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NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

NEWSLETTER - December, 2022

The color of springtime is in the flowers; the color of winter is in the imagination.

Seaglass Village Headlines:

Exciting News: December 1st, 2022 is the **First Anniversary of Seaglass Village**. And in November Seaglass Village welcomed its 100th Member.

Back in the planning days for Seaglass Village (2021), the Board set a goal of having 100 members by the last day of December 2022. Thanks to **Carmy Maturano**, we reached our goal nearly two months early.

Carmy is a life-long resident of Swampscott and a graduate of Swampscott High School. When a friend told her about Seaglass Village, she thought, "I need little things done..." like changing a ceiling lightbulb, "...I'm short, and I can't reach, and I'm no longer willing to stand on a chair." That will be her first request to SV.

We'll get to meet Carmy at some of SV's events, as she'll be a very active member. Welcome, Carmy Marturano!

Calendar of Events - December 2022 & January 2023

Please call 781-718-0401 or email info@seaglassvillage.org, or go to our WEB site

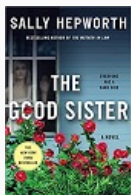
Please note: *If you would like to attend any event as a guest, you are welcome. However, if you are not currently a Seaglass member or volunteer, or if you are a guest of a member attending an event, pre-registration is required. We ask that non-members and guests call the Seaglass office and provide your name, e-mail address, and telephone number. You will be required to show your COVID vaccination card on arrival. This will allow us to contact you if the venue or time changes, and will help us meet our commitment to our members that all Seaglass function attendees are vaccinated against COVID. Thank you in advance.*

December 1st, Thursday, 6:00 - 7:30 p.m. 2nd Annual Seaglass Village Night of Appreciation at First Church Congregational Clark Hall, 40 Monument Ave., Swampscott. This holiday season is a great time to thank our local emergency response teams for all they have done this year. FREE. Members and Volunteers.

We ask that if you have time, please help us show our appreciation to our local emergency response teams by doing any of the following:

1. Bake at least 2 dozen holiday cookies (please email what kind and how many cookies you will make to LESHAW57@gmail.com) and deliver them to First Church by 5 p.m. on December 1st ;
2. Join other Seaglass Village members at First Church on December 1st (6 - 7:30 p.m.) to enjoy some refreshments and sort our donated cookies into individual platters for our police, firefighters, and EMTs;
3. If you'd like to help deliver cookies on December 2nd, contact Lauren (LESHAW57@gmail.com.)

December 5th, Monday, 2:00 – 3:30 p.m. Winter Craft Class, at the Swampscott Senior Center, 200R Essex Street, Swampscott. The craft will be a set of two winter luminaries, and the class is led by Lauren Shaw and Linda Garber. Cost is \$5.00 per person and all materials will be supplied. Price will be discounted to \$4.00 per person if you bring an old, clean towel which we will donate to the local animal shelters. Pre-registration is requested by December 1st so we can have enough supplies for everyone. Members, Volunteers, Guests. Maximum 15 people, so sign up early to ensure your spot.



December 7th, Wednesday, 2:00 – 3:00 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. This month's book title is The Good Sister. FREE. Members and Volunteers.

December 12th, Monday, 6:30 – 7:30 p.m. How to Rid Ourselves of Plastic Pollution, Unitarian Universalist Church, 101 Forest Ave., Swampscott. Maria Sabrina Auclair of "ZeroWaste Massachusetts" will speak. The presentation will be held in the sanctuary or online at <http://www.facebook.com/UUCGL>. Please RSVP to Chris Scheller at Unitarian Universalist Church of Greater Lynn, Tel: 781.595.8836, and also on the Seaglass Website or call the Seaglass Office.



responsibility for the waste they produce, the products they use, and the impact they have on themselves and the environment. The event will be held at UUCGL in the sanctuary and live on the church's Facebook page. Hosted by UUCGL and the Swampscott Conservancy.

December 19th, Monday, 5 – 6:30 p.m. Christmas Caroling for Seniors. Gather at 256 Burrill Street front porch, Swampscott, MA, (Linda Garber's house, the corner of Burrill and Essex Street) for a cookie and hot beverage. We will depart Linda's house at 5:10 pm and go caroling for 45-60 minutes.

January 4th, 2023, Wednesday, 2:00 – 3:00 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. This month's book title TBD. FREE. Members and Volunteers.

January 10th, 2023, Tuesday, 10 – 11 a.m. RMV Training on the Real ID, Swampscott Senior Center dining Room, 200R Essex Street (behind the Swampscott High School), Swampscott. Join us as we partner with the Swampscott Senior Center to get this much-anticipated information. Please register for this event on the Seaglass website to reserve your place. FREE. Members, Volunteers, and Friends.

January 14th, Saturday, 12:00- 2:00 p.m. "Souper Saturday" Pot-Luck Lunch and Soup Swap. First Church Congregational. Clark Hall, 40 Monument Ave., Swampscott.. Please join us for a Pot-Luck Lunch Social! This month's theme is "Souper Soups". You get a taste of all our soups and get a container of your favorite to take home). Bring your favorite pot or crockpot of soup to share. When you register for this event, please put the kind of soup you will bring in the comments section. Register on the Seaglass Website or call Seaglass office at (781-718-0401).

Watch January's newsletter for these upcoming events: We kick off our new "What If?" Series in January with the topic "What if a hurricane or monster storm hits our area? What are your plans? What can you do to prepare? Do the latest weather patterns make you uneasy? What can you do to help you worry less?" We are currently coordinating with the Swampscott Fire Chief, other town officials, and the Swampscott Senior Center to host this event to address these concerns and give us some tips. Possible dates are 2:00–3:00 pm on January 18th, 23rd, or 25th, depending on availability of our speakers. Hold the dates if you are interested in attending.

We kick off our new "Table Talks" Series in January with topics including:

- "Aging Bravely", based on a program recently held at the UUGL church in December. This group will be moderated by Seaglass member Anne Waymouth.
- "How to Be Content When You Retire?", a concern of many Seaglass members and others we've spoken to in the past months. Moderator TBD.
- "Sci-Fi or Science?", a fun small-group discussion about this topic with many examples. More to come. Moderator TBD.

Seaglass Village volunteer Pat Fried, who has a degree in criminal justice and spent her career as a Director of Social Work for nursing homes.

- "Learn and Play a Board Game", a monthly afternoon of fun playing board games. We are happy to explain the rules and help guide you through the game. A great way to spend a chilly afternoon! Moderated by game enthusiasts Linda and Fred Garber.

By the way... members can sign in on the website and then click on Members/Village Talk/Interest Groups and see the new group created for community events and charitable opportunities. Anyone is welcome to enter information there.

We are always planning new events. Look for the latest event information on any of these platforms:

- Seaglass Village Website www.seaglassvillage.org
- Seaglass Village Facebook <https://www.facebook.com/SeaglassVill> (follow us to get notifications of new events)
- Seaglass Monthly Newsletter, emailed (or mailed) to all Members, Volunteers and Friends on the 20th of every month

[Seaglass Village News](#)

Vendors/Providers: Members of SV can access recommended Vendors and Providers on our WEB site. On line, go to "Members" then to "Referred Vendors." On that page you'll see many categories from which to choose. For instance, if you need a carpenter, you'd click on "Home Repair," and a list of recommended carpenters and handymen will come up. Often there will be comments about each of those listed. Members can also recommend Providers to be added to the list.

If you have an unusual request that doesn't seem to be listed, like "Mediators," call the office; our Director, Alyce, may have someone on her rolodex.

Notary: Sherry Smith, one of our members, is a notary. She can notarize any documents which members need notarized. Members can just bring any papers that need to be notarized to the cookie event on December 1st. Sherry says there will obviously be no charge.

Find Your Volunteer Opportunity! One of our volunteers confessed that she was reluctant at first to drive members to appointments, due to lingering Covid. But she gave it a try, and to her surprise she made a new friend.

Ambassadors: Some people who join Seaglass Village don't need services right now, but they join knowing they are helping those who need SV's services. And, of course, they know SV 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

Exciting Opportunity:

The Unitarian Universalist Church of Great Lynn (101 Forest Avenue, Swampscott) offers an interesting course open to the general public.

- Sunday, December 4th from 11:30 to 12:30. [Poetry-Writing Workshop](#). Award-winning resident poet, Clem Schoenebeck, will present a poetry-writing workshop as part of the Art & Spirituality Series. Sign up by email: cscheller@uucgl.org.



Loneliness:

A recent Harvard study concludes that 1 out of 3 Americans are lonely. That's all Americans, old and young. The pandemic, of course, worsened this for many people, particularly those living alone. Further, the study suggests that loneliness is as bad for one's health as smoking 15 cigarettes a day. Loneliness affects one's mental health, often leading to depression and dementia; and, it can have an affect on physical health too - especially high blood pressure and obesity.

There are suggested ways to fight loneliness and the accompanying feeling of isolation. Call a friend. Play a sport. Sing with a choir. Membership in Seaglass Village is one way as the participation in our events has proved for many people.

December Guest Columnist - LINDA GARBER (Events Chair)

I wasn't looking forward to retirement. I loved to work and I thought retirement would be boring. But, when I was 67, my husband and I decided it was time to stop work and move to Swampscott where our daughter lives. To help meet people and stay active, I started going to the Swampscott Senior Center where I learned about Seaglass Village and joined their events committee. Since then, Seaglass has held both virtual and in-person events and today I happily have a busy social life, many good friends, and love the Town of Swampscott.



When you are young and have kids, it's easy to meet people, but for me, as a retired person, Seaglass Village was an amazing organization. I found that the Seaglass members and volunteers are kind and caring, want to help other people, and are willing to let new people into their social circles. Seaglass has been a wonderful addition in my life, and ... I actually love retirement!

Podcasts: Your newsletter editor doesn't listen to podcasts, but she gets hints all the time of interesting ones, and now she's determined to try a few of the following audio broadcasts:

- Finance: *Stay Wealthy Retirement Show* with a certified financial planner.
- Aging: *70 Over 70 Podcast* - profiles of seniors

- Crime: *The Perfect Scam* is AARP produced, about tricks scammers use.

Where do you get podcasts? On your computer or cell phone at Apple Podcasts or Google Music Play or Spotify. There are hundreds of thousands available. Be careful you don't get hooked!

Thanksgiving: "The more you practice the art of thankfulness, the more you have to be thankful for."

Seaglass Village Sponsors:

Many thanks to our corporate sponsors:



Marblehead resident, Emily Gaffney, is a Realtor® and Senior Real Estate Specialist (SRES) with Coldwell Banker. As such, she understands the importance of knowing a home's value for the purpose of life, estate, financial, and Medicare planning. As an SRES, she is also versed in modifying homes to make them more accessible and ensure an owner's safety. Emily's "Eating An Elephant One Bite at a Time" series (found on her website) helps seniors and their family members better understand the "how's" and "why's" of selling a home.

Call Emily for a complimentary consultation - [617-610-3212](tel:617-610-3212)

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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.





[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

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Our mailing address is:

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