rides to appointments, shopping, airport, etc.
- \*Friendly visits or companionable walks
- \*Help after a hospitalization - walk your dog, make up the bed clean, light grocery shopping
- \*Household chores - change batteries in smoke detectors; storm windows off/screens on, clip the hedge.

## Summer Opportunity

Explorers Lifelong Learning Institute at 10 Federal Street in Salem offers fascinating lectures to both Members and non-members during the summer season, and they're FREE. Some in person, some on Zoom. See the catalog at <http://explorerslli.org>.



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### Good to Know:

It's summer, and that's good news. But, it's also the season of mosquito-borne diseases. An excellent resource (suggested by the Marblehead Health Dept.) is the Commonwealth of Massachusetts' WEB site: <https://www.mass.gov/mosquito-borne-diseases#1>

### Covid Booster Shots

Certain immunocompromised individuals and people ages 50 years and older who received an initial booster dose at least four months ago are eligible for another booster to increase their protection against severe disease from COVID-19. One easy place to go is Walgreens at Vinnin Square, Swampscott.

### Volunteer Background Check

All Seaglass Village Volunteers will submit CORI forms (Criminal Offender Record Information) before being accepted as volunteers. The form will be provided by Seaglass. That makes sense since as there will be many situations where volunteers will be inside members' homes and/or driving members in their cars. Driver's licenses and insurance coverage are also checked for volunteers who want to drive.

### Need a Laugh?



## Covid-19

Our lives are improving as more citizens have been vaccinated - many restaurants are now seating patrons indoors, we can hug our relatives and friends, and theaters and sports venues have re-opened. Seaglass Village will follow all Federal and State guidelines regarding Covid. At this time, all volunteers and members must be vaccinated.

Please, if you've been at a Seaglass event and subsequently tested positive for Covid, let the office know.

## Support Seaglass Village

Seaglass Village is a non-profit (501 (c)3) membership community helping each other maintain independence while aging in their own homes. Please help us by donating today: [https://seaglass.helpfulvillage.com/fundraising\\_campaigns/1-general-fund](https://seaglass.helpfulvillage.com/fundraising_campaigns/1-general-fund)

Marblehead, Nahant, and Swampscott are perfect communities for Seaglass Village. All three have the small-town feel where it seems that everyone knows someone who knows someone who you know! Word of mouth is the best way to spread the news. Some of that news is about a favorite local restaurant or a new movie at the Warwick. Some of that news is about local organizations doing beach clean-ups or raising money for a worthy cause. Seaglass Village hopes our Members, Volunteers, and Prospective Members are telling the Seaglass Village story to their friends and neighbors.

If you enjoy this monthly newsletter and have a neighbor or friend or relative who would also enjoy receiving it, please email the Seaglass Village office at [info@seaglassvillage.org](mailto:info@seaglassvillage.org) (or



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## SEAGLASS VILLAGE - Marblehead, Nahant & Swampscott

**Our WEB site:**

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

**Our mailing address is:**

c/o First Church Congregational, 40 Monument Avenue, Swampscott, MA 01907

**Our email address is:**

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

**Our phone # is:**

781-718-0401

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