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## NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

NEWSLETTER - October, 2022

*"The end of the summer is not the end of the world. Here's to October..."*  
*A.A. Milne*

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### WHAT IS SEAGLASS VILLAGE (and what is it not):

**Seaglass Village is:** One of more than 350 Villages in the U.S. whose objective is to help seniors live safe, purposeful, and independent lives in their own homes. That means that qualified volunteers are available to help with small chores, with pesky technical questions, to drive members to appointments, to offer social events, and much more.

**Seaglass Village is not:** A nursing home or other live-in facility. It does not provide health-care services. It does not take any pay for the work of its volunteers; also, the volunteers provide interim help with gardening and in-house chores, but they are not skilled tradesmen who can renovate a kitchen!

### Calendar of Events - October & November 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.

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**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 some fun. Members, Volunteers, and Friends.



**\*\*\*Bocce\*\*\* Every Monday 3:30 - 4:30 p.m. Swampscott Senior Center Bocce Court, 200R Essex Street, Swampscott (Behind the Swampscott High 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 5 minutes each day will be a warmup and basic instruction about the game. This is intended to be a social activity for us to enjoy time outside together. 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! Members, Volunteers and Friends.  
(SEAGLASS VILLAGE IS LOOKING FOR SOMEONE TO TAKE OVER THE MANAGEMENT OF BOCCE. IF YOU ARE WILLING, PLEASE CALL THE OFFICE.)



**\*\*\*In-Person Book Club\*\*\* The Book Club (previously held on Zoom), will now be in person. Usually it will be on the first Wednesday of each month; but in October it will be on October 12th. Please see details below.**

**September 27th, Tuesday, 5:30 - 7 p.m. Beach Party @ Fisherman's Beach, Humphrey Street at Greenwood, Swampscott, MA.** Meet some new friends and/or see some old friends. Bring your own beverage and lawn chair. Find us a few short steps from the pavilion by the new Seaglass Village sign. FREE. Members and Volunteers.

**October 1st, Saturday, 5 - 7 p.m. Pot-Luck Dinner Social. First Church Congregational Clark Hall, 40 Monument Ave., Swampscott, MA.** Please join us for our first Pot-Luck Dinner Social! Bring your favorite dish to share, and label your dish with the ingredients in case anyone has food allergies or restrictions. If we have enough interest, we will have additional pot-luck dinners throughout the fall and winter months, each with a different theme – Mexican, Italian,

**October 5<sup>th</sup>, Wednesday, 10:30 - 11:30 a.m. Breakfast with Friends (Note: CASH ONLY).** Christopher's Cafe & Catering, 2 Lewis Street (near the intersection of Eastern Ave & Rt. 1A), Lynn. <http://www.christopherscafe.net/>. We are going to have breakfast at one of our very favorite local businesses! Please join us for one of Christopher's fabulous breakfasts. Hope to see you there! Price depends on your order. Cash Only please. Members and Volunteers. Please Register on the Seaglass Website or call the Seaglass office at 781-718-0401.

**October 6<sup>th</sup>, Thursday, 5:00 – 7:00 p.m. SHINE (Serving the Healthcare Needs of Everyone), Medicare FAQs and Open Enrollment, Swampscott Senior Center Dining Room,** 200R Essex Street (behind the Swampscott High School), Swampscott, MA 01907. Are you eligible for the Medicare Buy-In waiver? This could save you the cost of your monthly Medicare Part B premium. Medicare's annual Open Enrollment period is October 15 – December 7, 2022. This is your opportunity to learn if you can make changes to your insurance plan and save money. FREE. Open to all. Please register on the Seaglass Website or call the Seaglass office at 781-718-0401.

**October 12<sup>th</sup> & First Wednesday of Each Month after that, 1:30 – 2:30 p.m. In-Person Literary Tea Book Club at First Church Congregational Library,** 40 Monument Avenue, Swampscott, led by Izzy Abrams. Enjoy book discussion over a cup of tea! To participate and get book please email [iabrams131@yahoo.com](mailto:iabrams131@yahoo.com). This month's book is **The Lions of Fifth Avenue** by **Fiona Davis**. This book club will replace the previous Zoom book club. FREE. Members and Volunteers.



**October 12<sup>th</sup>, Monday, 6:30 – 7:15 p.m. Cyber Safety - Avoid Scams and Pfishing.** Swampscott Senior Center Dining Room, 200R Essex Street, Swampscott. Join us as we partner with the Swampscott Senior Center for this event. This talk focuses on what you need to know about cyber security and how to keep your personal information safe. Speaker: Gillian Shaw, Cyber Security Expert. We are repeating this talk since we received so many positive comments from members who attended the talk in June. Registration is required for this event. FREE. Members and Volunteers.

**October 15<sup>th</sup>, Saturday, 1:00 – 2:30 p.m. Essex River Cruise “Fall Foliage” Cruise,** 35 Dodge Street, Essex, MA 01929. Join us on a relaxing river cruise, taking in the beautiful fall foliage. Enjoy complimentary cider & donut on board. This is a perfect way to spend the afternoon. Bring the whole family, bring visiting guests or make it a getaway from the bustle on your own. TICKETS: Adults & Seniors \$34, Children \$16.



*Please note: More information will be coming up on this event as we make plans. If you think you want to go, please register for the event on the Seaglass site or by calling the Seaglass office at 781-718-0401. When we have all the details, we will contact you with updated information.*

**October 17<sup>th</sup>, Monday, 8:30 - 9:30 a.m. Breakfast Out with Friends at Zestfriendz**

Members & Volunteers welcome.

**October 21<sup>st</sup>, Friday, 10:30 a.m. – Noon (Rain Date October 28<sup>th</sup>, same times). Fort Sewell Guided Tour, Front Street, Marblehead.** Join us for a guided tour celebrating Fort Sewell's



recent renovation. Tour guides Bob Erbetta, retired Naval officer, and Larry Sands, in charge of the renovations at Fort Sewell, will lead us on this historic walk. There are some stairs in this tour. Park in the Fort Sewell small parking lot or along the ocean, and meet Margaret Greene in the parking lot. She will guide you to the start of the tour and she will also provide you with a complimentary book "Celebrating Fort Sewell 2022" at the start of the tour. Sign up on the Seaglass website or call the office at (781) 718-0401. Also, please email [MargaretGreene166@hotmail.com](mailto:MargaretGreene166@hotmail.com) if you plan to attend, Members & Volunteers welcome. FREE.

**October 29<sup>th</sup> Saturday, 2:00 – 2:45 p.m. Afternoon Olmstead Walk & Talk,**

Join us for a short walk & talk departing from [The First Church Congregational front steps, 40 Monument Avenue, Swampscott](#). Izzy Abrams will lead us on a



stroll through ½ mile of Swampscott streets and landmarks while teaching us about the landscape architect, Frederick Law Olmstead. To participate sign up on the Seaglass website or call the Seaglass Office at 781-718-0401. FREE. Members and Volunteers.

**November 2<sup>nd</sup>, Wednesday, 1:30 – 2:30 p.m. In-Person Literary Tea Book Club, First Church Congregational Library, 40 Monument Avenue, Swampscott,** led by Izzy Abrams. Enjoy book discussion over a cup of tea! To participate and get book please email [iabrams131@yahoo.com](mailto:iabrams131@yahoo.com). This month's book title to be announced. FREE Members and Volunteers.

**November 12<sup>th</sup>, Saturday, 5 - 8 p.m. Pot-Luck Dinner Social. First Church Congregational Clark Hall, 40 Monument Ave., Swampscott.** Please join us for a Pot-Luck Dinner Social! This month's theme is Fall Favorites (think cinnamon, apples, pumpkins, fall colors, etc.). Bring your favorite dish to share, and label your dish with the ingredients in case anyone has food allergies or food restrictions. Hope to see you there! FREE. Members and Volunteers. Please Register on the Seaglass Website or call the Seaglass office at 781-718-0401.

## **Seaglass Village News**

**Here's an Idea:** A Seaglass Village Member is looking for a traveling companion. She has many travel opportunities, and she would rather share them with a compatible travel friend. Maybe that's you (if so, let the office know that you'd like more information). Iceland is one of the spots on her travel bucket list, and there she has the use of a house and car. Or, maybe Seaglass Village Members should be starting a Travel club. Any volunteers?

**Find Your Volunteer Opportunity!** It's a toss up... who benefits the most when a Volunteer helps a Member? We need volunteer drivers, volunteers on committees, and volunteers to make friendly visits with Members. We guarantee you'll stand a little taller knowing you've touched lives



**Ambassadors:** 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. And both Members and Volunteers are ambassadors for SV with their neighbors, friends, and relatives.

**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.

**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

## Reimagining Retirement Party

September 14th more than 100 party goers joined together to hear fun music, eat and drink aplenty, and hear stories about retirement and about Seaglass Village. Approximately half were Members and Volunteers; the rest were welcome friends.



*Above:* Party in Full Swing



*Left:* Heidi Whear, Founder and President

*Right:* Thatcher Kezer (Town Admin, Mbld); Sean Fitzgerald (Town Admin, S'cott)



Just to highlight one: Tuesday, Sept. 21st, Fort Sewall, Marblehead, one-hour tour of this newly renovated landmark.

## Village to Village Network

Village to Village Network (VtVN) is part of the Leadership Council of Aging (LCAO), which released a statement on August 1, 2022, supporting the Inflation Reduction Act of 2022 (IRA) while it was still in the Senate. Among many other benefits for seniors of the IRA is the limit on how much they spend out-of-pocket on medication and vaccines. Under the IRA, vaccines will be free starting next year. Starting in 2025, out-of-pocket spending on drugs will be limited to \$2,000 per year. In 2024, a transition year, costs will be capped at Medicare's catastrophic drug coverage limit, which this year is \$7,050. Also more seniors will be eligible for low-income subsidies. Thank you VtVN!

## COVID 19

If COVID has taught us anything, it is that we must find new ways to be at our best physically and mentally and to stay in touch with old friends and making new ones. Now is the time for all of us to apply our experiences and build on your strengths and interests. Volunteer at Seaglass Village or SPUR or wherever your heart leads. Join the Y or the JCC or a Book Club. Learn something new: a game, a sport, perhaps a language. Above all, stay active and involved. I've always thought of fall in New England as the beginning of the year. Let's make it a new beginning... an awakening.

## Turkeys

Oh, yes. They're handsome birds, and yes, they're the official game bird of Massachusetts. But, oh my, they're a nuisance! Worse: they're often aggressive.

A few tips: NEVER feed them or leave bird food where they can get at it.

If you worry about a turkey attack, make ALOT of noise, swing a broom, and get a DOG!



## Soup Cans:

Here's a scary statistic: only 23% of adults in America get enough exercise (according to the National Institute on Aging). NIA has lots of recommendations. We all know most of them: walk, bike, swim, garden, dance, play sports, more, more, and more. And then there's SOUP CANS. They're perfect weights for wrist or bicep curls, lateral and front raises, and overhead presses. Chicken noodle works, but lobster bisque is better.

Many thanks to our corporate sponsors:

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Right at Home, under the direction of Marblehead residents Jay and Rosaleen Doherty, has been serving Marblehead and Swampscott seniors since 2002. They provide professional home care services under the watch of a team of nurses to ensure our quality of service. Right at Home can provide companionship, meal preparation, personal care, medication management, respite care and end of life support. Our specialized program in dementia care is focused on meeting our clients where they are, and enhancing the quality of their life, no matter where they are in their disease process.



### [Need a Laugh?](#)



### [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.

### [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)



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 phone: (781-718-0401) with the name and email (or snail mail) address.

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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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