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NEIGHBORS HELPING NEIGHBORS

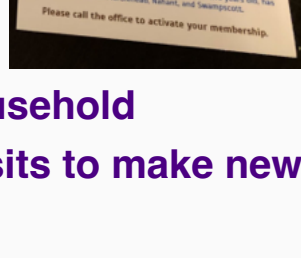
Marblehead Nahant Swampscott

NEWSLETTER (Part 1) - January 2024

Winter forms our character and brings out our best

The Seaglass Village Board of Directors wish all our members, volunteers, and friends a healthy and happy holiday season.

GIVE A GIFT OF SEAGLASS VILLAGE



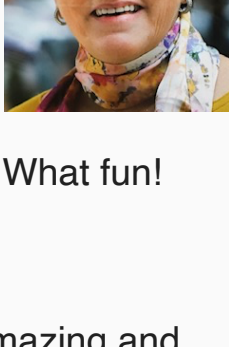
We hope this holiday season, you will consider giving a year's worth of membership in Seaglass Village. A gift to your relative, neighbor, or friend will give that recipient some of the help they need to age in place, safely, independently, and purposefully, as Seaglass volunteers will assist with rides, household projects, and pesky technical questions. They'll be invited to Seaglass events and can enjoy home visits to make new friends and minimize isolation. Membership can also ease the work of other caregivers.

Membership (individual, household, or social) gifts purchased by January 31, 2024, will be discounted 25% for both the recipient and the provider (when their membership renews).

Make a difference in someone's life this year with the gift of a Seaglass Village membership.

Seaglass Village News:

Seaglass Village Book Club. Izzi Abrams, who leads the Book Club, is the past president of the JCC and the retired co-chair of children's services at the Swampscott Public Library. Each month Izzi chooses a book, and 8 to 12 members gather at that library to discuss it. She told your editor that she loves the discussions, but even more she's intrigued with the personal conversations that revolve around each reading. One month, discussing a book set in Alaska, a member told wonderful stories about her family's connection to that state. "At the end of the session, we are always that much closer to each other than we were when we started."



January's book (Jan. 3rd), Remarkably Bright Creatures by Shelby Van Pelt, is about friendships, but features an octopus! What fun! There's room for more participants in the Seaglass Village Book Club. Please join.

Some Amazing Statistics: Seaglass Village prides itself on the wonderful services given by our volunteers and on its amazing and interesting roster of events.

- 1340 Services provided to members
- 168 Events held
- 2022 - Average # of events/month: 4
- 2023 - Average # of events/month: 9
- 2022 - Total attendance at events: 623
- 2023 - Total attendance at events (after 11 months): 1020

To Reach the Office: 781-781-0401 or info@seaglassvillage.org.

What do Seaglass Members ask for?

Rides: "Help! I have to renew my driver's license. Can someone drive me to the Registry?"

Visits: "Help! I'm just home from the hospital (with a new hip). I'd love a visit. Anyone?"

Chores (Outside): "Help! Can someone shovel my front walk?"

Chores (Inside): "Help! It's time to put the holiday decorations in the attic. Anyone available?"

Advice/Help: "Uh-oh. Mice. Any advice for an exterminator?"

Members can either call the office to request services or go online: <http://www.seaglassvillage.org>, then sign in. Go to MEMBERS, then NEW SERVICE REQUEST. You will be asked to SEARCH MEMBER - Enter your own name (or the person for whom you are requesting services). Follow the several questions about your request - what kind of request, approximate duration, date, time, etc. You will receive an email confirmation. Your request will be sent by email to many volunteers; then you will next receive a phone call from a specific volunteer who wants to help you. He or she will confirm the details with you.

Remember: Seaglass Village volunteers are **insured for home visits**. They can come into members' homes to help with chores, put away groceries, help with coats/canes/walkers/etc., read a story, share a cuppa, or play a game of whist/scrabble/chess/backgammon/whatever.

Lyndon Johnson's Great Society

The Older Americans Act (OAA) of 1965 was a response to Congressional concerns about the lack of community social services for senior citizens. The stated purpose was to ensure equal opportunity to the fair and free enjoyment of: adequate income in retirement; the best possible physical and mental health services without regard to economic status; suitable housing; restorative and long term care; opportunity for employment; retirement in health, honor, and dignity; civic, cultural, educational and recreational participation and contribution; efficient community services; immediate benefit from proven research knowledge; freedom, independence, and the exercise of self-determination; and protection against abuse neglect and exploitation.

Grants to states, nutrition programs, long-term care ombudsmen, aging, disability and health care resources, and more were initiated through the OAA.

Some photos from Recent Events:

L to R:
Ancestry, Tracing Your Family History
Craft Class, making snow globes
Two photos of Holiday Caroling



Caregivers' Corner

The Perfect Gift

What does one get a 92 year old woman for Christmas? As my mother's caregiver, I knew her life and her home intimately and tried to honor the fact that she'd become far more interested in *emptying* her house than in adding more stuff to it. I settled on things that would bring her pleasure in the moment, and those that might illicit fond memories. Her little gifts were augmented by a stocking full of specialty foods and useful little gadgets.

During a pre-Christmas football game on TV, an ad for Ancestry.com came on. As often happened with the viewing of this particular commercial, Mom expressed her keen interest in "buying an Ancestry.com". (She was unaware that Ancestry.com was not something one could go to a mall and buy, but rather that one *pulls it up* on a computer. "Through the Google?" she'd inquired). *Perfect!*, I thought. *We'll put an Ancestry.com DNA kit under the tree for Mom.*

Despite my husband's request (and payment for) overnight shipping, the kit did not arrive by December 25th. We wanted Mom to have something tangible to open on Christmas so my husband hijacked an eight inch balsa fir from the festive caroler scene on our window sill and attached little white "flags" to random branches, each denoting a foreign country or ethnicity. He wrapped the ethnicity-tree in a big box and stuck a bow on it.

At the end of gift opening, we told Mom we had a *special* gift for her... something she'd wanted for a long time. With considerable help from her son-in-law, she opened her package. She *ooooohed* and *aaaaahed* over the tiny tree with little pieces of white paper stuck to it, her level of gratitude clearly surpassing any understanding of what the gift might actually *be*. But, with our mere mention of "Ancestry.com", the spigot opened. We explained that a "kit" would be coming in the mail soon, (*Ahhh -- so one CAN BUY an Ancestry.com*, thought Mom). With a drop of her spit, the test results would confirm, negate, augment, or diminish the written and oral accounts of her heritage she'd relied upon throughout the years.

Eight weeks after swabbing her cheek, Mom learned that she (and therefore, I) had Welsh, English, and a bit of Indian blood running through our veins. For the most part, the DNA test confirmed what Mom already knew, but after reading the results together, she and I spent the next few hours looking at pictures of old ancestors and reading tattered news clippings that Mom had saved about distant relatives. This time spent together turned out to be the best part of Mom's Christmas gift. For both of us.

Happy Holidays, Emily

Community Events

Marblehead: Wednesday, January 17 6-8 pm. Marine Invaders on the Move. Learn about Invasive species and non-native organisms on our shores. Register through Abbot Public Library.

Salem: Wednesday, January 24 10-11 am. Explorers Lifelong Learning invites members and non-members to a lecture by Dominick Pangallo, Mayor of Salem, "The State of the City." 10 Federal Street, Salem, Suite 10. No registration necessary.

Covid:

Seaglass Village Requirements: Seaglass Village Members and Volunteers (new and established) must have up-to-date boosters as per current CDC recommendations.

Seaglass Village Sponsors:

Many thanks to our generous corporate and individual sponsors



Rotary Clubs of Marblehead Harbor, Marblehead, and Swampscott



www.marbleheadrotary.com
www.rotaryclubofmarbleheadharbor.org
www.swampscottrotary.org



National Grand Bank

<http://ngbank.com>



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Need a Laugh?



Volunteer Background Check

All Seaglass Village Volunteers must 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.

To become a volunteer (and therefore have both the pleasure of helping others and the opportunity to attend all SV events), please call the SV office: 781-718-0401.

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

SEAGLASS VILLAGE - Marblehead, Nahant & Swampscott

Our WEB site:
www.Seaglassvillage.org
Our mailing address is:
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