

Fourth Anniversary Celebratory Brunch

As we approach the fourth anniversary of the launching of the Greater Newburyport Village, membership continues to grow. Nearing a milestone of 115 members, we have good cause to celebrate!

To mark this event, we invite all Village members to a celebratory brunch at Michael's Harborside restaurant on February 22 from 11 am to 1 pm, where we will raise our glasses to the Village.

You are welcome to bring your spouse or close friend.

Please register at your earliest convenience—but no later than February 10. Register online by logging into the Member Portal on our website, opening the February 22 calendar event, and clicking Register Now. Or call the Concierge at 978 206-1821. Make sure to register both yourself and your guest, and let us know if you need a ride.

We hope to see you there!



Village Talk: Veteran's Walk Across America

Our February Village Talk features Newburyport resident William Shuttleworth, who will speak about his walk across America to heighten attention to the needs of veterans. He focuses on veteran suicide, veteran homelessness, and veteran health care and urges more veterans to run for office at all levels. He has been working to raise \$100,000 for Disabled American Veterans. William embarked on his walk in May and arrived in San Diego in September covering 3,300 miles in 115 days.

His presentation focuses on the people he met, the concerns he heard across 14 states, and the challenge of walking over 30 miles a day in every weather condition. "I have learned a lot about America in the three and a half months I walked, and listening to the voices of average Americans reveals real needs and concerns not addressed by our leaders."

William is a retired special education administrator and school superintendent who moved to Newburyport from Maine three years ago. He and his wife Patty served as volunteer park hosts at a state park in California for seven months in 2018, where meeting veterans and hearing their needs pushed him to walk to raise awareness.



Upcoming Events

See Website for more info!

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

February 19, 1-2 pm. "A Veteran's Walk Across America" with William Shuttleworth (see story below).

March 18, 1-2 pm. "Ten Myths About Medicare and Medicaid" with Margot Birke, Elder Law Attorney (see page 2).

For Village Members and Volunteers:

March 17, 6 - 7:30 pm, Village Dinner at The Black Cow, 40 Merrimac St., Newburyport. (Separate checks as usual.) RSVP by March 13 – book early as space is limited.

For Village Members Only:

February 22, 11 am – 1 pm, Anniversary Celebration Brunch at Michael's Harborside in Newburyport. RSVP no later than Feb. 10.

March 4, 12 noon, Candlepin Bowling at Gametime Lanes, 84 Haverhill Road (Rt. 110) in Amesbury. RSVP no later than March 1 (see page 2).

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

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.

Thank You, Volunteers!

(A new newsletter feature sharing comments from Village members who have received volunteer services.)

I am writing to thank the volunteers who have helped me and to encourage others to take advantage of this wonderful opportunity offered through Village membership. I was reluctant to ask for help at first, despite other members encouraging me to do it. Over the last few years, I have had help with planting a lilac bush, bringing my bagged leaves to the recycling center, a ride to a local doctor, hanging pictures in my new home, putting in and taking out my window ACs, and more.

The volunteers are wonderful and easy going, and they enjoy helping out. One “younger” woman told me her parents lived out of state and she liked being able to help others in her neighborhood.

I encourage others to take advantage of this wonderful opportunity.

Our Village's Mission

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

Margot Birke to give Village Talk

In March, elder law attorney Margo Birke will guide us through complicated long-term care myths and realities of Medicare and Medicaid.



Margot founded Elder Law Solutions in 2002 to focus on the intricate legal needs of older adults and disabled individuals. She has extensive experience as an advocate, mediator, and volunteer and speaks frequently about aging and disability in order to empower people with the information needed to make informed choices.

Candlepin Bowling

Here's something a little different! Village Members are invited to join us on March 4 at noon for two strings of candlepin bowling and a pizza lunch at Gametime Lanes and Entertaining (formerly Leo's Super Bowl in Amesbury).

The cost is \$9 per person, which includes shoes. Lunch is additional, at about \$10.

Register by March 1 on our website or by calling the Concierge. And let us know if you need a ride!

Village Going Deeper Programs

Village members are invited to new Village Going Deeper programs over the coming months. Three new programs are scheduled, one of which is a two-session workshop. All will be held at the Newburyport Senior/Community Center and delivered by Julianne McDevitt. All sessions are free to members. **Registration opens March 1.**



Julianne McDevitt is a practicing minimalist, RN, Advance Care Planning Facilitator and Educator with over thirty years of experience in long term care, short term rehab, and hospice, emergency room and inpatient hospital case management. She holds an Associate's Degree in Science: RN and is a graduate of the University of Vermont's End of Life Doula program and is a Respecting Choices Advance Care Planning Facilitator and a Conversation Champion with The Conversation Project, and an Honoring Choices MA Community Partner. Her passion is to encourage contemplation of mortality as a path to more intentional living. Julianne resides in Salisbury, MA.

Minimalism Workshop: How Decluttering Can Create Space for More Life (April 1, 4:30 – 6 pm.) Enjoy your favorite things by only owning your favorite things! Define what clutter means to you and create a plan to remove it, as a gift to yourself and to your family and friends. By the end of this workshop you will know the benefits of voluntary simplicity, have discovered your “why,” and created a plan to identify and remove all your mental and physical clutter.

Two-Session Workshop: When It Comes to End of Life Care, Talking Matters (May 6 and May 27, 4:30 – 6 pm.) We will use *The Conversation Project* (TCP) as our guide throughout this workshop. TCP is a national campaign dedicated to helping people talk about their wishes for end of life care. It helps participants consider and organize their thoughts for these important conversations about the type of care they may or may not wish to receive if they are ever in a situation where they can't speak for themselves. Participants will learn why talking matters, reflect upon their own priorities for end of life care, and develop a plan to have a conversation with those who matter most.

How to Talk to Your Doctor (June 3, 4:30 – 6 pm.) Learn how to discuss goals of care with your health care team. Remove the guesswork when the time comes by talking about it now. We will be using The Conversation Project guide to develop strategies to effectively communicate what matters to you the most and to ask the right questions.

