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# NEIGHBORS HELPING NEIGHBORS

## Marblehead Nahant Swampscott

### NEWSLETTER - February, 2023

Darkness cannot drive out darkness; only light can do that.  
(and, thanks to Mother Nature, the days are getting longer)

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#### [Calendar of Events - February & March 2023](#)

**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.**

***Please note Seaglass Guest Policy: 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, and you will be required to show your COVID vaccination card on arrival. This will allow us to contact you if the venue changes, and will help us meet our commitment to our members that all Seaglass function attendees are vaccinated against COVID. Thank you in advance.***

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\*\*\* **Bocce**\*\*\* Every Monday 3:30 - 4:30 p.m., at Swampscott Senior Center Bocce Court, 200R Essex Street, Swampscott is on hiatus until spring. Our new co-coordinators for Bocce Ball will be Claire Regan and Pat Fried. Look for the spring start date in the upcoming newsletters.

**January 20th, 10-11 a.m. "Table Talk: Sci-Fi or Science?" at First Church Congregational**, 40 Monument Avenue, Room 1, Swampscott. Join us for a fun, light-hearted discussion about things we've seen in a science fiction movie or television series that seemed outrageous, but now have real world examples. If you want, bring a fun example! Hosted by Linda and Fred Garber. **FREE**. Members and Volunteers.

**January 25<sup>th</sup>, Wednesday, 2 – 3 p.m., "What if a Monster Storm Comes Our Way?" Fire Department Talk on Emergency Preparedness. Swampscott Senior Center Dining Room**, 200R Essex Street, Swampscott. What are your plans if a hurricane or monster storm hits us? 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 partnering with the Swampscott Senior Center to kick off our new "What If?" Series in January with this timely topic. Guest speakers Fire Lieutenant Bill Vousboulis from Swampscott Fire Department, and Social Worker Sabrina Clopton from the Swampscott Senior Center, will guide us through how to handle an emergency weather situation, giving us suggestions and answering any questions you may have. Please register early to ensure your space at this event. **FREE**. Members, Volunteers, and Friends from Marblehead, Nahant, and Swampscott.

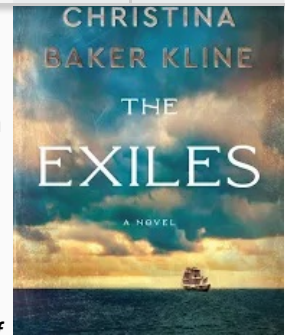
**January 27<sup>th</sup>, 2023, Friday, 11:30 – 1:00 p.m. Lunch Out with Friends, Christopher's Cafe**, 2 Lewis Street, Lynn. Let's kick off the new year and catch up over lunch! Please register for this event on the Seaglass website - <http://www.seaglassvillage.org> - to reserve your place. Price depends on your lunch order. Members and Volunteers.



**January 29<sup>th</sup>, 2023, Sunday, 2:00 – 4:00 p.m. Marblehead Little Theater Presents "Party?"** Seaglass member Anne Lucas has written a new play and before it goes to NYC it is being premiered at the **Marblehead Little Theatre**, 12 School Street, Marblehead. It is an intergeneration comedy about marriage with couples in their late 70's, 50's and mid-twenties. It has been called "A DOLL'S HOUSE meets Neil Simon". We can all use a good laugh during the January doldrums Jan 20-29. 10 tickets will qualify for a reduced group rate. Please call Seaglass Office if you would like to attend. General Admission: **PRICE** \$28.00 + Facility Fee \$3.00 = \$31.00 per person. **TICKETS:** [MLTlive.ORG](http://MLTlive.ORG). or [info@mltlive.org](mailto:info@mltlive.org). Seaglass Members, Volunteers, and Guests.

**February 1<sup>st</sup>, 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](mailto:iabrams131@yahoo.com). This month's book title The Exiles by Christina Baker. Books available at the Swampscott Library.

**February 4<sup>th</sup>** (*Snow Date February 11<sup>th</sup>*), **Saturday, 12:00 - 1:30 p.m. “Souper Saturday” Pot-Luck Lunch and Soup Swap. First Church Congregational Clark Hall**, 40 Monument Ave., Swampscott. Soups make a delicious light lunch or a thoughtful gift to take to a friend just out of the hospital or feeling under the weather. Please join us for a pot-luck lunch and soup swap. You’ll get a taste of all of our soups and a container of your favorite to take home. Bring your pot or crockpot of soup to share. If you don’t make soups, bring a loaf of bread, soft drinks, or a light dessert. When you register for this event, please put the kind of soup or what else you will bring in the comments section (or call the office and let them know). Register by February 1<sup>st</sup> on the [Seaglass Website](#) or call [Seaglass office at \(781-718-0401\)](#). **FREE. Members, Volunteers, and Guests.**



**February 4<sup>th</sup>, Saturday, 7:30 – 9:30 p.m. “Accidentally on Purpose Comedy Troupe performs at Marblehead Little Theater**, 12 School Street, Marblehead.



Spontaneous, entertaining, and fun! Accidentally on Purpose (AOP) is the hottest improv comedy troupe on the North Shore. The seasoned hilarious troupe's comedy style is like that of the TV show "Whose Line Is It Anyway?". The evening requires interactive madcap involvement of the audience with scene suggestions and volunteer opportunities. The AOP Improv troupe has a varied and eclectic cast of professionals whose day jobs include author, doctor, teacher, tradesmen, and corporate executives that have been laughing together for over a decade. These exciting day jobs serve to add a unique flavor to the comedy weaving throughout the night. Note: All ticket sales are final. Get tickets early @ [mltlive.org](http://mltlive.org) or [facebook.com/AOPimprov](https://www.facebook.com/AOPimprov). No show is ever the same & is R-Rated Sample Video <https://www.youtube.com/watch?v=UFfQZp5C5mA>. Ticket Price: \$20.00 + Facility Fee \$2.50 = \$22.50 per person. Please call the Seaglass Office if you plan to attend. If we have a party of 10 we will get a discount. Members, Volunteers and Guests.

**February 10<sup>th</sup>, Friday, 10 – 11 a.m. “Table Talk: Family Law, Part 1 of 2” at the First Church Congregational**, 40 Monument Avenue, Room 1, Swampscott,. Do you have questions about family law issues such as divorce, alimony, property division, paternity, child support, custody, Department of Children and Families? Sherry Smith will give a half hour overview of the family law court system, followed by time for questions. Sherry is an attorney who worked for the Essex County District Attorney’s Office for 20 years and Greater Boston Legal Services for 18 years, and is now a member of Seaglass Village. **FREE. Members and Volunteers.**

**February 14<sup>th</sup>, Tuesday, 7 – 8 p.m. Discussing the Challenges and Changes That Come with Aging.** This “Living Room Chat” will be facilitated by Seaglass member Anne Waymouth, and held at Anne’s Swampscott home on the second Tuesday evening of each month through May 2022. Anne’s father told her aging is a constant series of accommodations. She helped him live alone in his home for 10 years, and started journaling about their experiences while facing the changes and challenges that come with aging. Discussions will start by reading a few pages from Anne’s journal. Hopefully the group will have similar stories to share, want to know more details about her father’s experiences, or have

first meeting. **FREE.** Members and Volunteers.

### February 15<sup>th</sup>, Wednesday, 1:30 – 3:30 p.m. Play Board Games with us at the First Church

**Congregational**, 40 Monument Avenue, Swampscott. Playing board games is back in style! According to the Bucks County, PA Public Library (2019), playing board games is not only fun but has some real benefits for seniors, including positive effects on brain function, building relationships, increasing laughter and reducing stress. Let's get together for a couple hours of socializing and fun, popcorn, and soft drinks. We will have a selection of games and choose each week what to play. With a short instruction, these will all be easy for the group to learn and enjoy. We will play on the third Wednesday afternoon of each month through April, and if we have enough interest will continue on a regular basis. **FREE.** Members and Volunteers.



### February 17<sup>th</sup>, Friday, 10 – 11 a.m. “Table Talk: Family Law, Part 2 of 2” at the First Church

**Congregational**, 40 Monument Avenue, Room 1, Swampscott. Do you have questions about family law issues such as restraining orders, harassment orders, guardianships for minors, guardianships for incapacitated persons? Sherry Smith will give a half hour overview of the family law court system, followed by time for questions. Sherry is an attorney who worked for the Essex County District Attorney's Office for 20 years and Greater Boston Legal Services for 18 years, and is now a member of Seaglass Village. **FREE.** Members and Volunteers.

### March 1<sup>st</sup>, 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](mailto:iabrams131@yahoo.com). This month's book title TBD. Books available at the Swampscott Library. **FREE.** Members and Volunteers.

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**Looking ahead...** *view full descriptions of the following new and notable events and all other future events by going to <http://www.seaglassvillage.org>, selecting calendar view (all events) instead of list view (3 months ahead).*

**April 22<sup>nd</sup>, 2023, Saturday, 3:00 - 5:00 p.m. Second Annual Seaglass Social.** Last April's Seaglass social was so well received we decided to do it again, so sign up early to ensure your place!

**April 24<sup>th</sup>, 2023, Monday, 11:00 a.m. - 12 noon. RMV Training on the Real ID.** Join us as we partner with the Swampscott Senior Center to get this much-anticipated information.

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

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

### Seaglass Village News

**Service Requests:** All requests for service must be made through the Seaglass Village office (either 781-718-0401 or on the WEB site - <http://www.seaglassvillage.org>). It is wonderful that many members have become such close friends with their volunteers that they feel okay calling them directly. But Seaglass Village volunteers are only covered by insurance when the request comes through the office. Also, in order to apply for financial grants, Seaglass needs accurate statistics of services rendered.



**Members and Volunteers:** (Picture on left) Many gathered in mid-December to make holiday illuminaries, an event co-sponsored with the Swampscott Senior Center.

**Find Your Volunteer Opportunity!** Your editor has heard many, many stories from SV volunteers that they've made a new friend by volunteering to drive someone to an appointment or by joining a Member for a household project or just for a friendly drop-in.

**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 fee subsidy; of course, it's confidential.

### COVID and Flu Vaccines Reminder

According to the U.S. Centers for Disease Control and Prevention, 90% of deaths from COVID are among people 65 and over. Also, 70-85% of seasonal flu-related deaths occur in older adults.

While lifesaving vaccines are available, research shows COVID vaccine uptake has slowed among older adults. Only 40% of seniors have received the newest booster. Most pharmacies require you to make an appointment online. If you need help, feel free to call the Swampscott Senior Center for help



**Protect yourself - Get vaccinated.**

Massachusetts residents who are getting a COVID-19 vaccine (first dose, second dose, or booster) can receive a \$75 gift card\* at the Lynn Community Vaccination site, 2 State Street.

2/01 (Wed)	12pm-8pm
2/04 (Sat)	8am-2pm
2/08 (Wed)	12pm-8pm
2/11 (Sat)	8am-2pm
2/15 (Wed)	12pm-8pm
2/19 (Sun)	8am-2pm
2/22 (Wed)	12pm-8pm
2/25 (Sat)	8am-2pm

If you have questions, please call 211 (or 1-877-211-6277) and press 1 Monday through Friday, from 9am to 5pm.

\*While supplies last.

Don't forget to wear a mask, wash your hands frequently, and stay home if you're sick.

**Alzheimer's and Dementia in Massachusetts**

Your editor is certain that every reader of this newsletter is familiar with someone suffering with memory loss and probably with someone who is a caregiver. Here are some statistics about Alzheimer's in Massachusetts:

- 130,000 people aged 65 and older are living with Alzheimer's
- 284,000 family caregivers bear the burden of the disease in MA
- 411 million hours of unpaid care provided by those caregivers

20% of seniors over 65 (and 10% of those over 45) suffer mild cognitive impairment (commonly called dementia).

If you are a caregiver of someone with memory issues, please call the Seaglass office and ask for a Courtesy card that you can hand to a waiter/waitress or shopkeeper when necessary.



## Community Events

### Swampscott:

**Community-wide Visionary Group** meets at Hawthorne-by-the-Sea on January 28th, 10 - 1 p.m. Please take advantage of this once in a generation opportunity. All that is required are your ideas, imagination, enthusiasm, and willingness to listen to your friends and neighbors. Everyone is welcome.

**Medical Aid in Dying Forum** at the Unitarian Church on Forest Avenue on January 24th 12 - 1:30 p.m. Are you an advocate for medical aid in dying in MA? Perhaps you're interested in learning more about this movement? Medical aid in dying legislation has been introduced every legislative session since 2008. What exactly is in this bill, and what is being done to move the bill forward? Co-hosted by Compassion and Choices and UU Mass Action.

### Nahant:

**Caregiver Connections Group** meets at the Village Church every 3rd Tuesday, 11 a.m. - noon. In partnership with the Nahant Public Library, Nahant Council on Aging and Nahant Village Church, this is a support group for those who care for a person living with memory loss. Many caregivers are family members; sometimes for them or for others it helps to have someone who will understand the issues. Call Nahant COA at 781-581-7557.

**Memory Cafe** is for people living with dementia and their caregiver(s). The Cafe is a stress-free hour of refreshments, chat, music and crafts. Call the Nahant Library at 781-581-0306.

### Marblehead:

**Getting Good at Getting Older Workshop** meets at Temple Sinai, 1 Community Rd., Marblehead. This weekend of workshops is with Rabbi Laura Geller, Rabbi Emerita of Temple Emanuel of Beverly Hills, CA. Saturday, Jan. 21st, 7:30 p.m. "What brings you joy" and Sunday, Jan. 22nd, 10 a.m., "You Get by with a little Help from Your Friends." Call Temple Sinai office at 781-631-2763.

## Wanna go to the movies?

Streaming services like Amazon Prime, HBO Max, or Netflix have opened the world of movies to us. I love introducing my grandchildren to some of the oldies/goodies. Humphrey Bogart won an Oscar in *The Treasure of the Sierra Madre* back in 1948. And if you like westerns, try *Rio Bravo* with John

World (1963). I just saw (for the umpteenth time) Gene Kelly, Donald O'Connor and Debbie Reynolds in *Singin' in the Rain* (1952). One more on my list is Lena Horne and Cab Calloway in *Stormy Weather*. My 12-year old granddaughter promises to supply the popcorn.

### [Seaglass Village Sponsors:](#)

Many thanks to our generous corporate sponsors:

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Emily Gaffney, is a Realtor® and Senior Real Estate Specialist (SRES) with Coldwell Banker. specializing in helping seniors sell their homes to relocate. [617-610-3212](tel:617-610-3212)

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**Andrew G. Christensen, Esq.**

[www.thechristensenlawfirm.com](http://www.thechristensenlawfirm.com)

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



[Volunteer](#)

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 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)

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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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