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## NEIGHBORS HELPING NEIGHBORS

Marblehead • Nahant • Swampscott

### NEWSLETTER (Part 1)— March 2024

"In March winter is holding back and spring is pulling forward.  
Something holds and something pulls inside of us too."  
—Jean Hersey

## Winter Get-Togethers



In early February, two groups of us went to see *A Gentleman's Guide to Love & Murder*, a musical comedy at Marblehead Little Theatre. Events Coordinator Linda Garber says, "We all thought it was a Broadway-caliber performance—really fabulous! We will definitely be going to the next musical comedy at MLT, *Something Rotten*, in June." After the February 4 show, the attendees dined at Caffè Italia.



On January 22, our regular Lunch Out with Friends was at CHI Restaurant in Vinnin Square.



We had a "pre-Valentine's Day" dinner at Paradiso Ristorante in Swampscott on February 7. We love socializing over great food with great conversation!



Our History, Current Events & Politics Table Talks continue to be very popular; 14 people attended our February 15 gathering to discuss the Middle East. We'll have Part 2 of this Table Talk on March 21—join us! Be sure to check out Part 2 of our Newsletter for a complete roster of upcoming events—and consult our online [Events List](#) frequently.

## Volunteer & Member News

### Collaboration with First Church Nursery School

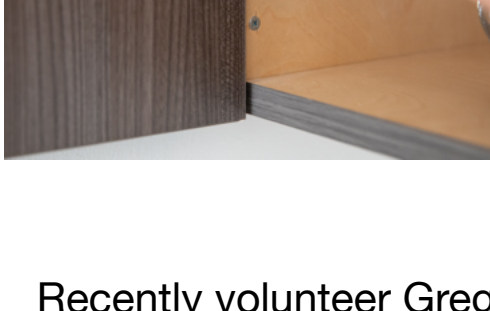
At Seaglass Village, we are always happy when we can offer an activity that combines community with service, and so we were particularly pleased when Amy Battinelli, head of the First Church Nursery School, asked if some of our volunteers could come to her classes to visit, read to the children, help with craft activities, and participate in other ways—essentially, acting as substitute grandparents for the children.



Volunteer Carole Shutzer

Some volunteers have accepted Amy's request and have really enjoyed themselves—and have helped the nursery school in the process. Volunteer Carole Shutzer, for example, loves books and children and has delighted in the opportunity. Although Carole is drawing on her experience working in libraries, teaching, and serving as JCC membership director, all that experience isn't necessary; all you need is to enjoy being around children. Carole points out that the kids are curious and "a delight to be around." If you're interested in lending your hand in this way, contact the Seaglass office by phone (781-781-0401) or [email](#).

### Giving Rides, Making Visits, Fixing Cabinets . . .



Most of our requests from members are for rides to or from somewhere, followed by requests for friendly visits. Ten percent of our requests are for a handy person, or for some kind of assistance with house, garden, or technology. All service requests, regardless of type, allow us to help each other and to socialize, and we do our best to fulfill all of them.

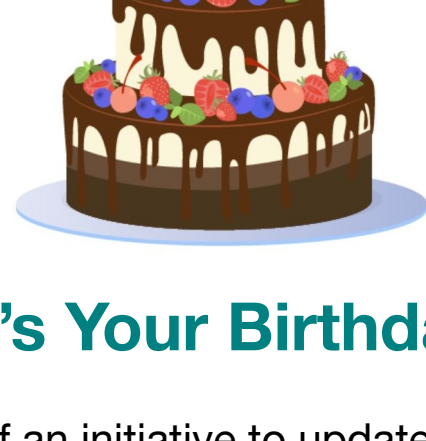
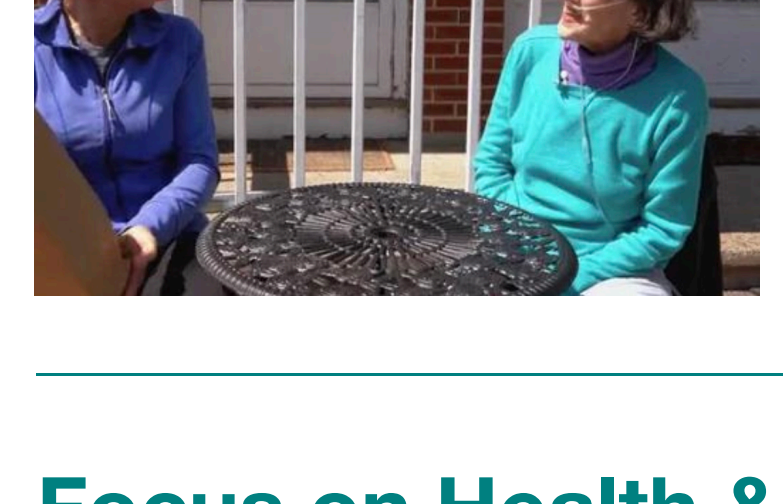
Recently volunteer Greg Bates was able to fix member Ron Fox's kitchen cabinet, which wouldn't open. Greg fixed the door and hinges, and Ron called to express how pleased he was that this service is available. So don't forget that if you need a small repair, or can't figure out how to work something, or need something organized, or need groceries put away, or what have you, let us know! *Remember:* Seaglass Village volunteers are insured for home visits.

To make a request, call the office (781-781-0401), email [info@seaglassvillage.org](mailto:info@seaglassvillage.org), or place the request through our [website](#), making sure to sign in as a member. Read instructions for online requests [here](#). Please allow us 3+ days' lead time on services.

*If you would like a tutorial on how best to navigate our website, call or email the office. We'd be happy to help!*

### Seaglass Village on TV

Seaglass Village was featured on "getting dot OLDER" on WGBH-TV 44 on Sunday, February 10! If you didn't get a chance to see it when it aired, you can view it on demand on PBS Passport, with a subscription from your local PBS station. [Tune in](#) to see a brief piece featuring Claire Regan, Susan Korper, and Ann Waymouth.



### When's Your Birthday?

As part of an initiative to update our database, and also to be able to describe our demographics as we seek grants for Seaglass Village, we'd like to know when our members' birthdays are. If we don't already have your birthdate on file, we may phone you to get that information. Think of it as helping Seaglass Village—and you'll be rewarded by a birthday card from us on your special day!

## Focus on Health & Wellness

### New Health & Wellness Series about to Launch!



Our crackerjack Events team is working on a series of talks and events focused on health and wellness. The first event will be March 28, featuring Dr. Taylor Chabot from Swampscott's Atlantic Hearing Care.

For a sneak preview—and for a chance to suggest potential topics—be sure to attend our Table Talk on February 23 at the First Church Congregational in Swampscott. We're looking forward to rolling out the series—and also to hearing your ideas!

See Part 2 of this Newsletter for more information about the March 28 event—and, as always, check the [list of events](#) at our website for the most up-to-date information about events and activities!

### Upcoming Community Events Relating to Health, Fitness, Aging

Two very interesting, and free, events will be held in Swampscott in March. On **Sunday, March 17, from 12-4 p.m.**, the Swampscott Health Department will present a **Health & Fitness Day** at Swampscott High School. The event will feature demo classes and workshops for all ages; informational booths from local businesses in the fields of health, wellness, and fitness; health screenings; raffles and giveaways; and more.

The Swampscott Senior Center and Swampscott for All Ages present **Creating Your Healthy Aging Plan** on **Saturday, March 23, from 9 a.m.–2 p.m.**, at the Senior Center. Come listen to guest speakers, attend a panel discussion, and visit informational tables. Because attendance is limited to 100, registration is required; call 781-596-8866.

Look for us at the Seaglass Village table at each of these events!

### Questions about Medicare?



New to Medicare and not sure where to start? On Medicare and have questions? A SHINE counselor can help.

Serving the Health Insurance Needs of Everyone (SHINE) provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

SHINE Counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs on the various Medicare options and can help navigate the complex health insurance system. Counselors can explain in everyday language how Medicare works, the various insurance plans, and compare costs and benefits of Medicare and other health insurance options.

Counselors also are up to date on programs that help people with limited resources pay health insurance costs. For example, as of January 1, more people qualify for additional savings on their Medicare prescription drug costs.

In general, individuals with an income lower than \$23,000 per year and couples earning less than \$31,000 may qualify for Medicare's Extra Help program. People eligible for [Extra Help](#) will pay \$0 for their Part D plan premium, have a \$0 deductible, and pay no more than \$4.50 for each generic drug.

To make an appointment to see a SHINE counselor who can give you more information and assist with all things Medicare, call or email the appropriate SHINE representative for your residence:

- Marblehead: Marblehead Council on Aging, 781-631-6225
- Nahant: Mystic Valley Elder Services, 781-388-4845
- Swampscott: Swampscott Senior Center, 781-596-8866

Thanks to Claire Regan for providing this information.

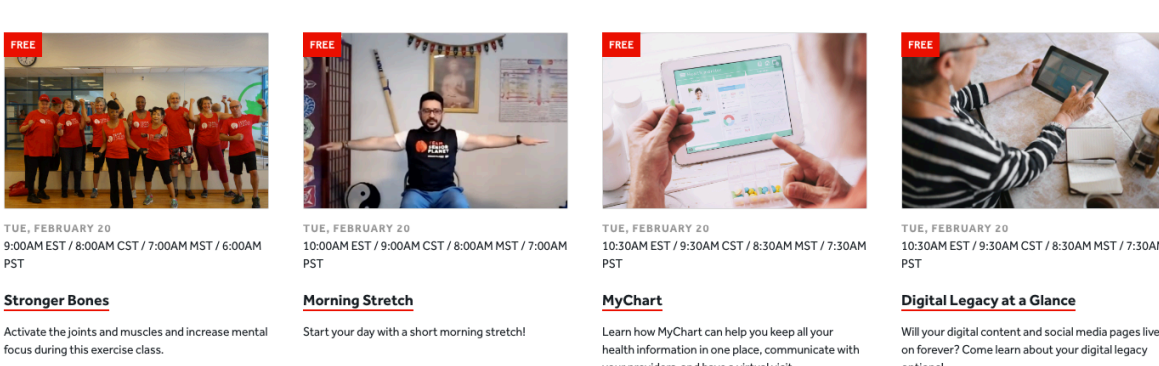
Our "Caregiver's Corner" column is on hiatus this month but will return in our April newsletter.

### Healthy Aging Resources, and More, via AARP's Senior Planet



Questions? Call the Free Senior Planet Hotline at 888-713-3493, Monday – Friday from 9am – 8pm EST.

#### Online Classes



We've just become aware of a great resource from AARP, [Senior Planet](#), which is a learning community for older adults, focused on "aging with attitude . . . and tech." Its purpose is "to enable older adults to come together and find ways to learn, work, create, exercise, and thrive in today's digital age."

Via Senior Planet, you can access virtual articles, classes, and programs not only relating to health and wellness but also to financial security, social engagement, creative expression, and civic participation. "All five areas represent opportunities in the lives of older adults where technology can have a transformative effect," the website says.

Among Senior Planet's health and wellness offerings are online classes on the importance of bones, chair yoga, and strength and stability, as well as articles about the importance of optimism, what to do when your doctor retires, and an update on arthritis research. Other interesting topics include cybersecurity, photo editing, using digital wallets, using Zoom, and a wide variety of other ways of learning and connecting. There's even a book club—but don't forget that Seaglass Village has one also!

### Need a Laugh?

My doctor told me that I should start exercising. So I joined an aerobics class for seniors. I bent, twisted, and jumped for an hour! By the time I finished putting on my workout clothes, the class was over.

### Seaglass Village Basics

**Vetted Volunteers:** All Seaglass Village volunteers submit CORI forms (Criminal Offender Record Information) before being accepted as volunteers. The form is 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 our members.

**COVID Requirements:** Seaglass Village members and volunteers (both new and established) must have up-to-date boosters, as per current CDC recommendations.

**Volunteering with Seaglass Village:** To become a volunteer (and therefore have both the pleasure of helping others and the opportunity to attend all Seaglass Village events), please call the SV office: 781-718-0401 or complete the [online volunteer application](#).

**Supporting 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).

**Please give us feedback!** Call the office at 781-718-0401 or send an [email](#) with comments about our services and/or a full-blown testimonial!

### Seaglass Village Sponsors

Many thanks to our generous corporate & individual sponsors!



[Read more about our sponsors](#)

We look forward to connecting with you!



Our mailing address: c/o First Church Congregational, 40 Monument Avenue, Swampscott, MA 01907  
Our email address: [info@seaglassvillage.org](mailto:info@seaglassvillage.org)  
Our phone number: 781-718-0401  
Our Facebook page: <https://www.facebook.com/SeaglassVill>

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