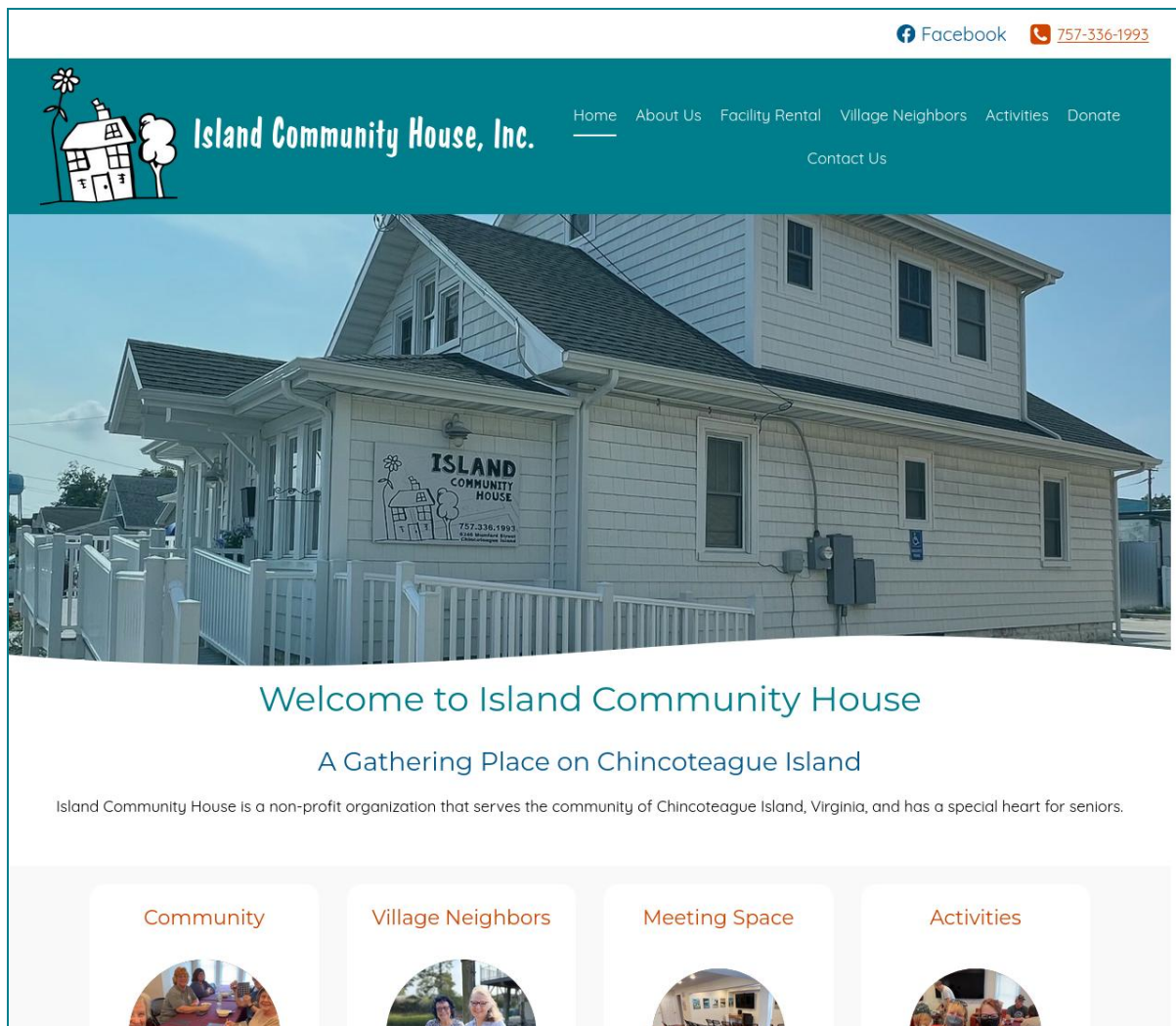




## We've Put On a New Face!

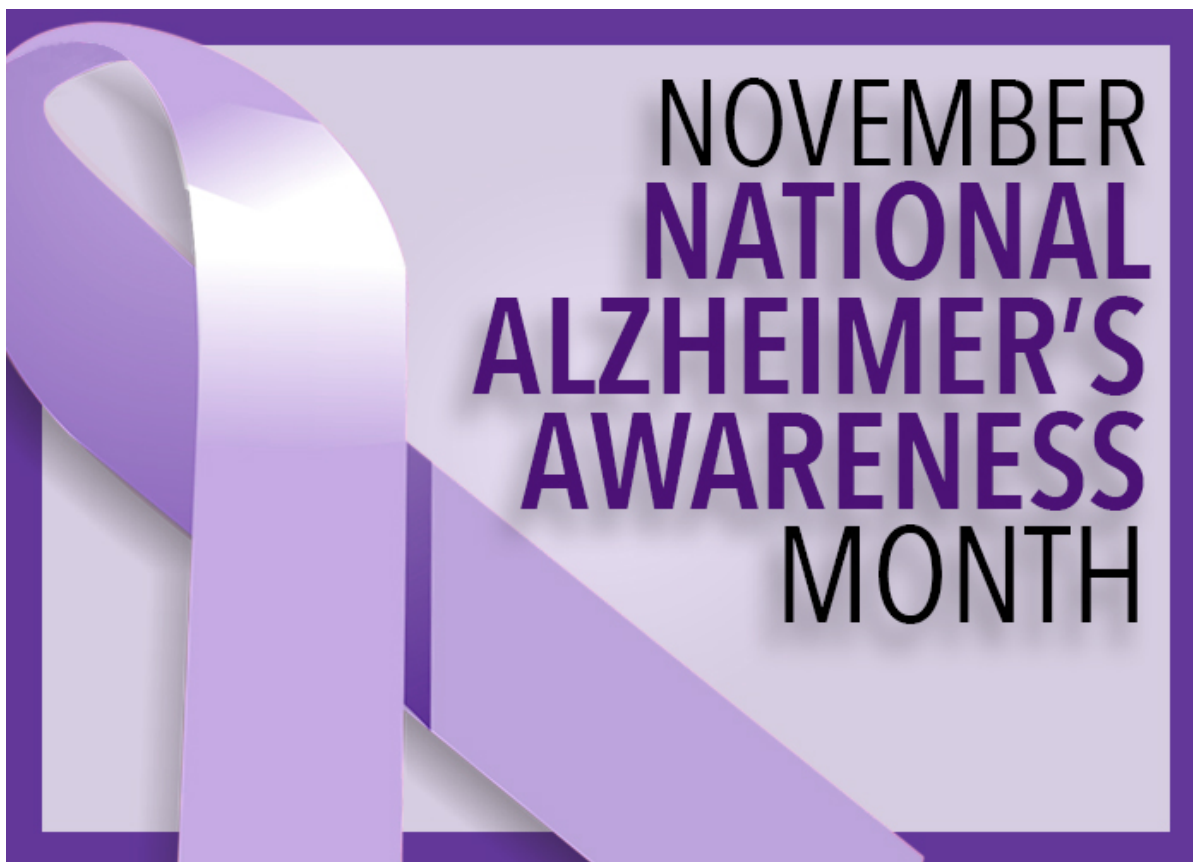
Thanks to Ellen Green, another of our treasured volunteers and founder-owner of [Your Front Image LLC](#), Island Community House has a new website that is very attractive and allows visitors to find more information quickly and in LARGER TYPE.



We've primped, primed and prettied it up so be sure to visit and see for yourself:

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**Is Alzheimers affecting you, your family, or friends?**



An Alzheimer's Forum, cosponsored by the Alzheimer's Organization and the Eastern Shore Rural Health Organization, is scheduled for **November 10 from 12:00 - 2:00 pm**. Results of a major worldwide study will be presented along with ways and means to access resources and build community support for victims of this debilitating disease and their caregivers. *A light lunch will be served.*

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**Yoga is Back!**



These 8:00 am sessions on Mondays, Wednesdays, and Fridays at ICH will help start your day physically, spiritually and mentally. Classes are open to anyone, even if you've never done yoga before. *Experienced instructors guide you through routines to improve strength and flexibility.*

For more details, contact [chincoteagueyogacollect@yahoo.com](mailto:chincoteagueyogacollect@yahoo.com).

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## Volunteer Ingenuity



Rick Willis has been a volunteer for Village Neighbors from the beginning.

As a Village Neighbor volunteer, he has tackled several handyman projects for our members.

One member wanted to add shelving to a closet, to allow for more efficient storage. With tools in hand, Rick



pleased!



.....  
Another member had purchased pet gates to keep her furry companion safely on the porch. She requested assistance with the installation, and once again Rick volunteered to complete a project that meant so much to one of our Members.



**A big THANK YOU to Rick for your exceptional service to our members!**

On September 15, Village Neighbors held a “photo shoot” with both members and volunteers participating. Our goal is to use photos of our real members and volunteers on our website and in our publications.



It was a gorgeous fall morning, and we took advantage of the cooler temperature to take photos outdoors. By the end of the session, we had many wonderful photos and we’re excited to share some of them in our newsletter.

But something else happened that day – we did more than just take photos. We made new connections and formed new friendships within our community. Fostering new relationships, through service, is at the heart of our Village Neighbors.

### **Village Neighbor Statistics:**

We're pleased to welcome two new Village Neighbors Members this month.

And, thanks to you, excellent Volunteers, all our Member service requests have been *fulfilled* so far this month!

Please help us to reach out by telling your neighbors, friends, and relatives about Village Neighbors. It's for our whole community.

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*Here's a recipe for a delicious pumpkin dip sure to go over big with both small and large monsters.*

## Pumpkin Dip

If you're looking for a fun and easy recipe to take to your fall gatherings, this is a great option. I like to use gingersnaps to dunk in in the pumpkin dip, but others have used apple slices or pear slices.

2 c. powdered sugar

1 (8 oz.) pkg. cream cheese

1 can (30 oz.) pumpkin pie filling

2 tsp. cinnamon

1 tsp. ginger

Combine powdered sugar and softened cream cheese until well blended. Beat in the remaining ingredients. Pumpkin dip does need to be refrigerated.

## WHAT ELSE IS NEW?

On August 16, 2022, the Inflation Reduction Act (IRA) of 2022 into made law. The legislation includes major investments to make health care and prescription drugs more affordable.

- Allows Medicare to negotiate drug prices
- Limits drug price increase
- Caps annual out-of-pocket costs at \$2,000, including a smoothing mechanism to limit costs each month
- Reduces premiums and cost-sharing for low-income beneficiaries
- Caps monthly insulin costs at \$35 per month starting in 2023

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