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# NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

## NEWSLETTER (Part 1) - April 2024

- April comes to those who wait.

### Please, Give Us Feedback!

Call the office or send an email - [info@seaglassvillage.org](mailto:info@seaglassvillage.org) with comments about our service and/or a full-blown testimonial!

**HOLD THIS DATE: APRIL 25, 2024 4-7 p.m.**

### SEAGLASS VILLAGE FUNDRAISER - TIDES RESTAURANT AND PUB

2 Wilson Way, Nahant (Make reservation: 781-593-7500)

### BRING YOUR FRIENDS AND FAMILY TO ENJOY A DELICIOUS MEAL AND POSSIBLY WIN ONE OF OUR WONDERFUL GIFT BASKETS AND THE 50/50 RAFFLE

Tides will generously donate a percentage of all receipts that night to Seaglass Village

### Call the Seaglass Office to Request a Service:

Call: 781-718-0401 (or go online: [www.seaglassvillage.org](http://www.seaglassvillage.org))

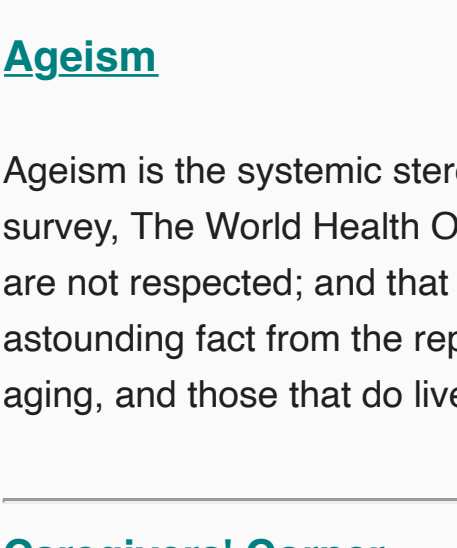
- Help springclean the garden
- Help springclean the inside of your windows
- Join a Member for a picnic
- Take a walk on the beach
- Help carry out garden/yard furniture
- Help with exchanging storm windows and screens
- Help organize the garage/garden shed/closets
- Get a ride to a Seaglass event

**To Request a Service on line:** 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 service). 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.

### The Credit for Caring Act

The Village to Village Network has joined AARP, Alzheimer's Association, American Heart Assoc., and about 40 or 50 other organizations in urging Congress to create a new, non-refundable federal tax credit of up to \$5,000/year for eligible working family caregivers to help address the significant financial impact on caregiving.

### Smart Watches and Other Wearable Devices



We all know the value of exercise. Nowadays there are wearable devices to help us track our daily activity (in fact, they can also track how much sleep we're getting, and much more). Many doctors believe that having a visual record of our progress toward goals can be a motivating factor.

There are lots of choices of wearables: Apple Watch, Garmin smartwatch, Whoop wristband, and many others. Basically they do the same thing - they keep track of how many steps we take,

whether we've been inactive for too long, and they can even prompt us to take our meds.

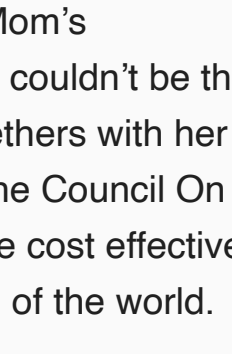
### Ageism

Ageism is the systemic stereotyping and discrimination of a person based on their age. In a survey, The World Health Organization found that 60% of respondents reported that older people are not respected; and that the lowest levels of respect occur in the highest income countries. An astounding fact from the report is that many older people have negative views about their own aging, and those that do live an average 7.5 years less than older people with positive attitudes.

### Caregivers' Corner

It was a beautiful sunny day and I thought my 92-year-old mother might enjoy a walk. On a scale of 1 to 10, her ambulatory-ability was about a soft 4 so I knew she'd need assistance. Quietly entering her apartment through the back door, I found her speaking with the FedEx person who threw me a pleading look over her shoulder. When I saw the manila folder in her hands, addressed to some guy in the Maldives Islands, I immediately understood the reason for her questionable activities of the preceding few months. I was terrified. My aunt had lost \$400,000 (to a "Nigerian prince" she'd befriended) before her daughter caught on and became her conservator.

Within the manila envelope was \$5,000 in hundred dollar bills, meticulously attached to the pages of a Coastal Living Magazine with surgical tape (so as "not to rip the bills"... her choice of magazines was also not lost on me). For her efforts, Mom was told she'd receive her "sweepstakes winnings" of \$500,000 later that night.



After an hour with the police, multiple forms of "evidence", and a visit from Elder Services, my mother finally understood that she'd been diabolically duped. Turns out, she'd taken a treacherous teeter to the top of the street to catch a cab to Stop and Shop where she cashed a check. (She didn't want me to see her get in the cab from my kitchen window, hence her journey to the top of the street.)

After an initial phase of shock and awe - for both of us - I donned my empathy hat and realized that in addition to being embarrassed, my mother was deeply hurt. The scam had furnished her with a "new friend" in Connecticut with whom she'd "gabbled for hours" and this new friend had just hung up on her. Loneliness was a huge factor in her participation in this particular con.

Mom also found purpose in her underground activities, her end-goal being to leave some cash for her kids and donate the rest of the \$500,000 in winnings to her multiple beloved charities. If she could do nothing else at the end of her life, she could leave a legacy of giving.

With her dexterity and sight waning, "crafting" had become difficult and Mom was finding less and less enjoyment in reading or watching TV. Despite requiring a magnifying glass to complete the paperwork necessary to carry out her subversive activities, participating in the scammy sweepstakes broke the boredom of her otherwise mundane days. She was communicating with new people, exercising her ample brain power, organizing minute details, and using some of her craft-ability. (C'mon... taping \$100 bills into magazines with surgical tape?)

Despite a college education and a head holding most of her original marbles, my mother was still a Golden Senior in need of companionship, activity, and flexing of her intellectual muscle. Unfortunately, this hurtful hustle offered all of it, plus the promise of plenty more. Mom's involvement in this caper highlighted what was missing in her life, but I knew that I couldn't be the only source to provide it. I could, however, help her find fulfillment through get-togethers with her friends (only a few of whom were still alive), paid companionship, weekly trips to the Council On Aging and an occasional shopping trip. All of these were doable and certainly more cost effective (with far greater returns), than succumbing to the scumbags and seedy scammers of the world.

During the five years since this near-fiasco, the scammers and criminals of the world have been doing push-ups in their garages, strengthening their ability to beat even the most brilliant of minds, constantly devising new ways to weave themselves into our daily lives. Last year, I fell victim to a scam myself and realized that - once again - I'd been given an opportunity to walk in my mother's

Best wishes to all, Emily

### Community Events

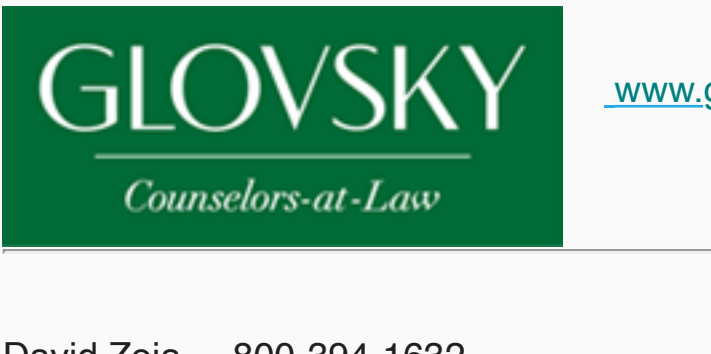
**Nahant:** Saturday, March 23 1 p.m. Nahant Beach Walk (2.8 miles). Park @ Playground Parking Lot just off Nahant Rotary in Lynn.

**Marblehead:** Mondays, through April 8th. Abbot Public Library. Tax counseling service. Call 781-631-1481 to make appointment.

**Swampscott:** Saturday, April 6, 4 p.m. Andrew's Chapel, Swampscott Cemetery. The Tin Box Poets of Swampscott poetry reading.

### Seaglass Village Sponsors:

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



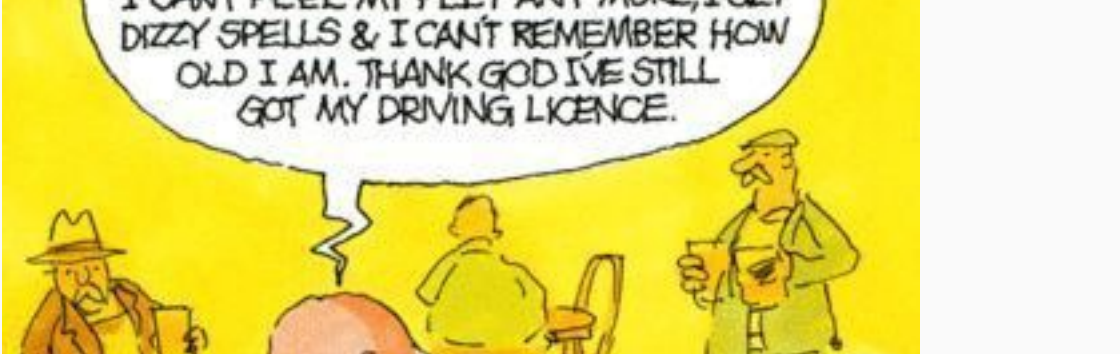
### Rotary Clubs of Marblehead Harbor, Marblehead, and Swampscott



[www.marbleheadrotary.com](http://www.marbleheadrotary.com)  
[www.rotaryclubofmarbleheadharbor.org](http://www.rotaryclubofmarbleheadharbor.org)  
[www.swampscottrotary.org](http://www.swampscottrotary.org)



<http://ngbank.com>

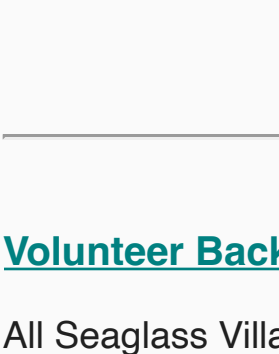


<https://thefirstchurch.org>

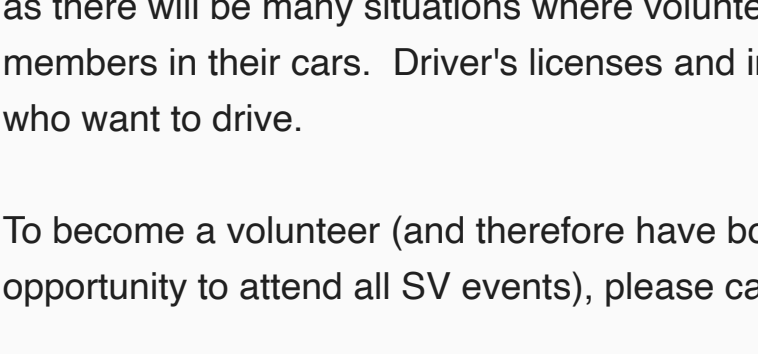
William Park,

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)

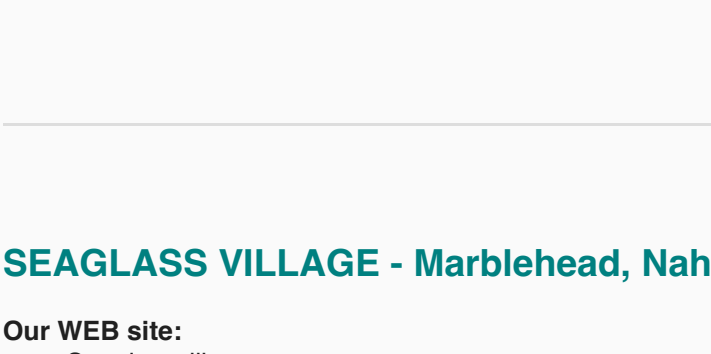


<http://www.atlantichearingcare.com>

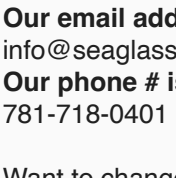


[www.glovsky.com](http://www.glovsky.com)

David Zoia 800-394-1632



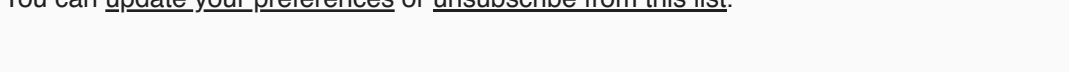
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In Home Care & Assistance

Provides professional home care services under the watch of a team of nurses to ensure our quality of service.

<http://www.Rightathome.net>



<https://www.firstlighthomecare.com/>

### 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.

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](https://seaglass.helpfulvillage.com/fundraising_campaigns/1-general-fund)

### 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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