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NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

NEWSLETTER - April 2023

"April, April, laugh thy girlish laughter,
and the moment after, Weep thy girlish tears, April."

— Angus Wilson

[Calendar of Events - April & May 2023](#)

Please call 781-718-0401 or email info@seaglassvillage.org, or go to our WEB site <https://www.seaglassvillage.org/> for more information and to sign up for events that require sign-up. Reserve your space at any event by registering early.

Please note Seaglass Guest Policy: If you would like to attend any event as a guest you are welcome. We ask that non-members and guests call the Seaglass office and provide your name, email 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.

****Pickleball** and **Bocce Ball** resuming soon! Watch here for details.**

coffee and pastries! Pre-registration is required. PRICE depends on your order. Open to Members and Volunteers.

March 24, Friday, 10:00 –11:00 a.m. Table Talk: “Travel Video Tour of Mongolia” at the First Church Congregational, 40 Monument Avenue, Room 1, Swampscott. Join us for our first Travel Video Tour! Seaglass member Judy Gates travelled and lived in Mongolia after she retired and has many stories and photos to share. (Ask Judy about her camel ride!) Limited to 8 people. FREE. Members and Volunteers.



March 27, Monday, 2:00 – 3:00 p.m. Swampscott Conservancy Native Species Garden Talk, Swampscott Senior Center Dining Room, 200R Essex Street, Swampscott. What if your garden (or even your window box or planter) could help restore the ecology of your neighborhood? What if you could give birds and pollinators what they need to thrive? “Native Plant Gardens - why the plants you nurture matter!” This talk is about why every garden should be a native garden. The audience will be introduced to the evolutionary history among native plants and the critters that use these plants as habitat. Dr. Colleen Hitchcock will share about the work of the Swampscott Conservancy in town and show how growing native plants and using ecological landscape practices can simultaneously reverse biodiversity loss and increase resilience in our landscapes – all while creating a beautiful garden! Dr. Hitchcock is a member of the Board of Directors of the Swampscott Conservancy and chair of the Environmental Studies Program at Brandeis University. Light refreshments will be provided. Pre-register at Seaglass Village Office or on line, or Swampscott Senior Center. FREE. Open to Seaglass Members and Volunteers, and also to Swampscott, Nahant, and Marblehead COA members.

March 31, Friday, 10:00 –11:00 a.m. Table Talk: “Meeting the Technology Challenge” at the First Church Congregational, 40 Monument Avenue, Room 1, Swampscott.



Join us for this talk for people who are technologically challenged. Are you uncomfortable using your iPad or laptop? Having problems using the Seaglass website, or uploading your photos to your device? Have you ever met over ZOOM or would you want to? Bring your electronics with you to this workshop. If you haven't any problems, then come and show us your favorite photos and maybe you can help someone else get started. We will offer this session monthly, so you may want to come to several to get comfortable with setting up and using your devices. Limited to 8 people. FREE. Members and Volunteers.



April 6, 2023, Thursday, 1:30 – 3:30 p.m. Spring Craft Workshop “Fascinator Hats” at the First Church Congregational, 40 Monument Avenue, Swampscott. Let's have some fun before Easter and the Kentucky Derby making fascinator hats! We will supply materials and good company.



Pre-registration is required by April 3rd. Cost \$10.00 per person. Open to Seaglass Members and Volunteers.

woodwork, knit, or do any other kind of craft in your spare time? Bring along your crafts to work on, show others things you’ve done, learn about what other people do, or share photos of things you’ve done in the past. If we have enough interest, this group will meet monthly. Pre-registration is required. FREE. Members and Volunteers.

April 11, 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. This interest group will determine the format, content, and scheduling of the group. Volunteers. Maximum 6 people. Address and directions will be provided to attendees. FREE. Members and Volunteers.

April 12, 2023, Wednesday, 2:00 – 3:00 p.m. 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. This month’s book title is *Mercy Street* by Jennifer Haigh. Books will be available week of March 20th at the Swampscott Public Library. **FREE.** Members and Volunteers.



April 14, Friday, 10 – 11 a.m., Member and Volunteer Small Group Chat at the First Church Congregational, 40 Monument Avenue, Room 1, Swampscott, MA 01907. We invite you to join us for an hour of conversation and light refreshments. This is an opportunity to meet and get to know other Seaglass members, ask us questions, give us feedback on how we’re doing and things you might like to see offered. Pre-registration is required. You are welcome to bring a friend(s) if they would like to know more about us! **FREE.** Open to Members, Volunteers, and Guests. Limit 8 people per session.

April 19, 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. Pre-registration is required. **FREE.** Members and Volunteers.

April 21, Friday, 10:00 – 11:00 a.m. Table Talk: “Meeting the Technology Challenge,” First Church Congregational, 40 Monument Avenue, Room 1, Swampscott. Join us for this talk for people who are technologically challenged. Are you uncomfortable using your iPad or laptop? Having problems using the Seaglass website, or uploading your photos to your device? Have you ever met over ZOOM or would you want to? Bring your electronics with you to this workshop. If you haven’t any problems, then come and show us your favorite photos and maybe you can help

registration if required. FREE. Members and Volunteers.

April 22, 2023, Saturday, 3:00 - 5:00 p.m. Second Annual Seaglass Social. Swampscott Senior Center, 200R Essex Street, Swampscott. Last April's Seaglass social was so well received we decided to do it again, so sign up early to ensure your place! Ladies and gentlemen, come enjoy your choice of coffee, tea, or soft drinks along with small bites, baked goods, good conversation, and more! This is a great opportunity for Seaglass members and volunteers to get together in a large group setting, so don't miss it! We'll have a couple hours of laughter, food, and camaraderie!

If anyone has done something unusual (maybe ridden in a hot air balloon), has a special talent (sang in or danced in a theater production?), met someone famous, or for some reason wore a costume, please separately email Linda Garber Linnieg5208@gmail.com. Silly facts are welcome! If you include a photo, that's even better. Please don't share your stories with anyone but Linda. We'd love to have a little fun with those secrets at the event. There will be prizes for some of the best stories, and a few mystery prizes for other lucky individuals! We will have a short slide show of Seaglass past events and share with you what's planned for the future. If you are interested in setting up, helping clean-up after the party, OR providing some refreshments for this event please contact Seaglass office to sign up. Hope to see you there!

April 24, Monday, 11:00 a.m. - 12 noon. RMV Training on the Real ID. Swampscott Senior Center Dining Room, 200R Essex Street, Swampscott. Join us as we partner with the Swampscott Senior Center to get this much-anticipated information (postponed from January 10th). Pre-registration is required for this event. FREE. Members, Volunteers, and Friends from Marblehead, Nahant, and Swampscott. Note, guests are welcome but must call the Seaglass office to register with their name, email address and phone number so we can contact you if the venue changes. Also guests must either bring their COVID vaccination card to show at the event, or may take it to the Seaglass Office prior to the presentation date to get it on record.

May 3, 2023, Wednesday, 10:00 – 11:00 a.m. Garden Table Talk at First Church Congregational, 40 Monument Avenue, Room 1, Swampscott. Join us for a monthly garden chat. What should you plant, when do you begin? What you need to know about great gardens. Pre-registration is required. FREE. Open to Members and Volunteers.

May 5, 2023, Friday, 11:30 a.m. – 1:00 p.m. Cinco de Mayo Lunch at Casa Corona, 33 Smith Street, Marblehead. Join us for a lively lunch out with friends! Pre-registration is required. Details to follow. Price depends on your lunch order. Open to Members and Volunteers.

May 9, 2023, Tuesday, 1:00 – 3:00 p.m. “How Crafty Are You?” at First Church Congregational Library, 40 Monument Avenue, Room 1, Swampscott. Do you sew, weave, woodwork, knit, or do any other kind of craft in your spare time? Bring along your crafts to work on, show others things you've done, learn about what other people do, or share photos of things you've done in the past. If we have enough interest, this group will meet monthly. To participate, please pre-register



May 9, Tuesday, 7:00 – 8:00 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. This interest group will determine the format, content, and scheduling of the group. Volunteers. Maximum 6 people. Address and directions will be provided to attendees prior to first meeting. FREE. Members and Volunteers.

May 12, 2023, Friday, 11:00 – 11:00 a.m. Table Talk “What to do in the North Shore Area?”,

First Church Congregational, 40 Monument Avenue, Swampscott. Join us for a lively sharing of activities and fun things to do in the area! What are your favorite places to visit? Come share with the group and maybe you will find something new that you just have to go try! Pre-registration is required. FREE. Open to Members and Volunteers.

May 17, 2023, Wednesday, 12:00 – 1:00 p.m., Lunch and Learn, “How to Stay Social as a Senior”.

UUGL Church and Seaglass Village are partnering for this event, to be held at Unitarian Universalist Church of Greater Lynn, 101 Forest Street, Swampscott. Details to follow. **Price \$TBD.** Limited to 21 attendees. Open to Members and Volunteers.

Looking ahead... view full descriptions of the following new and notable events and all other future events by going to Seaglass Village WEB site and selecting calendar view (all events) instead of list view (3 months ahead).

July 8, 2023, Saturday, 9:00 a.m. - 1 p.m. (Rain date July 9th, Sunday). Nahant Native Species Gardens Tour.

Join us for an amazing garden tour of 9 native species gardens in Nahant. Tour begin at the Johnson Elementary School, 200 Castle Road, Nahant. You may park in the school parking lot. Elementary school students will be docents for the school gardens as you begin your tour. You will receive a garden map on arrival, and a ticket for door prizes drawings. Don’t miss this wonderful opportunity to spend the morning with us! FREE. Open to the public. For more information: <https://seaglass.helpfulvillage.com/documents/239/download>

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 posts)
- Seaglass Monthly Newsletter, emailed (or mailed) to all Members, Volunteers and Friends on the 20th of every month

Marblehead: Mondays, through April 10th 11:30-5:30, Abbot Public Library, 3 Brook Road. **AARP Tax Counseling Program.** Free Tax Prep Help. Reservations required, call the library at 781 631-1481, ext. 213.

Nahant: Friday, May 5th 8 - 10 am, Nahant Village Church, 27 Cliff St., Nahant. **Community Breakfast.** The Nahant Village Church welcomes you to their monthly Community Breakfast. All are welcome to join and the breakfast is free.



Swampscott: Mondays, 11 - 1 pm and Wednesdays, 6 - 8 pm, 86 Burrill Street Swampscott. **Anchor Food Pantry.** Members can choose from a wide variety of food in the Pantry, and seniors can order for home delivery. For more information: anchorfooddelivery@gmail.com or call at 781-479-3080

Seaglass Village News

Thank You, Volunteers! (A few examples... there are many, many more):

****Richard** came to the rescue of a Marblehead Member in early March. She had a used, but still good, computer and wanted to gift it to a family member. But she didn't know how to delete all her own personal stuff (emails, Facebook, Google searches, saved documents) before handing it over. In a half-hour telephone call, Richard walked her through the steps. Thank you!

****Betsy** drove a Marblehead Member to the Registry of Motor Vehicles in Danvers. Alas, without an appointment, the Registry wouldn't help her. So she and Betsy made the best of a disappointing morning by going to Trader Joe's! Thank you!

****Rebecca** drives a member twice a week to her doctor's office for a quick procedure. Rebecca has just made this part of her weekly schedule. Thank you!

****Judy** drove Morris, a member in Swampscott, to his barber for a haircut. Thank you!

****Clarke** helped Paula in Nahant to set up a Bluetooth wireless connection. Thank you!

And, some services that we want members to know about (there are dozens (hundreds?) more):

****A Seaglass Village member** would like to start a cribbage group to meet in his home. Call the office to learn more.

****A Seaglass Village volunteer** makes soup every few weeks and always has extras in her freezer. Her (delicious) soup is available to members if they're just home from the hospital or in

**There are some Seaglass Village members who are full-time caregivers for their partners. Sometimes those caregivers need a break to run an errand or just take a walk. SV volunteers are happy to visit with the person who needs care while the caregiver goes out.

National Volunteer Week begins Saturday, April 15, 2023: If a Seaglass Village volunteer has made a difference in your life, perhaps driving you to appointments, maybe bringing you to a social event, or even coming to your home to help with a chore, please write a short note and send it to the office so we can properly thank our volunteers. (SGV email: info@seaglassvillage.org)

Meet a Member/Volunteer: Our Events Committee is AWESOME. (Usually this editor thinks that adjective is over-used, but not in this context... it's true.) Our Members and Volunteers are flooding to the lectures, lunches, book club, tours, and workshops. They're learning, of course, but even more important, they're making connections and friends, and even in the cold, grey New England winter, they're getting out of the house.

Neighbors: The byline of [Seaglass Village](#) is *Neighbors Helping Neighbors to Age in Place*. Another aspect of neighborliness for our newsletter readers is to tell your neighbors about SV.

Table Talk: In March the SV Events Committee started **Table Talk**, which will meet sporadically to discuss topics that our Members have recommended. (You'll see some examples of Table Talks on March 24, March 31, April 21, and May 12.) The photo is of a March 17 Table Talk.



Aging in Place

Most Americans want to age in their homes. In a 2021 survey, AARP found that 77 percent of adults age 50 and older said they wanted to remain in their homes for the long term. Those numbers have stayed consistent for a decade or more and were unchanged even after COVID-19 related lockdowns.

That may be behind the fast growth of the village movement in the U.S. As of last spring, there were 25 village-style organizations in Massachusetts alone, with more in development.

Palliative Care/Hospice Care

Last month this newsletter introduced palliative care, with a brief explanation, a small segment follows:

People who struggle with pain and symptoms brought on by serious illness, but who are not ready or don't qualify for hospice care, often benefit from palliative care. In our area palliative care is provided through Care Dimensions in Danvers.

This month we'll continue with a brief explanation of hospice care, which is also provided by Care Dimensions - <https://www.caredimensions.org/>. Phone: 888 283-1722.

"Our hospice care program provides expert medical care and innovative pain and symptom management to adults and children living with life-limiting illnesses, mixed with compassion and gentleness that brings comfort and peace.

Our professional hospice team considers every medical, emotional and spiritual need. We serve as a source of strength for patients and their loved ones—a valued 24/7 resource, supporting them every step of the way."

Hospice care is offered to patients at home, in hospital, in nursing homes or at Kaplan Family Hospice House in Danvers. Care is free (covered by Medicare, Medicaid and most health insurance plans), and can include all of the following:

- **Board certified physician** specializing in hospice care coordinates care with primary physician and specialists
- **Specially trained nurse** manages symptoms and pain and ensures all needs are met
- **Hospice aide** assists with daily care and housekeeping
- **Social worker** helps patients and families cope with emotional and practical issues
- **Chaplain** offers non-denominational spiritual support
- **Complementary therapist** relieves stress through music, art, massage and more
- **Trained volunteer** provides companionship and help with errands
- **Bereavement counselor** helps families prepare for death and cope with grief

Covid Reminder: It's a good idea to keep some Covid Test Kits at home. They are FREE until May 11th. One way to get them sent (free) to your address is at <http://COVID.gov/tests>. It takes one minute!

Seaglass Village Sponsors:

**Many thanks to our generous
corporate and individual sponsors**



William Park,

Marblehead



Emily Gaffney

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)

Andrew G. Christensen, Esq.

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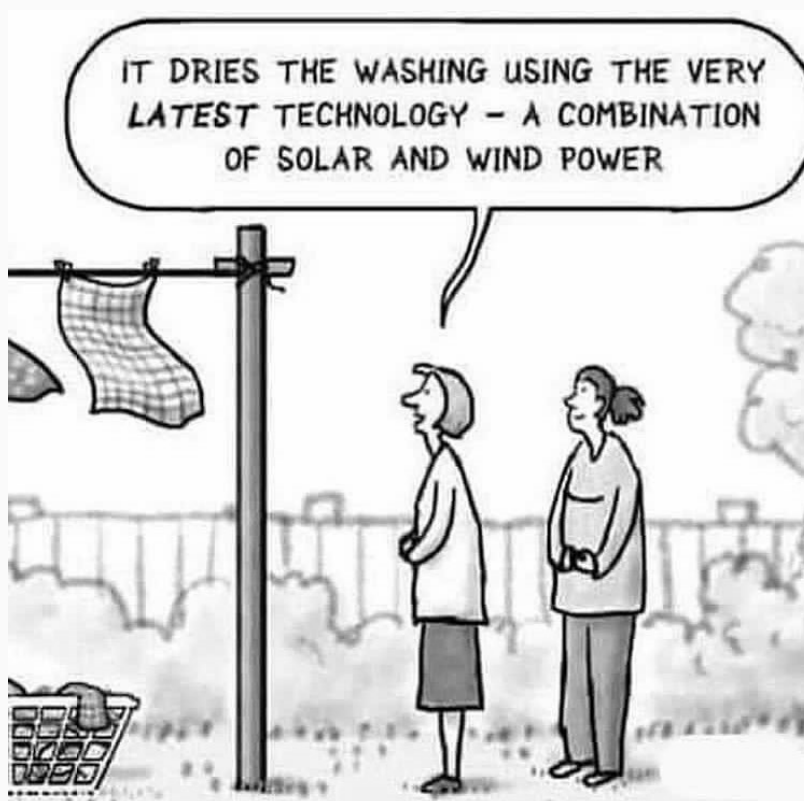
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[Need a Laugh?](#)



[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 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.

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

SEAGLASS VILLAGE - Marblehead, Nahant & Swampscott

Our WEB site:

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

Our phone # is:

781-718-0401

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