

Meet Village Member Fran Butsavitch



Fran Butsavitch joined the Greater Newburyport Village with her partner Elizabeth DeGrenier last fall. They had learned about the Village from other members and volunteers, and support the Village's mission and goals. Fran is particularly interested in volunteering possibilities. They have enjoyed several Village events, including the Dalton House potluck and our recent Plum Island Lobster Bake.

Although not originally from New England, Fran has lived here for many decades. She lived in Ipswich and Newburyport before moving to Plum Island in 1985.

With a master's degree in education, she taught high school outdoor and physical education for many years in an Outward Bound-type program. Later she returned to school for a master's in counseling and became a therapist, often working with people with addictions.

Now retired, Fran enjoys travel, especially long trips in her camper. Not long ago she and Elizabeth traveled the width of Canada from Nova Scotia to Vancouver. She's presently looking forward to a camping trip to the Acadia National Park area this September.

Retirement also gives her more time for another lifelong passion: painting. She's taken many art courses and attended many workshops over the years, and is a current member of the Newburyport Art Association. She works primarily in oil and pastels, generally preferring landscape and portraiture, and her paintings have won several regional and national prizes. Her favorite subjects include the marshes, fields, and woods of New England.

The painting shown here was inspired by a sunset over Plum Island Basin seen from her home. Fran welcomes her fellow Villagers, along with the public, to view her work at her Art Association showing from August 27 through September 8 at the NAA Hills Gallery at 65 Water Street. On September 1 from 2 to 4 pm you are invited to meet Fran at the gallery. If you miss her then, be sure to say hello at a future Village gathering!



Village Walking Group

The Village walking group is open to all members. They walk every Thursday from 4 to 5 pm, picking different hour-long walks around the city. Interested members can call the concierge (978-206-1821) and someone from the group will return your call with details.



Upcoming Events

See Website for more info!

Village Talks Open to the Public at Newburyport Senior/Community Center:

August 21, 1-2 pm. "A Savvy Traveler's Travel Tips" with Paula Wright.

September 18, 1-2 pm. "Henry Coit Perkins, Pioneer Photographer" with Susan C.S. Edwards, Executive Director of the Museum of Old Newbury.

For Village Members and Volunteers:

August 20, 12-1:30 pm, Village Lunch at Crave, Amesbury. (Separate checks as usual.) RSVP by August 16.

September 17, 6-7:30 pm, Village Dinner at Portside Waterfront Restaurant and Bar. (Separate checks as usual.) RSVP by September 13.

For Village Members Only – Mark Your Calendar:

September 24, Trip to Boston to ride the Greenway Carousel. Details to come.

September 25, 4 – 5:30 pm, Village Going Deeper Series (legal issues) with E. Douglas Bolick, Esq. Details to come.

To Contact the Village

For information:

call 978-206-1821

email:

info@greaternewburyportvillage.org

visit our website:

www.greaternewburyportvillage.org

For member services:

call 978-206-1821

email a service request to:

services@greaternewburyportvillage.org

Member Buddies Program

Would you like to be a Member Buddy?

This volunteer opportunity helps new members become actively engaged in the Village. Often new members need assistance getting the most of their membership. This program pairs an experienced Village member with a new member for 90 days. Other Villages have demonstrated that if new members do not participate in Village activities within the first three months, their interest fades and their membership fails to satisfy their needs. During this time, as mutually agreed, the

new member and the buddy meet by phone or in person to discuss the new member's interests and needs. The buddy answers questions, reminds the new member of upcoming activities, meets the new member at activities when possible, and introduces the new member to other Villagers. If interested, call us at 978-206-1821 or send an email to membership@greaternewburyportvillage.org. This is a great opportunity to help build our community.



There are some things we don't do.
But you can ask.
We may have a Vendor who does.

A Haiku Moment



raining at night
sunshine by day
how convenient

Joyce Cejka

Our Village's Mission

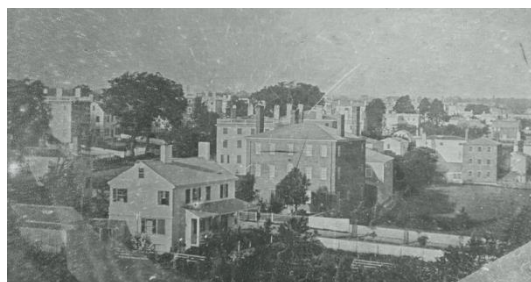
To promote living well and independently for a lifetime through community engagement and a network of neighborly support.

Upcoming Village Talks

For your summer enjoyment, the Village has two fascinating Talks coming up. On August 21, Paula Wright will inspire you with world travel possibilities while she shares tips about traveling alone or with a partner, as a retiree, and on a limited budget. She will tell us about educational opportunities abroad or closer to home and show us how to achieve our own travel goals. She travels often with Road Scholar's small groups on educational adventures as well as other individual and group travel. For more information, check the Village website Event Calendar or last month's newsletter.

On September 18, Susan C.S. Edwards, Executive Director of the Museum of Old Newbury, will present on Henry Coit Perkins: Pioneer Photographer. Henry Coit Perkins (1804-1873) was a native son of Newburyport and practiced medicine here as a country doctor. In 1839, he began experimenting with the new daguerreotype process, which gave rise to the birth of photography as a tool of record as well as an art form. Edwards' presentation will explore the processes that Perkins used to produce the six views of Newburyport that have become recognized as among the earliest daguerreotypes in the United States. Recent research, revealing a full portrait of Perkins and his role in early American photographic history, will also be discussed.

Susan C.S. Edwards has been involved in the museum and historic preservation field in Massachusetts and Maine for over forty years in both curatorial and administrative positions.



Aging Benefits of Gardening and More

A recent Village-to-Village Network newsletter describes the results of a recent study that may be of interest to many of us. Dutch researchers publishing in the *European Journal of Preventive Cardiology* studied whether being physically active after age 65 reduced risks of cardiovascular disease the same way as it has been known to reduce risks for younger people.

And the good news is in: They found that people older than 65 who engaged in any amount of physical activity—even for less than 30 minutes a day—had a cardiovascular disease risk up to 14 percent lower than those who didn't exercise at all. They studied five places around the world long known for their longevity and found that, in addition to diet and social support, even low-intensity activity such as gardening is great for our health!

We Want To Know If you know a member or volunteer who is facing surgery, a loss, or an important milestone, let the Village know so we can acknowledge it appropriately and offer help as needed. Please call 978-206-1821 or email membership@greaternewburyportvillage.org.



A GOING DEEPER two-part workshop

The Art of Age-ing...the Gift of Sage-ing®

Thursdays, Oct 24 and Oct 31

9:00 a.m. — 12:30 p.m.

Youth is a gift of Nature...Age is a work of Art

How do YOU want to 'be' as you grow older? This interactive workshop asks that question and invites you to consciously explore its nuanced answers. It provides the perspective and tools to support your quest.

It opens opportunities to improve the second half of life - not by pretending we are not growing older, but by recognizing the value we offer as elders, and responding in practical, positive ways to the changes in our lives. We harvest life experiences leading to further growth.

During this workshop, we will introduce Sage-ing® concepts including life review, forgiveness work and issues surrounding mortality. We will explore images of aging and other capstones in this chapter of our lives. Finally, we will begin development of a personalized plan for our own elder years, including service to others and leaving a legacy.

About our workshop facilitator

Pat Hoertdoerfer is one of 350+ Certified Sage-ing® Leaders in United States and Canada trained in a philosophy of aging developed by Rabbi Zalman Schachter-Shalomi, author of "From Age-ing to Sage-ing". She combines education, spirituality, and creativity in programs that empower others to reflect on their doing and BEING in the second half of life.

Rev. Pat, MDiv, is a retired Unitarian Universalist minister who has served on congregational, district and continental levels for 40 years.



Sage-ing® programs are not specific to any religious denomination, but serve to enhance spiritual maturity for persons who embrace any faith or humanistic practice.

Workshop Fees: Village Members: \$35. Registration deadline is Sept 26. Register at the website Event Calendar. Email services@greaternewburyportvillage.org with questions. Space is limited. To maintain the integrity of the group, attendance at both workshops is requested. Financial assistance may be available. Email: executivedirector@greaternewburyportvillage.org to inquire.

Volunteers and Non-Members: If space is available, volunteers will be given priority, but non-members will be able to register if there is room after Sept 26 for a fee of \$50.

Workshop Location: Paula Estey Gallery, 3 Harris St., Newburyport

www.greaternewburyportvillage.org
www.Sage-ing.org



Sage-ing® International
Wisdom and Spirit in Action