

## Village Members Gather



Some of the happy Village members enjoying the February 26 dinner at the Black Cow

**Town Hall Meeting.** Pretty soon you can replace your winter caps with your thinking caps. April is around the corner and we are planning another Village Town Hall Meeting for members and volunteers to bring their thoughts about how we're doing and suggestions for improvements. Watch for an email with time and place and more detail.

## Meet Member/Volunteer Pauline Derby - New Interest Group Coordinator



After seeing a segment on Chronicle several years ago about the Beacon Hill Village, Pauline was impressed with its mission. Then when she moved to Newburyport less than a year ago, she immediately checked for a Village here and became a member. "I wanted to connect with people who are sharp mentally and active physically," she says. "I believe it's important to meet new folks while staying in touch with older friends. I have met lovely, welcoming people in this organization."

She moved to Newburyport from North Hampton because our area has so much to offer. "The city has all the places and people I need to plan the rest of my life without having to lean on my son." Like all Villagers she wants to function independently, while still enjoying the company of family members. "I enjoy listening to people's stories, what is important to them, what helps them through life and brings them joy. Everyone is so unique." The Village also helps her meet other interests such as lectures, visiting historic locations, and reading.

Following an earlier career as a recruiter for a computer company and working in human resources, Pauline has been a certified professional hypnotherapist since 2000 and also incorporates Emotional Freedom Technique (EFT) in her practice. Her main focus, she explains, is "to help people embrace their own healing abilities." She maintains a home office practice in Newburyport (learn more at [www.tomesmerize.com](http://www.tomesmerize.com)).

Recently Pauline has volunteered to be the Greater Newburyport Village's Interest Group Coordinator. In case you've missed past newsletter articles on this topic, an interest group can be initiated by any Village member interested in getting together regularly with others with similar interests, such as walking, cooking, crafts, touring local or regional sites—virtually anything that can be enjoyed with others. Pauline and other Villagers can help you find others with shared interests and get started as a group. Contact Member Services (see box at lower right) to share your ideas and get started! And look for Pauline at a Village event to learn more.

## Upcoming Events

See Website for more info!

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

**March 20, 1-2 pm. "Newburyport's Irish Community: A Film"** by Jean Doyle (see story, page 2).

**April 17, 1-2 pm. "Living Near Seabrook Nuclear Plant"** by C-10 Research and Education Foundation executive director, Natalie Hildt Treat.

**For Village Members and Volunteers (and guests):**

**March 12, 6-7:30 pm, Village Dinner at Family's Chinese Restaurant, 139 Elm Street, Salisbury.** (Separate checks as usual.) RSVP by March 8.

**April 16, 6-7:30 pm, Village Dinner at Mission Oak Grill, Newburyport.** (Separate checks as usual.) RSVP by April 12.

**For Village Members Only:**

**April 2, Visit to the Peabody Essex Museum** (see story, page 2)

**April 4, 4:15 - 6:15 pm, Village Going Deeper Series Session Three** (see story, page 2).

## To Contact the Village

**For information:**

call 978-206-1821

email:

[info@greaternewburyportvillage.org](mailto:info@greaternewburyportvillage.org)

visit our website:

[www.greaternewburyportvillage.org](http://www.greaternewburyportvillage.org)

**For member services:**

call 978-206-1821

email a service request to:

[services@greaternewburyportvillage.org](mailto:services@greaternewburyportvillage.org)

## March 20 Village Talk: Newburyport's Irish Community: A Film

Jean Doyle's documentary tells the story of Irish families in our town from the mid-1800s through Bossy Gillis' terms as mayor from the 1920s to the 1940s. We will learn about Newburyport's early Irish immigrants, who arrived during a decline in shipbuilding and a rise in the textile industry. The film discusses how these families were received, and how they bolstered their sense of community by building churches and

schools. The film also focuses on notable Irish families: the Gillises and the Cashmans, and shows how feuding between the two families illustrates a divide between the so-called "shanty Irish" and "lace curtain Irish."

Jean Doyle taught at Newburyport High School for nearly 30 years and is the author of two authoritative volumes of modern municipal history.

## Village Going Deeper Series: Session 3: Five Wishes

Our Going Deeper Series explores in depth a variety of issues and concerns on the minds of Village members. This third session will be on April 4, 4:15–6:15 pm at the Newburyport Senior/Community Center.

Five Wishes is an advance directive created by the nonprofit organization Aging with Dignity. It has been described as a "living will with a heart and soul" and is changing how America talks about and plans for care at the end of life. Those who use Five Wishes say it is about improving the quality of their lives in both the present and the future. Millions are using this tool to express how they want to be treated if they are unable to speak for themselves. This helps people maintain their human dignity while addressing their personal, spiritual and medical concerns.

This session begins with a video that explains the Five Wishes philosophy, process, and document, followed by group discussion and a chance to get started working on Wish #1. At the end of the session, participants have the opportunity to sign up for additional small-group meetings to work through the rest of the document, one week per Wish. Please RSVP no later than Monday, April 1.

## Village Members Trip: Peabody Essex Museum

On April 2, join your Village friends old and new for a visit to the Peabody Essex Museum ([www.pem.org](http://www.pem.org)), followed by lunch at nearby Rockafellas restaurant. We'll meet around 9:30 am to carpool there (or meet 10:15 am at the museum) and return around 2:30 pm. Please indicate if you would like a ride when you register. Details will be emailed to registrants closer to the date. Please register by March 27.

The event is free for PEM members and for others the entrance fee is reduced to \$12 with library passes provided by the Program and Events Team. Please let us know if you need a pass when you register. Optional: A 1-hour tour of the current exhibition "Nature's Nation: American Art and Environment" is \$10. Let us know if you would like to reserve a place on this tour when you register.

At 12:15 pm we'll walk 10 minutes to Rockafellas at 231 Essex Street. Meal prices are \$14-20. You can see the menu at: [www.rockafellasofsalem.com](http://www.rockafellasofsalem.com).

## Village Members: Mark Your Calendar!

Winter blues getting you down? Maybe it will help warm your soul to put these coming events in your calendar! The Program and Events Team is planning a potluck on May 8 from 6 to 8 pm and a complimentary Lobster Bake on Plum Island for all members for June 20 from 6 to 8 pm. More details will follow in the spring!

**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](mailto:membership@greaternewburyportvillage.org).

## Our Village's Mission

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

## Is Your Photo in the Member Directory?

An important goal of the Village is to foster connections among members. Including your photo in the Member Directory helps members recognize and connect with other members. If you are worried about privacy, remember that this directory is accessible only by members who log into the Member Portal—it's not accessible from the public website.

Here's how to add your photo or update a photo there now:

1. Click *Member Login* to log into the Member Portal from the home page at <http://www.greaternewburyportvillage.org/>.
2. Click the down-arrow next to your name in the upper right corner and select *Profile*.
3. Under *Personal Info*, click *Standard Member Directory*.
4. Scroll to the bottom of the page and click *Select New Photo*.
5. Click *Save* when your photo is uploaded.
6. Go to the Member Directory to check your photo and the contact information you share (your *Visibility* setting).

**Note:** If your information doesn't display in the directory, return to step 3 above and make sure your *Visibility* option is **not** set to "Do not list me in the directory."