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A Gathering Place on Chincoteague Island

Please Welcome our New Director

We are excited to usher in a new beginning at Island Community House by welcoming Katie O'Shea as our new Director. Katie comes to us from The David Landsberger Family YMCA here on Chincoteague where she served as Executive Director for the last four and a half years.

Message from the Director

To those I have not had the privilege to meet, my name is Katie O'Shea. I am honored (and humbled) to be named as the new Director of the Island Community House. I wish Cindy all the best in her new endeavor at the Museum of Chincoteague and look forward to the opportunity to continue both Cindy's and the board of directors' vision in creating both great programming and an even greater impact in our community. I would love to have the opportunity to talk more about your vision for the Village Neighbors program and encourage you to [email](#) and introduce yourself. ...Or better yet: pop into the ICH and let's have a cup of coffee! We are looking forward to creating inclusive, creative, and helpful programs and services to better assist members of our community. Thank you so very much for the opportunity to serve you!

Cindy Faith Joins the Museum of Chincoteague as their

NEW Executive Director

When Cindy became Director of the Island Community House in 2019, she brought her Island spirit and knowledge to lead the task of identifying who the Island Community House wanted to be and what its voice in our community is, including, working with our board to plan and implement Village Neighbors.

So, it is with much appreciation that we wish Cindy well in her new position as Director of the [Museum of Chincoteague](#). Cindy's history tours, [Chincoteague Step Through Time](#), have created strong ties to the museum and we know her talents and energy will enhance existing programs and create new ones.

Chipper's Chat

A Few Words from Village Neighbors

The **Village Neighbors** program has been busy with our wonderful volunteers fulfilling all available service requests. And they stand ready to tackle your seasonal tasks, such as raking leaves, or bringing in potted plants. They are even ready to put on their elf hats and help you get ready for Christmas! We can move your decorations out of storage for you, and some of our elves might even help you hang an ornament or two!

Getting ready for the holiday season can be stressful and even sad at times as we reminisce about past gatherings of friends and family. Some of us might need a little help to recreate those events or to find new ways to celebrate. Our volunteers are ready to help our members decorate, hang mistletoe, shop for gifts, plan menus or shop for food. We might even want to help bake the cookies and spend some time talking about great times of the past. Just enter your request [here](#) – you'll have to login to your account to complete the request.

If you, our members, know of someone who could benefit from the Village Neighbors program, please share our information with them. They may visit our website at www.village-neighbors.org to learn more about us or call us at 757-336-1993. They can also submit an application by clicking the link [here](#).

Volunteer Visits and Island Activities

Volunteers, would you be willing to reach out to a member to suggest an activity to them?

You could invite them to any of the [weekly activities](#) held at ICH, or you could suggest a trip to the library or museum. If this is something you'd like to do, contact me and I can coordinate an introduction with a member. We hope this will be a big leap in engaging our members in the community at large, in ways that are most meaningful to them.

The support we provide to our members is so much more than simply completing a service request. Our efforts to connect them to activities across the island, builds a stronger sense of engagement and fosters a community that offers friendship and camaraderie.

As we enter this Thanksgiving season, I am truly thankful to each member and volunteer. I am thankful to our members who have entrusted us with the opportunity to serve them. And I am so grateful to our volunteers, who graciously give of your time and talents, to enrich the lives of our island seniors.

SAVE THE DATES!

We are planning a Volunteer Appreciation Luncheon on November 17, to honor our volunteers for their service to the Village Neighbors program and to our island community. The luncheon will be held at the Island Community House and will begin at 12:00 noon.

We are also planning a holiday event for our members on December 15, providing members with a tour to see some of the island's holiday lights, and the opportunity to get acquainted with one another.

UNDERSTANDING

Medicare



**Still have questions about
Medicare Open Enrollment?**

We are proud to announce our new



**Forum for those affected by
Alzheimers, Dementia**

relationship with the Accomack Area Council on Aging. We can help arrange an appointment for you with their representative here at the ICH for the next four Mondays before Dec. 7 from 1-4 pm to answer your Medicare questions. Make sure you know all the changes and are getting the most out of your Social Security benefits.

You need to make an appointment but there are many openings! Anyone is welcome to schedule a session by calling 757-336-1993.

This program is for anyone who would like to know more about Alzheimer's disease, dementia and memory loss. Learn more about the basics of these conditions, the services of the Alzheimer's Association and those of local resources. Learn about ways to volunteer or get involved. Come share your experiences and needs caring for someone with dementia. Organized by ICH, Alzheimers Association Southeastern Virginia Chapter, Eastern Shore Rural Health, and VA Department for Aging and Rehabilitation. November 10, Noon - 2:00 at the Island Community House.

Light lunch will be served so be sure to call 757-336-1993 or go [register online](#) to make sure we have enough food for everyone.



Game Day Back in Play

Every Thursday, beginning November 3, come alone or invite some friends and meet up with other players at ICH from 2 - 4 pm. Pick a game from our collection, play cards or bring your own and join in some friendly competition.

Help for iPhone and Android Users

Most of us know how to make a call or send a text on our phones, but the many

other features are a mystery and pretty scary. But our phones can be put to much greater use if we just take the time to learn a bit more. Just learning how to make the text larger or more easy to read and be really helpful.

Here are two links created just for seniors to help get you started to bigger and better things.



Setting Up Your Phone



7 Android Tips for Boomers Must Have

C'mon It's Bacon



Check out this indulgent, yet healthy recipe for Brussel Sprouts Wrapped in Bacon with a Maple Glaze. Easy to Make. Can be Refrigerated *and* Reheated (if there any leftover).

Click [HERE](#) for the recipe.



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Brussel Sprouts Wrapped in Bacon and Brushed with Maple Glaze (c'mon, it's bacon)

What You'll Need:

Bacon Strips - don't get thick cut - it takes waaay too long to cook

Brussel Sprouts - don't even *think* frozen

Maple Syrup - your choice

Black Pepper (if you want a little heat use cayenne)

Peripherals: Baking Sheet; Toothpicks; Parchment Paper

How to:

Cut each bacon strip in half crosswise Layout a strip of bacon length-wise.

Wrap the each strip around brussell sprout. **For Crispier bacon loosely roll, for chewier bacon roll more tightly.**

Secure each brussell sprout with a toothpick and place on parchment lined quarter sheet pan.

Brush the bacon and exposed sprout with maple syrup, sprinkle with black (or cayenne) pepper to taste.

Bake in a preheated 375F oven until crispy to your level and serve immediately.

Can I Refrigerate and Reheat them?

Of course.

Let them cool completely otherwise the sprouts will get soggy. Store in an airtight container and refrigerate. They'll last in for 2-3 days.

To reheat, put them on a parchment lined sheet pan in a preheated 375F oven and heat to desired crispness.