



Parting is Such Sweet Sorrow

It's tough to watch the daylight hours grow shorter, enjoy fewer outdoor gatherings, eat less fresh food straight from the garden, feel less sand between the toes. But it's also exciting to see pots of mums, piles of apples and pumpkins, and slip on that old favorite sweater and start planning for the next season.



That's exactly what we're doing here at the Island Community House and Village Neighbors. We have already scheduled some new sessions for seniors including [The ABC's of Medicare](#) which is scheduled for two days, September 26 and October 3, from 1:30 - 3:30. Representatives will discuss eligibility and open enrollment and you can even schedule an individual appointment if you need additional information or help.



Watch for details of a session scheduled in early November about new developments and resources for families impacted by Alzheimers.



Many of our regular events like the hearty and scrumptious monthly **Senior Luncheon** prepared by the Chincoteague Food Closet will continue on Thursday 11:00 - 1:00, September 22. Please note that the very popular **Bingo** is moving to the Chincoteague Cultural Alliance (6309 Church Street) as of September 19 to allow for more parking. It's free for everyone but a \$5 donation is suggested. And for those of you who make magic with just a needle and some thread/yarn, **Sit and Stitch** now meets every Wednesday at 1:00. Transportation is available for Village Neighbors Members to all our events.

More is still to be added so be sure to check our calendar of [events](#) or call 757-336-1993. We'd love to know if you have ideas for other subjects or activities that you would like or might be of interest to others.



Remember that as a Village Neighbor Member there are lots of volunteers ready to help you get ready for Fall like raking leaves, putting away outdoor furniture, changing smoke detector batteries, replacing filters for your heating system, carving pumpkins, grocery shopping and more.

We also have volunteers that can help you figure out your cell phone/TV remote or that newfangled coffee pot you just got!

DID YOU KNOW?

Flu shots and the new COVID boosters are now available and the CDC is recommending seniors get both. They are available here on Chincoteague at the Eastern Shore Rural Health (757-336-3682) or H&H Pharmacy (757-336-3115), and on the mainland at CVS, Rite Aid and Walgreens. Check with your doctor about getting both shots at the same time. For more info on who, what, when, where and why go to <https://www.vaccines.gov>. **Village Neighbor volunteers are available to transport you to wherever you need to go on Chincoteague for medical care or prescriptions.**

FROM THE VILLAGE COORDINATOR

Summer on Chincoteague Island is the busiest time of year, and our Village Neighbors Volunteers are no exception. Our volunteers still found time to help island seniors live more comfortably and safely – by providing transportation, assisting with light handyman services, or just visiting with a member in their home.



I want to say a big “THANK YOU” to each one of you. The services you have provided to our seniors have made a significant impact in their lives. Members and their families alike have all expressed their appreciation. Family members tell me it brings them peace of mind, knowing that their loved one is part of a community. One member shared that this was the best thing that has happened to her in 25 years! Another member reported that not only had the volunteers done an excellent job in

Thank you for making such a positive impact in our community!!
Chipper



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