



# NEIGHBORS HELPING NEIGHBORS

Marblehead Nahant Swampscott

## NEWSLETTER (Part 2) - April 2024

### EVENTS (Please Print)

#### Calendar of Events - March, April, May 2024

\*\*\*ALL ATTENDEES TO ALL EVENTS MUST REGISTER BEFORE ATTENDING\*\*\*

[info@seaglassvillage.org](mailto:info@seaglassvillage.org), or go to our WEB site [www.seaglassvillage.org](http://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.

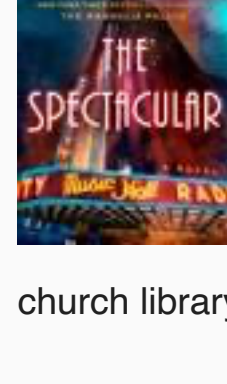
Please note Seaglass Guest Policy: If you would like to attend any event as a guest you are welcome. We ask that non-members and guests call the Seaglass office and provide your name, email address, and telephone number, and you will be required to show your COVID vaccination card on arrival. This will 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.

**March 20<sup>th</sup> Wednesday, 11:45 am -1:15 pm, “Lunch Out with Friends”.** Elia Taverna Greek Restaurant, 261 Washington Street, Marblehead. Come meet new friends and see old friends at lunch! This should be a fun outing to Marblehead’s highly rated Greek restaurant. Price depends on your lunch order. Open to Seaglass members, volunteers, and guests. **Please call the Seaglass Office at 781-718-0401 if you would like to attend and have not already signed up. There is very limited seating available.**

**March 21<sup>st</sup> Thursday, 10 - 11 am, “History, Politics & Current Events: The Middle East, Part 2”.** First Church Congregational Room 1, 40 Monument Avenue, Swampscott. Moderated by Seaglass member Fred Garber. This group encourages lively, respectful discussion and questions, and even tangents relating to current events. This month’s topic is The Middle East. Hope you can join us! FREE. Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *NOTE: If you plan to attend, please enter at the back door of the church to the left of the playground. If the door is locked, use the doorbell and someone will let you in.*

**March 23<sup>rd</sup>, Saturday 9 am – 2 pm, Community Event: “Creating Your Healthy Aging Plan.”** Swampscott Senior Center, 200 Rear Essex Street, Swampscott (behind Swampscott High School). The Swampscott for all Ages Committee and the Swampscott Senior Center are sponsoring a program on Creating Your Healthy Aging Plan. This seminar will feature guest speakers (including Seaglass Director Alyce Deveau), panel discussion/Q&A, and local vendors. The event includes lunch. Pre-registration is required and space is limited to 100 people. Free. To register, call 781-596-8866.

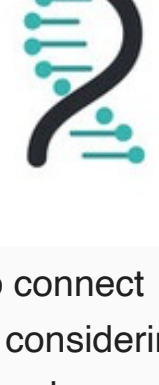
**March 28<sup>th</sup> Thursday, 10:30 – 11:30 am, “Signs and Symptoms of Hearing Loss, and the Importance of Getting Your Hearing Tested”.** First Church Congregational Room 1, 40 Monument Avenue, Swampscott. This talk will kick off our new **HEALTH AND WELLNESS SERIES**. We welcome guest speaker Dr. Taylor Chabot from Atlantic Hearing Care. Dr. Chabot will be discussing the signs and symptoms of hearing loss, the importance of getting your hearing tested, and how to navigate the options for treating hearing loss. Take advantage of the complementary hearing screenings (optional) offered after the presentation. Please let us know if you would like to be on this screening schedule. Screenings take 10-15 minutes per person and will be offered from 11:30 am - 1:00 pm. FREE. Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *NOTE: If you plan to attend, please enter the back door of the church to the left of the playground. Ring the doorbell if the door is locked, and you will be buzzed in.*



**April 3<sup>rd</sup>, Wednesday, 2 – 3 pm, Literary Tea Book Club.** First Church Congregational Library, 40 Monument Avenue, Swampscott. This month’s book is *The Spectacular* by Fiona Davis. Books are available at the Swampscott Library. Contact Izzi Abrams [iabrams@yahoo.com](mailto:iabrams@yahoo.com) or Seaglass Village office 781-718-0401 if you have questions. Note: Please register in advance for this event so we have a headcount for refreshments. Use the front entrance of First Church to get to the church library. FREE. Members, Volunteers, and Guests.

**April 11<sup>th</sup>, Thursday, 7 – 8:30 pm, Discovering Your Cousins Using DNA – Exploring Your Autosomal DNA Matches”.** First Church Congregational Library, 40 Monument Avenue, Swampscott.

We welcome guest speaker Pam Guye Holland, Swampscott resident and Professional Genealogist. Pam has been researching Genetic Genealogy for more than 20 years. Pam will show you how to explore your DNA matches and use the tools available at the major DNA testing companies: AncestryDNA, FamilyTreeDNA, MyHeritage and 23andMe. This talk will focus on practical ways to discover how you are related to your Autosomal DNA Cousins. (Autosomal DNA tests can find relatives, from long-lost siblings to 10th cousins.) Case studies using matches at each testing company will illustrate methods you can use to connect with new cousins who can help you grow your family tree. This talk assumes you are considering testing or have tested at one of the DNA testing companies. Anyone interested in genealogy and family history is invited to join us for this presentation. Open to all. COST: Seaglass Village Members/Volunteers FREE, Others \$5.00. Please enter the church using the front door.



**April 12<sup>th</sup>, Friday, 10 – 11:30 am, Table Talk: “S.U.R.E. Tell Us Your Story Project”.** First Church, 40 Monument Avenue, Room 1, Swampscott. We had a wonderful time at this table talk on March 15th, and will meet again April 12th to share our stories. We invite all Marblehead, Nahant, and Swampscott Seaglass members and volunteers to join us if you missed the first session! Come learn about S.U.R.E. (Swampscott Unites, Respects, Embraces Diversity). We welcome guest speakers Ralph Edwards and Mary DeChillo who will introduce us to the “Tell Us Your Story” Project. We all share a common denominator - coming to America. Many folks have not given this significant family event much thought, yet it is rich and inspiring and encourages family conversation. This does not require extensive genealogical research (unless you want to). It encourages consulting with elders and comparing notes. WHO came? from WHERE? WHEN? WHY? The other key question is the writer’s response - What does it mean to you? The vignettes will be posted on the S.U.R.E. website - [surediversity.org](http://surediversity.org) and for Swampscott residents archived in the Swampscott Public Library. Marblehead and Nahant stories will be posted at the Seaglass offices or archived at those local libraries. FREE. Members, Volunteers, and Guests. Light refreshments will be served. *NOTE: If you plan to attend, please enter the church at the back door to the left of the playground. If the door is locked, use the doorbell and someone will let you in.*

**April 16<sup>th</sup>, Tuesday, 4 – 6 pm, Seaglass Volunteer Appreciation Social.** First Church Congregational Library, 40 Monument Avenue, Swampscott. All Seaglass Village volunteers are invited to join us for a Wine and Cheese Social. We appreciate all that you do! Hope you can join us! Contact Seaglass Village office 781-718-0401 if you have questions. Note: Please register in advance for this event so we have a headcount for refreshments. Use the front entrance of First Church to get to the church library. FREE.

**April 18<sup>th</sup> Thursday, 10 - 11 am, “History, Politics & Current Events: Topic TBD. Location: First Church Congregational Room 1, 40 Monument Avenue, Swampscott.** Moderated by Seaglass member Fred Garber. This group encourages lively, respectful discussion and questions, and even tangents relating to current events. Hope you can join us! **FREE**. Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *NOTE: If you plan to attend, please enter at the back door of the church to the left of the playground. If the door is locked, use the doorbell and someone will let you in.*

**April 25<sup>th</sup>, Thursday, 4 - 7 pm, Join us for a Seaglass Village Fundraiser Dinner at The Tides Restaurant & Pub, 2 Wilson Road, Nahant.** Invite your friends and family to join you for dinner at The Tides Restaurant & Pub. Delicious food, gift baskets and a 50/50 raffle! 10% of the evening’s proceeds will be donated to Seaglass Village to help support our programs. Please sign up on the Swampscott website or call the office at 781-718-0401. Open to all. The Tides asks that if you plan to attend you call and make a reservation for the time of your choice & reference “Seaglass Village” when you reserve your table. Please also sign up on the Seaglass website or call the office at 781-718-0401. Open to all. **The Tides is accepting reservation calls starting Wednesday morning April 24th, 10:30 a.m. @ 781-593-7500, Ext 2.**

**May 3<sup>rd</sup> Friday, 10:30 – 11:30 am, “HEALTH AND WELLNESS SERIES: The Aging Brain”.** Location: Will advise. We welcome guest speaker Sue Sussman, Psychiatric Nurse Practitioner for this talk. Sue will talk on mental health as we age, understanding anxiety, depression and dementia, and tips to keep healthy. Light refreshments will be served. FREE. Members, Volunteers, and Guests. **FREE**. Open to Seaglass members, volunteers, and guests.

**May 13<sup>th</sup>, Monday 2 - 4 pm, Spring Time Tea Party.** Swampscott Senior Center, 200 Rear Essex Street, Swampscott (behind Swampscott High School). Seaglass Village and Swampscott Senior Center are co-sponsoring this fancy spring tea party. Pre-registration is required and space is limited to 50 people. Price TBD. Please register on the Seaglass website or call the Swampscott Senior Center at 781-596-8866.

**May 14<sup>th</sup> Tuesday, 1:30 – 3 pm, “Ancestry: Genealogy Discussion Group.”** Unitarian Universalist Church of Greater Lynn (UUCGL), 101 Forest Avenue, Swampscott. This group is open to those who have been working on tracing their ancestry as well as those who are looking to begin. We’ll discuss where we are in our searches (or where we’d like to begin) and what current research issues we have. Facilitator will be Penny Stratton, retired Publishing Director [AmericanAncestors.org](http://AmericanAncestors.org) (New England Historic Genealogical Society). **FREE**. Open to Members, Volunteers and Guests.

**May 16<sup>th</sup> Thursday, 10 - 11 am, “History, Politics & Current Events: Topic TBD.** First Church Congregational Room 1, 40 Monument Avenue, Swampscott. Moderated by Seaglass member Fred Garber. This group encourages lively, respectful discussion and questions, and even tangents relating to current events. Hope you can join us! **FREE**. Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *NOTE: If you plan to attend, please enter at the back door of the church to the left of the playground. If the door is locked, use the doorbell and someone will let you in.*

**May 18<sup>th</sup>, Saturday, 1– 3 pm, HOLD THE DATE for an Essex River Cruise.** Details Coming Soon!

Join us on a relaxing river cruise. This is a perfect way to spend an afternoon. Bring the whole family, bring visiting guests or make it a getaway from the bustle on your own. Details to follow next newsletter.

**REMINDER: \*\*\*It is essential that all attendees sign up for events. In case of cancellation or venue change (due to inclement weather, for instance) Seaglass needs to be able to contact all who intend to attend.**

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

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

#### 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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