

What's Happening in the Village

Good news to report: the Greater Newburyport Village has **many new members** and still more very interested in joining. Several cited the reduction in membership dues as a key factor in their decision to join now. (See the article "Village Board Announces Dues Reduction" in the February newsletter.) Many of these new members, along with new volunteers, are already enjoying Village events, such as the popular Village dinners. Have a friend who may be interested? Remember the Village's **Refer a Friend** program, which provides a \$100 dues rebate if someone you refer becomes a member. Already we've gained a new member this way. And please remember also our **Membership Assistance Program** (MAP). Thanks to donations to MAP, we now have funding to cover part or all of the membership dues for people wanting to join the Village but unable to afford the dues. Please let us know if

you know of someone who may be interested in this program opportunity.

With warmer weather on the horizon, some members are talking about possibilities for forming **Village interest groups**: small groups getting together informally for shared interests. Interested in a walking group, or biking around town or on Plum Island, or gardening? (Hint: a member is seeking help with choosing plants for window boxes.) Other small group activities? Let us know with an email to info@greaternewburyportvillage.org and we'll try to put you together with others with the same interests.

Finally, remember that one of your membership benefits is getting help from our **Good Neighbor Volunteers**. Have some branches down from the last nor'easter or other yardwork needed? Maybe some help with spring cleaning? Get in touch to ask for help!

Village Events

The two recent **Village dinners**, at VASA and Mission Oak Grill, were very popular, with over 20 members and volunteers attending each. What a great way to get together, see old friends and make new ones! The next Village dinner will be at Loretta on Pleasant Street on April 13.

The Village Talk series has become increasingly popular, with a standing-

room-only crowd at two recent talks. See the schedule at right for two upcoming Village Talks.

The April talk by two local teachers should prove both interesting and inspirational: **Pentucket Teachers Make Poland Personal**. Beginning with the awe and inspiration they experienced reading *Diary of Anne Frank* as young girls, teachers Cheryl Martin and Janet Eppoliti have learned much about the Holocaust. They are going to Poland this summer to participate in The Poland Personal Study Seminar offered by Classrooms without Borders. Join this Village Talk as Cheryl and Janet share their profound experiences in the classroom and their hopes for their summer adventure.

Upcoming Events

The Village Watch Party will be rescheduled this summer.

Newburyport Senior/Community Center. Open to the public. Watch future newsletters.

Village Talks – Open to the Public:

April 19, 1 p.m., Newburyport Senior/Community Center
"Pentucket Teachers make Poland Personal" with Cheryl Martin and Janet Eppoliti.

May 17, 1 p.m., Newburyport Senior/Community Center
"Newburyport's Waterfront: Industrialization, Decay and Rebirth" With Skip and Marge Motes.

Greater Newburyport Village Members & Volunteers Only:

April 13, 6 p.m., Member and Volunteer Dinner: Loretta, 15 Pleasant Street, Newburyport.
RSVP by April 9.

How to Contact the Village

For member services and RSVPs:

call 978-206-1821

or email a service request or RSVP to:
services@greaternewburyportvillage.org

For information:

call number above or email:

info@greaternewburyportvillage.org

or visit our website:

www.greaternewburyportvillage.org



The National Village Movement

The just published “2016 National Survey of US Villages,” conducted by University of California, Berkeley Center for the Advanced Study of Aging Services and the Mather LifeWays Institute on Aging, offers a wealth of information and insight into the national Village movement as well as our own local Village. This study compares the current operations of Villages with similar studies in the recent past. Here are just a few of the key findings.

Villages continue to grow rapidly as communities and individuals realize their benefits; in only 6 years the

movement grew from 35 Villages to 155, now serving 25,000 older adults in the U.S. Free-standing Villages built with grassroots efforts, like the Greater Newburyport Village, have proved more successful than agency-based Villages with a top-down approach. Villages are evolving with broadened services, such as increasing numbers of Villages offering health promotion programs, housekeeping, and technological assistance.

Villages are increasingly collaborating with outside organizations such as social service agencies, hospitals, and home health

agencies that provide services outside the scope of what Villages typically provide.

Key factors in the sustainability of a Village include its ability to recruit new members, the commitment of members to volunteering and serving on committees, and financial resources. Maintaining a strong and active volunteer base is one of the most important factors in a Village’s success.

Looking Out for Our Older Neighbors

Our Village mission includes neighborly support for all our members, but we shouldn’t forget others, especially our older neighbors, who may have become socially isolated. Until everyone in our communities has all the support they need from family, friends, neighbors, or a group like the Village, we should all try to be aware when another may need our help. Too often when no one steps in to help, the result is another tragic story in the papers.

It starts simply with getting to know your neighbors. Maybe you’re new, or they’re new, or you never had time in your busy past. Say hello when you pass on the sidewalk. Take a moment to introduce yourself and ask “How are you doing today?”

At the same time be observant. Are there signs of neglect in their yard? Weeds or trash accumulating? Do they seem not to have regular visitors? Do lights not come on in the evening? Are the curtains always drawn?

If you feel your neighbor may need some help, don’t be shy to offer. Hopefully you’ve already started getting to know them so that they don’t become suspicious. Start with simple things. In the evening before trash pickup, offer to take their trashcan to the curb when you do yours. Maybe rake up their fallen leaves and take them to the recycling center along with yours. As you get to know them better you might see other ways to help. If they don’t seem to get out much, offer to pick up things for them at the store or pharmacy. Maybe they’d just like to visit a while in the yard. Maybe it will feel right to say you cooked too much for dinner and would they like to share it?

In most cases, older adults only gradually become more isolated, and friendly neighbors can help before the isolation leads to true issues. But if you do observe signs of a potential problem such as untreated illness or a dangerous hoarding situation, don’t hesitate to contact community resources.

Remember that our Village volunteers provide many services for older adults in their homes, so it is certainly appropriate to talk about the Village with your neighbor who could use help. The Membership Assistance Program (see page 1) can help with their dues if needed. One way or another, it’s all about being a good neighbor—the kind you yourself want to have.

Our Mission

To promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Village People in Utah

Again this winter, Newburyport Villagers Barbara Dowd and Mike Prendergast worked as volunteer rangers at Cedar Mesa, Utah. You may remember their colorful, exciting photo talk at the library last spring – we’re hoping to convince them to do another photo show. Here are a couple of this year’s photos:

