



# VILLAGE NEIGHBORS

A program sponsored by Island Community House (ICH)

Happy Birthday  
to our November  
and December  
neighbors:

- Frank Kaszyc
- Frank Lucas
- Doris Goodenough

## The most wonderful time of the year!

The colors of the trees, the brisk air, finally getting to wear my favorite cozy sweater, and a warm mug; all of these are my favorite things and make me smile. The holidays have arrived, and downtown Chincoteague has become an image from a Hallmark movie scene with decorations on street posts and store windows, in

anticipation for the Annual Tree Lighting and Christmas Parade. We are fortunate to live in a such a picturesque town where a Village of friends and neighbors care for one another; strangers and friends wave hello and smile as they pass by. During this beloved season, I hope you find joy and pleasure, whether in nature, a special memento or time with a loved one and a chance to enjoy your favorite things as well. -Cathy Shappell, Program Coordinator of Village Neighbors



## Ready for the Holidays?

Preparing for the holidays for many means decorating the home with lights, ornaments, and lots of wreaths and swags. Need help getting those heavy boxes out of the shed or attic? Need help assembling the tree? Want some company baking your holiday goodies? We have lots of Village Neighbor volunteers (maybe they're actually elves) willing to help!

Our "elves" can also help rake leaves, put away outdoor furniture, change smoke detector batteries, replace filters for your heating system, and more. Volunteers, please be sure to remind our members during your visits and friendly phone calls that this is a service we can provide for them.

## New Service from Village Neighbors

Volunteers from Village Neighbors will now valet your car at select events at ICH. When you attend Senior Luncheon on December 21, look for a smiling volunteer who will park your car so attendees won't have to walk too far.

If you are a volunteer willing to valet for future events, please contact the office and let us know!



## Medicare Questions?

Do you have questions or need assistance with your Medicare needs? Certified counselor Carol Leslie, from the Eastern Shore Area Agency on Aging will be on hand at ICH and available BY APPOINTMENT ONLY the following dates:

Monday, December 4 and Tuesday December 5, noon-4:00pm

Call our office 757-336-1993 to schedule a one-on-one appointment with Carol.

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## A List of Upcoming December Events at ICH and VN

- Step-by-step instruction to paint a sunset watercolor picture. All levels: novice or beginner are welcome! 12/5
- Coffee Talk 12/12—share your ideas or requests for programs and services for YOUR Village!
- Holiday Wrapping Party—bring your gifts to Village Neighbors and we will wrap them for you! 12/14
- Old-fashion Christmas Caroling! Join the Village and share some joy caroling around the island! 12/15
- Holiday Community Luncheon & Gratitude Gathering 12/21
- And everyone's favorites: Sit & Stitch, Yoga, Gameday, Chess, and Friday walking groups, continue throughout December!

See our full calendar at [Village-Neighbors.org/events](https://Village-Neighbors.org/events) and [IslandCommunityhouse.org/events](https://IslandCommunityhouse.org/events).



## Reducing Loneliness: How to help Seniors during the Holidays

While aging can bring wisdom and experience, there are inevitable losses that even the healthiest seniors face. Loved ones and friends fall ill and pass away. Energy and mobility levels often decrease, resulting in feelings of lost independence and opportunities. Neighborhoods change over time, leaving even those well enough to remain in their own homes feeling lonely and disconnected from their communities.

If you believe that an aging parent, friend or neighbor may be feeling lonely or depressed, there are steps you can take to help lift their spirits. You are probably busy with adapting your own holiday plans and traditions, but we must remind ourselves what the holiday season is truly about. Simplifying some things will allow you to focus on what really matters: the important people in your life. Use these ideas to brighten up a loved one's winter season. [Read the full article and 10 Tips for Reducing Loneliness During the Holidays.](#)

## Village Neighbors Facebook page

Check out the Village Neighbors' new Facebook page to find out about events, highlights, and stories about your Village. [Facebook.com/VillageNeighborsChincoteague](https://Facebook.com/VillageNeighborsChincoteague) Be sure to like us, follow and share!



## Need to contact the office?



Have a question, need assistance or to register for an event?  
Call Cathy Shappell at 757-336-1993 or email  
[coordinator@village-neighbors.org](mailto:coordinator@village-neighbors.org)