

Village Members Holiday Party!

We're looking forward to seeing Village members who registered for the party on **Thursday, December 12, from 6 to 8 pm**, at the Portside Waterfront Restaurant and Bar (175 Bridge Road, Salisbury). Help bring in the holidays with your Village friends! Complimentary drinks and appetizers will be served.

We had so much fun last year with our Yankee swap, we're doing it again this year. Find something unusual or interesting that you are not using (please do not purchase anything), and wrap it and join the Yankee Swapping Fun.

Celebrate the Holidays at Village Talk

The Greater Newburyport Village invites you and your friends to enjoy the delightful voices and spirit of the Greater Newburyport Children's Chorus at this month's Village Talk to include some sing-along opportunities!



<http://www.gncchorus.org>

The mission of the Chorus is to provide an opportunity for students to enrich their lives with quality vocal music education, choral performances, and a joyful, lifelong habit of participation in music and community.

This was tremendously popular when the students entertained us last year, so please join us again this December 18 at this free open-to-the-public concert. Light refreshments will be served.

Village Talks are offered by the

Greater Newburyport Village for the enrichment of the community. Village Talks occur every third Wednesday of the month at the Newburyport Senior/Community Center, 331 High St., Newburyport. Talks are free and open to all.

Villager in the News

From The Daily News, November 15, 2019. [West Newbury] Selectmen opened the meeting by presenting a Citizen of the Year award to Mary Harada. Town officials chose to recognize Harada now because she is moving. Harada has served on numerous town boards and committees over the years, including the Finance Committee, Pentucket Regional School Committee, Housing Authority and Council on Aging.

A competitive runner who took up the sport in 1968, Harada has run numerous marathons and broke several world running records as a septuagenarian. Harada is known for her quick—and at times acerbic—wit and for championing forthright solutions to the community's problems.

Mary is a long-time Village member, and we hope to continue to see her at Village events after she moves this month to her new home in New Hampshire.



Upcoming Events

See Website for more info!

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

December 18, 1-2 pm. Village Talk Turns to Song with the Greater Newburyport Children's Chorus with some sing-along opportunities!

January 15, 1-2 pm. "Tanzania" with Barbara Dowd, Jane Tuohy, and Frances McLaughlin.

For Village Members and Volunteers:

January 13, 12-1:30 pm, Village Lunch at Sea Level Oyster Bar, 1 Market Square, Newburyport. (Separate checks as usual.) RSVP by January 9.

For Village Members Only:

December 12, 6-8 pm, Village Holiday Party at Portside Waterfront Restaurant and Bar, 175 Bridge Road, Salisbury. RSVP in November.

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

Upcoming Village Talk on Tanzania

Mark your calendar for January 15, when Barbara Dowd, Jane Tuohy, and Frances McLaughlin will share stories and photographs from their recent trip to Tanzania. They will show us how Tanzania is a land of contrasts where ancient tribal ways and modern life co-exist, as do impoverished cities and breathtaking, sweeping scenery.

Barbara, Jane, and Frances were in Tanzania to support the work of Africa Asante Foundation (AAF), which supports

young people in rural communities where opportunities are scarce.

Barbara's photographs are stunning! Come enjoy the photography and learn about this fascinating country. (More information to come in next month's newsletter.)

Note that this presentation will be similar to one they gave at the Senior Center on October 28. If you missed it then, now's your chance to catch this encore performance.

A Haiku Moment



empty red glove
holding in its shape a memory
of my hand

Ellie Bailey

Have Some Holiday Tea!

A recent study published in the journal *Aging* revealed that regular tea drinkers have better organized brain regions—and this is associated with healthy cognitive function—compared to non-tea drinkers.

Past studies had demonstrated that tea intake is beneficial to human health, and the positive effects include mood improvement and cardiovascular disease prevention. Results of a longitudinal study published in 2017 showed that daily consumption of tea can reduce the risk of cognitive decline in older persons by 50 per cent.

In the new study, which analyzed participants' cognitive performance and brain imaging, the research team found that individuals who consumed green tea, oolong tea, or black tea at least four times a week for about 25 years had brain regions that were interconnected in a more efficient way. But it's never too late to start! (<https://www.sciencedaily.com/releases/2019/09/190912100945.htm>)

AARP Survey Findings on Villages

Excerpted from the Village-to-Village Network newsletter

In 2018 AARP conducted a survey titled "2018 Home and Community Preferences Survey: A National Survey of Adults Age 18-Plus," which was updated in 2019. The relevant part for Villages is that the survey shows the majority of those surveyed were interested in joining a Village and are willing to pay a fee.

A "village" is a community-based, nonprofit, member organization dedicated to doing what is needed for people to stay in their own homes independently as they age. For a fee, a village may give members access to social and educational activities, health and wellness programs, trustworthy businesses for outside services, volunteer services, and transportation to help members stay in their home.

The report goes on to note: Adults want to stay in their communities and homes as they grow older, especially when considering life after their working years. Although most adults want to grow old in their communities, many of them do not see themselves staying in their current environment as they age. Alternatives like home sharing, accessory dwelling units, and villages are things many are willing to consider, and would give people more choice in how and where they want to age.

Our Village's Mission

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

Wisdom Circles

Eighteen Village members spent two mornings in late October in our Age-ing to Sage-ing workshops, exploring issues related to how they wanted to "be" as they grew older. This interactive workshop invited participants to explore nuanced answers to that question. It opened opportunities to improve the second half of life, not by pretending we aren't growing older but by recognizing the value we offer as elders, and responding in practical, positive ways to the changes in our lives. This process helps participants harvest life experiences leading to further growth.

As a result of this workshop, most participants decided to continue this exploration by forming a "Wisdom Circle." This Wisdom Circle will allow the group to dig deeper into the issues on their minds related to this topic.

This group is open only to members who attended the Age-ing to Sage-ing workshop. But if you may be interested in this in the future, email us at info@greaternewburyportvillage.org and put AGE-ING in the subject line.

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.